

THE CAMOGIE ASSOCIATION



THE
CAMOGIE
ASSOCIATION
An Cumann Camógachta

PLAYER WELFARE



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Section 1



Injury Prevention Programme

Welcome to the Camogie Injury Prevention Programme. This programme is an injury prevention warm-up based on the GAA Activate Warm-up. It was adapted by researchers in Dublin City University School of Health and Human Performance led by Dr Siobhán O'Connor in collaboration with the Camogie Association.

Programme Layout

The programme consists of three phases. Phase one is composed of running, cutting and landing exercises, phase two is composed of strength, plyometrics and balance exercises and phase three is composed of agility and power exercises. In phases one and three, coaches should encourage players to move in multiple directions and include sport specific skills throughout e.g. striking, hand-passing and roll/jab lift. Phase 2 can be completed as part of the warm-up or alternatively at the end of the training session, as preferred by the coach or players. Coaches are also welcome to gradually introduce the programme phase by phase to allow the coach and players to become accustomed to it.

Camogie Injury Prevention Programme

PHASE 1: RUNNING, CUTTING AND LANDING MECHANICS

	Reps	Out	In
1	2 reps	Jog (focusing on upper body technique)	A Skip
2	2 reps	½ Pace Run (focusing on lower body technique)	Ice Hockey Stop
3	2 reps	Jump, Catch and Land	Pick Ups
4	2 reps	Partner Shuffle	Lunge Stops
5	2 reps	Slow Plant & Cut	Squat Stops

PHASE 2: STRENGTH, PLYOMETRICS AND BALANCE

Alternate between Circuits 1 and 2 on a monthly basis

	Reps	Circuit 1	Reps	Circuit 2
1	5 reps per leg	Arabesque	5 reps per leg	Arabesque
2	10 swings each side	Leg Swings (front)	10 swings each side	Leg Swings (lateral)
3	10 reps – 5 reps each leg	Partner Push into Lunge (straight)	10 reps	Partner Push into Lunge (multi-directional)
4	5 reps initially (increasing to 10)	Nordic Hamstring Curl	5 reps initially (increasing to 10)	Nordic Hamstring Curl
5	Hold of 10s (increasing to 30s)	Front Plank	10 reps holding for 2 secs	Front Plank with Leg Lift
6	10 reps each side	Side Plank with leg lift – bent knee	10 reps each side	Side Plank with leg lift – straight leg
7	5 reps per leg	Split Leg Squats	10 reps	Scissor Jumps
8	5 reps per leg	Lateral Hop and Hold	5 reps per leg	Diagonal Hop and Hold
9	10 reps	Prisoner Squats	10 reps	Prisoner Squats
10	10 reps	Counter Movement Jump	10 reps	Counter Movement Jump with a Twist

PHASE 3: AGILITY & POWER

	Reps	Out	In
1	2 reps	¾ Pace Run	High Skip
2	2 reps	2 Forwards 1 Back	Bounds
3	2 reps	Fast Plant & Cut with Ball	One on One
4	10 reps	Fast Feet Shuffle: Front to Back (Two legs)	Fast Feet Shuffle: right to left (single leg)
5	5 reps each leg	Dynamic Lunge	

For more information on the Camogie Injury Prevention Programme please see <https://learning.gaa.ie/camogieinjuryprevention>

Camogie Early, Rapid and Mature Movers Programmes

Introduction

The Camogie Early Movers (Under 8 – Under 12), Rapid Movers (Under 13 and Under 14), and Mature Movers (Under 15 and Under 16) Programmes are warm-ups designed for underage Camogie players. These warm-up exercises help players build strength, coordination and develop good movement patterns, providing them with a solid foundation of movement that is specific to each stage of their physical development based on the Long-Term Player-Athlete Development Model. The exercises are not seen as a replacement for current warm-up procedures, rather it is suggested that the exercises can be introduced over time as deemed appropriate by the coach. They target specific windows of trainability for each age group and provide a framework in which players can progressively work towards being equipped to complete the full Camogie Injury Prevention Programme (described above).

The full programme is completed by players from Under 17 up. It is important to note that, as players mature at different rates, coaches are encouraged to implement the programme as they deem most appropriate for their players.

There are three age-specific adapted versions also available:

- 1. The Camogie Early Movers Programme (Under 8 - Under 12)**
- 2. The Camogie Rapid Movers (Under 13 and Under 14)**
- 3. The Camogie Mature Movers (Under 15 and Under 16)**

These age-specific programmes have been tailored to match the developmental needs of underage Camogie players and it is encouraged that they are made as fun as possible to increase player engagement.

The Camogie Early Movers Programme (Under 8 - Under 12)

PHASE 1

Exercise	Sample Cue for Children
Jog	"Run on hot ground"
A-March	"March like a soldier"
½ Pace Jog	"Run on lava"
Ice Hockey Stop	"Stop like an ice hockey player"
Jump, catch and land*	"Jump and land on a horse"
Pick ups	"Dig up the ground"
Partner Shuffle	"Walk like a crab"
Lunge Stops	"Walk like a robot"
Slow plant and cut	"Walk like an astronaut"
Squat Stops	"Lay an egg"

*progress to include catching

PHASE 2

Exercise	Sample Cue for Children
Arabesque	"Pretend you're an aeroplane"
Leg Swings (Front)	"Cut the grass with your foot"
Leg Swings (Side)	"Cut the grass with your foot"
Lateral Hop and Hold	"Stuck in the mud"

PHASE 3

Exercise	Sample Cue for Children
¾ Pace Run	"Run with rockets on your feet"
High Skips	"Skip to the sky"
2 Forward, 1 Back	"Rocket racers"
Fast Foot Shuffle (Front)	"Itchy Feet"

What are the aims for this group?

- Build the mechanics of good movement while incorporating basic object control.
- Ensure that the programme is kept fun throughout. This can be done by making exercise descriptions simpler such as 'laying an egg' rather than 'squat stop' and limiting the amount of time spent explaining the exercise to your players.

What does the Early Movers Programme do?

- Emphasises fundamental movement and sports skills
- These phases occurs during a window of accelerated adaption to motor co-ordination training in young players between the ages of 8-11. Emphasising these skills at this age helps develop young players' overall movement quality and sport-specific skill levels.

How do you coach it?

- It is important that these phases are fun.
- Continuous exercises without specified reps should be done for a moderate period of time – about 10-15 seconds or to your own discretion. A repetition or rep is one successful completion of an exercise. So for the squat stop there are two reps meaning you do two squats fully.
- It is recommended that you gradually introduce the programme phase by phase to allow you and your players to become accustomed to it.
- Use simple instructions or cues that describe good technique for that exercise. Too much information to players in this age group will decrease their engagement and interest.
- Make sure to adapt it to your group. The exercises below are rough guidelines but the best judgement of what will be suitable to a group is your own knowledge of their skill and maturity levels so the exercises and coaching style can be adjusted to this accordingly.

The Camogie Rapid Movers Programme (Under 13 and Under 14)

PHASE 1 – As above

PHASE 2 – Early Movers Plus the Following

Exercise	Sample Cue for Children
Side Plank	"Pretend you're a Starfish"
Diagonal Hop and Hold	"Stuck in the Mud"
Counter Movement Jump	"Jump on a Trampoline"

PHASE 3 – Early Movers Plus the Following

Exercise	Sample Cue for Children
Two Foot Bounds	"Jump/Bound like a Rabbit"
Fast Plant and Cut	"Run like a ninja"
One on One	"Show n' go"
Fast Foot Shuffle (Side)	"Hot Potato"

What are the aims for this group?

- Build the mechanics of good movement and strength while incorporating basic object control.
- Ensure that the programme is kept fun throughout. This can be done by making exercise descriptions simpler such as 'laying an egg' and limiting the amount of time spent explaining the exercise to your players.

What does the Rapid Movers Programme do?

- Emphasises early strength training while incorporating fundamental movement and sports skills.
- This phase occurs at the beginning of a window of accelerated adaption to strength and aerobic training.
- Skill and speed is also maintained or further developed at this phase.

How does it differ from the Early Movers Programme?

- At this age we are still looking to keep the warm-up fun and engaging, but we are also looking to incorporate more strength training. There are six additional exercises implemented at this age.



How do you coach it?

- It is important that this phase is fun. At the Under 12 age group although players are maturing we want to stay on the fun side of training to keep them interested and engaged.
- Continuous exercises without specified reps should be done for a moderate period of time – about 10-15 seconds or to your own discretion. A repetition or rep is one successful completion of an exercise. So for the squat stop there are two reps meaning you do two squats fully.
- It is recommended that you gradually introduce the programme phase by phase to allow you and your players to become accustomed to it.
- Use simple instructions or cues that describe good technique for that exercise. Too much information to players in this age group will decrease their engagement and interest.
- Make sure to adapt it to your group. The exercises below are rough guidelines but the best judgement of what will be suitable to a group is your own knowledge of their skill and maturity levels so the exercises and coaching style can be adjusted to this accordingly.

The Camogie Mature Movers Programme (Under 15 and Under 16)

The Camogie Mature Movers Programme is a functional movement programme based on the Activate* Warm-up. This takes fifteen minutes and can be done before all training and matches as part of your warm-up. The programme is done with helmets on and where possible with hurley in hand. In this example, the programme was completed inside a 20 x 20 metre square, but the size and number of squares is flexible to the number of players in your group. In between exercises in phases 1 and 3 players move in multiple directions around the square. Coaches should encourage players to include sport specific skills throughout e.g. striking, hand-passing and roll/jab lift. The Camogie Mature Movers Programme is a sample recommendation of exercises that may be suitable for the Under 15 and under 16 age groups. This breakdown is based on the player pathway and long-term player-athlete development programme.

The injury prevention programme consists of three phases:



NOTE: Phase 2 should not be done before matches. Phase 2 can be incorporated as part of the warm-up or at the end of the training session, as preferred by the coaches or players.

What are the aims for this group?

- Optimise and progress strength and aerobic training
- Begin to introduce structure and format to the warm-up
- Progress speed and skill training

What does the Mature Movers Programme do?

- Optimises and develops further strength and aerobic training
- Players come to the end of the window of accelerated adaption for strength and aerobic training at this age. By emphasising this, we optimise players' physical development.
- Skill and speed is also maintained or further developed at this phase.

How does it differ from the Rapid Movers Programme?

- At this age group we begin to make the warm-up more structured throughout. We move away from making exercises fun to a more rigid programme. We also continue to build on the strength and aerobic training we did before. There are five additional exercises in this phase.

How do you coach it?

- Give the players full instructions and continue to give cues and directions the entire time they are doing each exercise. Make the warm-up more structured and focused as we move away from training with an emphasis on fun.
- Give regular feedback to players throughout the warm-up to maintain good technique for all exercises.
- Continuous exercises without specified reps should be done for a moderate period of time – about 10-15 seconds or to your own discretion. A repetition, or rep, is one successful completion of an exercise. So for the 'squat stop' there are two reps meaning you do two squats fully.
- It is recommended that you gradually introduce the programme phase by phase to allow you and your players to become accustomed to it.
- Make sure to adapt it to your group. The exercises below are rough guidelines but the best judgement of what will be suitable to a group is your own knowledge of their skill and maturity levels so the exercises and coaching style can be adjusted to this accordingly.

Phase 1: Running, cutting and landing mechanics

Jog 10-15 seconds



Instructions:

Jog on the balls of your feet and move around the square

Watch out for: Players running in circles and not all around the square

A-March 10-15 seconds



Instructions:

With high knees and arms march on the balls of your feet

Watch out for: Players struggling to move opposite arms and legs—this must be corrected

½ Pace Jog 10-15 seconds



Instructions:

Run on the balls of your feet staying tall throughout

Watch out for: Players heel-striking while running—this should be corrected

Ice Hockey Stop 2 each leg



Instructions:

Stop with your feet wide, bend one knee and sit back. Put your weight through the lunging foot, hold for one second.

Watch out for: Players rounding their back, ensure knee is bent and player is sitting back

Jump, Catch, Land 10-15 seconds



Instructions:

Jump in the air to catch a high ball and land with bent ankles, knees and hips

Watch out for: Players' knees caving in, players landing with very straight legs—extremely important that this is corrected

Pick-Ups 10-15 seconds



Instructions:

Bend over and jab lift or roll lift the sliotar, you should feel a gentle stretch in your hamstring

Watch out for: Player's with poor lifting technique

Partner Shuffle 10-15 seconds**Instructions:**

Side-step around partner with knees slightly bent, stay facing the whole way the entire time

Watch out for: Knees caving in as players sidestep. Players facing forwards rather than sideways.

Lunge Stops 2 each leg**Instructions:**

On your call, drop into a quick lunge. Keep knees and hips at right angles. Hold for one second.

Watch out for: Knees caving in or rounding in the lower back

Slow Plant & Cut 10-15 seconds**Instructions:**

Pick a spot on the ground, bend your knee over your toe, drop opposite shoulder and change direction

Watch out for: Knees caving in, cutting off the wrong foot—must be corrected

Squat Stop 2 reps**Instructions:**

On your call, players lower into a squat. Keep knees straight over the toes and sit back into the squat. Hold for one second

Watch out for: Players rounding their backs, knees caving in.

Phase 2: Strength, Plyometrics and Balance**Arabesque** 5 Each Leg

Instruction: Focusing on your balance, keep hips level and tilt backwards. At end range pull back upright using the hamstrings

Watch out for: Players rounding their lower back rather than hinging from hips

Leg Swings (Front) 10 Each Leg**Instructions:**

Face opposite directions holding shoulders, swing your inside leg back then kick up into your hand

Watch out for: Player's not kicking inside leg/opposite arm

Leg Swings (Side) 10 Each Leg**Instructions:**

Stand behind partner and hold onto shoulders, swing your legs across your body

Watch out for:

Players moving upper body rather than hips

Partner Push into Lunge 5 Each Leg**Instructions:**

Push partner gently in the back. Drop into a lunge keeping knees and hips at 90 degrees and upper body upright

Watch out for:

Knee caving in, knee hitting off the floor in the lunge

Diagonal Push into Lunge 5 Each Leg**Instructions:**

Push your partner gently in a diagonal direction. When receive a push drop into a lunge keeping your knee in line with the toes

Watch out for: Knee caving in, players who fail to control the push

Front Plank 10 Second Hold**Instructions:**

Put your hands straight underneath shoulders and keep your body in a straight line. Tighten glutes and core

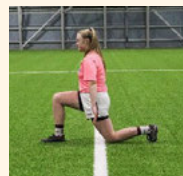
Watch out for: Players who cannot stabilise through their core and lower back. These players must be regressed to an easier version

Side Plank 10 Second Hold Each Leg**Instructions:**

Bend knee to 90 degrees and rest on elbow., keep backside tucked in and head back.

Watch out for:

Players bodies not in a straight line, hip dropping down—must be regressed to an easier exercise

Split Squat 5 Each Leg**Instructions:**

Starting in a semi-lunge position, drop your back knee towards the ground. Keep hips and knees at 90 degrees

Watch out for:

Players without the strength to keep knee off the ground

Lateral Hop and Hold 5 Each Leg**Instructions:**

Jump side to side landing on a bent knee, stick the landing and propel to the other side

Watch out for: Knee caving in on landing

Diagonal Hop and Hold 5 Each Leg**Instructions:**

Jump diagonally landing on a bent knee, stick the landing and propel back to the start position

Watch out for: Knee caving in on landing

Counter Movement Jump 5 reps**Instructions:**

From a semi-squat position keep feet hip width distance apart and use your arms to jump high in the air

Watch out for: Knees coming together on jumping or landing

Phase 3: Agility and Power **$\frac{3}{4}$ Pace Run 10-15 seconds****Instructions:**

Run on the balls of your feet staying tall throughout.

Watch out for:

Players running at too slow a pace, heel striking

High Skips 10-15 seconds**Instructions:**

Moving opposite arms and legs skip high in the air

Watch out for:

Players not jumping high enough—encourage explosive jumps

2 Forward 1 Back 2 reps**Instructions:**

Sprint out 2 meters, chop your feet and backpedal 1 meter then run on

Watch out for:

Players running in the wrong direction

2 Foot Bounds 2 reps**Instructions:**

With your whole foot, land on the ground and jump out as far as you can three times

Watch out for:

Knee caving in on landing

Fast Plant and Cut 2 reps each leg**Instructions:**

At speed, plant your foot in the ground, bend the knee over the toes and change direction

Watch out for:

Knee caving in while changing direction

One on One 2 reps each leg**Instructions:**

Side-step off one leg to beat your defender

Watch out for:

Knee caving in while changing direction

Fast Foot Shuffle Front 10 reps**Instructions:**

On balls of the feet shuffle back and forth as fast as possible

Watch out for:

Players knees knocking together

Fast Foot Shuffle Side 5 reps each leg**Instructions:**

On one foot, shuffle side to side as fast as possible

Watch out for:

Knee caving in, player not staying upright

Dynamic Lunge 5 reps each leg**Instructions:**

Jump forward, landing with a bent knee spring back as fast as you can and land where you started

Watch out for:

Big impacts on landing, landing with a straight leg, knee caving inwards

Summary Table

Exercise selections for phase two and three of the Camogie Early Movers (EM), Camogie Rapid Movers (RM) and Camogie Mature Movers (MM) Programmes.

Note – The entirety of Phase 1 is used in all three programmes

PHASE 2			
Exercise	EM	RM	MM
Arabesque	•	•	•
Leg Swing (Front)	•	•	•
Leg Swing (Side)	•	•	•
Partner Push into Lunge			•
Diagonal Push into Lunge			•
Front Plank			•
Side Plank		•	•
Split Squat			•
Lateral Hop and Hold	•	•	•
Diagonal Hop and Hold		•	•
Counter Movement Jump		•	•
PHASE 3			
$\frac{3}{4}$ Pace Run	•	•	•
High Skips	•	•	•
2 Forwards 1 Back		•	•
2 Foot Bounds		•	•
Fast Plant and Cut		•	•
One on One	•	•	•
Fast Foot Shuffle (Front)		•	•
Fast Foot Shuffle (Side)			•
Dynamic Lunge			•

For more information on the Camogie Injury Prevention Programme please see <https://learning.gaa.ie/camogieinjuryprevention>

Section 2



Developing Youth Well-Being and Leadership

By Timmy Hammersley

Developing Youth Well-being and Leadership within a club is hugely important to support player welfare. The following are some initiatives that can be implemented as they are relevant to each individual club and its members.

Well-Being Committee

A committee to support and progress well-being in all areas of the club environment. Involving like-minded individuals from administration, coaching and the player base. It should oversee all aspects of well-being projects in the club in a phased and planned manner and/or work with the Club GAA Health and Wellbeing Committee or GAA Healthy Club Committee

Youth Leadership Group

A group of young people (16-25) who advises the club on all areas in ensuring the youth voice is heard. Involving reps from all teams and has official recognition within the club. The approach of the group should follow Lundy's model of Youth Participation involving, space, voice, audience and influence. (See link to additional info on Lundy's model of Youth Participation in Immediate Resources below)

Engagement Forums

Holding yearly forums with the aim of creating wider club awareness and buy in. This could be a focus of the Youth Leadership group with support from the club executive. It could include guest speakers, panel discussions and presentations involving all strands of the club. The overall aim to generate enthusiasm and support for future initiatives.

Awareness of Immediate Supports

The use of club posters advertising the immediate supports which are available to young people, both in person and remote supports. Posters should be easily accessible for young people and hung up both in dressing room and around the club. (See link to some relevant support services in Immediate Resources below)

Inclusion Approach

A club for all where everyone regardless of age, gender, sex, or ability level can have a role and play a part. Roles should be created to match peoples skills such as IT, social media, administration etc., and interest level.



Club Coach Education policy

A Clubs own Coach Education Policy which promotes the consistent upskilling and support offered to coaches in ensuring best practice principles are utilised while working with and coaching young people.

“Check-Ins” with Young people

Create space where coaches interact with young people about both their playing and non-playing lives. Can be done in a group context where young people will feel a sense of care towards their lives and further reinforce the idea of the club as a safe space.



Immediate Supports

<https://assets.gov.ie/24462/48a6f98a921446ad85829585389e57de.pdf>

<https://www.youth.ie/articles/community-supports/>



33%
of players showed high levels of burnout

35%
of players admitted that Camogie had negatively impacted their social life

Nearly **50%** of players admitted to feeling helpless in their ability to perform to their best

62%
of players showed signs of sports anxiety

82%
of players admitted to playing while injured

Results of Camogie Burnout Survey (on 217 camogie players)

Athlete Burnout

Causes and Preventative Measures (for Players and Parents)

What is Burnout?

- Athlete burnout syndrome is characterised by an athlete's reduced sense of accomplishment in their sport, physical & mental exhaustion and a devaluation in their sport.
- It is often accompanied with the loss of interest and withdrawal from the sport.
- Burnout can result in withdrawing from the sport.

Causes of Burnout

- Imbalance between personal life and sport.
- Focusing too much on one's mistakes & negative aspects of performance.
- Poor social support/Lack of resources.
- Conflict with teammates.
- Poor relationship with coach.
- Money hassles.
- Negative coaching environment – intra team comparison, overly focused on results.
- Overtraining.
- Lack of time off or recovery days.

What can you do to prevent Burnout?

- Schedule your week so you can balance playing with your personal life. It's very important to maintain a social life. Ensure you have at least one complete day without exercise each week and rest when feeling fatigued
- Set realistic goals for yourself.
- If you play on multiple teams, or you're a dual athlete, send your coaches your training schedules.
- Don't play if you're not fit. You'll only do more damage in the long run!
- Practice mindfulness or meditation if you feel anxious before games.

Athlete Burnout

Causes and Preventative Measures (for Managers and Coaches)

- Players can feel pressured to perform by their managers and peers.
 - "Controlling" coaches increase burnout rates!
 - Avoid excessive intra team comparisons & individual criticism. Don't single players out!
-
- A focus on player improvement as opposed to results should be prioritised.
 - Encouraging skill development can increase the confidence & enjoyment of your players.
-
- Sports anxiety is a common occurrence for many players.
 - Encourage mental toughness & self-belief in your players.
-
- Avoid extended periods of heavy training & games. Allow for ample recovery and sleep between sessions & games.
 - Athletes need a healthy balance between camogie & their personal life.
-
- Be mindful of intercounty/college & dual athletes workload. They might have other training commitments.
 - A 2013 ESRI report showed 60% of 21-26 year old camogie athletes drop out of sport.
 - This is a crisis that needs to be dealt with and you can be part of it!



48%
of players were worried
about disappointing others

38%
of players were concerned
about underperforming

36%
of players said they had
self-doubts when playing
camogie

52%
of players train 5 days a
week or more

Burnout
levels were significantly
increased by playing with
multiple teams

Results of Camogie Burnout
Survey (on 217 camogie players)



Research conducted by
DCU School of Health and
Human Performance.



**THE
CAMOGIE
ASSOCIATION**
An Cumann Camógaíochta

Mental Health First Aid

by MHFA Ireland

Triggers & signs of mental health problems

We all have mental health just as we have physical health, but it can seem more difficult to spot the signs of mental health problems. Here are some of the common triggers which might impact on someone's mental health and signs that suggest they may need support.



TRIGGERS

People often undergo significant life changes without developing a mental health issue. But for some people changes in their work or personal life, including happy events, can prove stressful and may trigger mental health problems.

Here are some examples of circumstances which might trigger mental health problems:

Personal life changes

- Bereavement
- Relationship breakdown
- Having children
- Health scares or physical illness

Changes at work

- Starting a new job
- Coping with an increased workload or a promotion
- Poor relationships with colleagues or managers
- Redundancy, or fear of redundancy

SIGNS TO SPOT

Recognising a mental health issue is the first step in getting the support needed to recover. One of the first signs of mental health problems may be changes in the person's behaviour.

Some of the signs to look out for:

Physical

- Frequent headaches or stomach upsets
- Suffering from frequent minor illnesses
- Difficulty sleeping or constant tiredness
- Being run down
- Lack of care over appearance
- Sudden weight loss or gain

Emotional & Behavioural

- Irritability, aggression or tearfulness
- Being withdrawn, not participating in conversations or social activities
- Increased arguments or conflict with others
- Increased consumption of caffeine, alcohol, cigarettes or sedatives
- Indecision, inability to concentrate

- Erratic or socially unacceptable behavior
- Being louder or more exuberant than usual
- Loss of confidence
- Difficulty remembering things

At work

- Increased errors, missing deadlines or forgetting tasks
- Taking on too much work and volunteering for every new project
- An employee who is normally punctual arriving late
- Working too many hours: first in, last out, sending emails out of hours or while on leave
- Increased sickness absence
- Being fixated with fair treatment and quick to use grievance procedures



To find out more about how employers can support mental wellbeing and supportive behaviours, visit www.mhfaireland.ie

Anti – Doping

YOUR BODY, YOUR RESPONSIBILITY

What is Doping?

When athletes use prohibited substances or methods to unfairly improve their sporting performance.

What is Anti-Doping?

Anti-doping is the bid to eliminate doping from sport and the fight to protect athletes' rights to compete in clean sport.



What is WADA?

WADA (World Anti-Doping Agency) is a foundation whose role it is to promote, coordinate and monitor the fight against drugs in sports across the world. The agency's key activities include scientific research, education, development of anti-doping capacities, and monitoring of the World Anti-Doping Code. The Sport Ireland Anti-doping Programme is the branch of WADA relevant in Irish Sport. This programme involves testing, intelligence and investigations, prevention, education and awareness.

**DID
YOU
KNOW?**

The use of prohibited substances or methods is strictly forbidden for players at ALL levels of the Association

Strict Liability

Players are solely responsible for any prohibited substance found in their system, despite whether there was intention to cheat or not. Your Body, Your Responsibility!!

What are the Consequences?

A positive test can result in a suspension of a minimum of 4 years from all sports

Supplements

Supplements carry the risk of containing prohibited substances. It is important to know the risks associated with them and how you can reduce your risk

Medications

Players should consult with the www.eirpharm.com website (www.globaldro.org for medications purchased in Northern Ireland or the UK) and their doctor or pharmacist before taking any over the counter medication. Athletes should notify their doctor if they are on the Sport Ireland Registered Testing Pool (RTP), as this will have an impact on how physicians may prescribe medications as part of their treatment and determine the potential requirement for a TUE.

*Please note common medications taken which should be checked include Beta 2 agonists in Asthma Management (e.g. Ventolin or Seretide) and Pseudoephedrine in Cold and Flu medication (Nurofen, Lemsip etc.). WADA 2022 Prohibited List also include important updates to the permitted usage of salbutamol and glucocorticoids

Prohibited List

In addition to the performance enhancing substances, recreational drugs are also included on the prohibited list



Where can I find more information?

<https://camogie.ie/player-information/anti-doping/>

<https://www.sportireland.ie/anti-doping>

<https://www.wada-ama.org/en>



Section 3



Tesco Player Welfare Podcast Series

The Coaching Bubble, in collaboration with Tesco Ireland, launched the Tesco Player Welfare Podcast Series in August 2021. This podcast series aims to provide guidance, advice and practical tips for those involved with youth players.

We have seven fantastic discussions with guests which will inform players, coaches, parents and guardians in empowering players to take care of their own health and wellbeing.

Subscribe to the Coaching Bubble Podcast on Spotify, Apple Podcasts or Soundcloud

You can keep up to date with all things Coaching Bubble Podcast on social media @BubbleCoaching



TESCO PLAYER WELFARE PODCAST SERIES



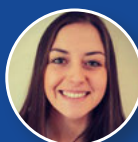
The Coaching Bubble in collaboration with Tesco Ireland are introducing our player welfare podcast series which aims to provide guidance and help for coaches, parents and guardians of youth players.

Speakers

Discussions with guests will inform coaches, parents and guardians how to aid them in supporting players to take care of their own health and wellbeing and to enjoy playing camogie for many years.



Lynne Cantwell / Nora Stapleton
Retaining Young Women in Sport
@cantwell @NoraStapleton



Emma Brennan
Nutrition
@Emmab_nutrition



Catriona O'Halloran/Ciara O'Flynn
The Young Female Athlete
@anytimemonth



Orlaith Curran
Burnout
@orlaithcurran



Rena Buckley
Injury and Injury Prevention
@RenaBucks



Gordon MacLelland
Being a Good Sports Parent
@_wwpis



Des Ryan
Coach Support
@Deasun0



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TESCO
Every little helps

Presenter

The host of the Coaching Bubble Podcast, Stephen Behan joins us to steer the ship in the brilliant discussions which occur over the course of our Player Welfare Podcast Series.

Stephen is a Business Development Manager at The Insight SFI Research Centre for Data Analytics and works as an Assistant Professor in Elite Performance in the School of Health and Human Performance in DCU.

Stephen has plenty of experience as a coach himself, working as a GPO in Dublin for nearly a decade, holding a MSc in Coaching and Exercise Science and a PhD in the area of physical literacy, fundamental movement skills and physical activity.



EPISODE 1

Retaining Young Women in Sport



Guests

- Lynne Cantwell - Women's High-Performance Manager with South Africa Rugby
- Nora Stapleton - Women in Sport Lead with Sport Ireland,

Episode Description

Lynne and Nora discuss the importance of organised sport and barriers to lifelong participation.

EPISODE 2

Healthy Habits Around Nutrition & Hydration



Guest

- Emma Brennan - Academy Performance Nutritionist with Connacht Rugby

Episode Description

Emma Brennan sheds light on what players, parents and coaches need to know around Nutrition and Hydration.

EPISODE 3

The Young Female Athlete



Guests

- Catriona O'Halloran – Team Lead with Anytime of the Month
- Ciara O'Flynn - Team Lead with Anytime of the Month

Episode Description

Cathriona and Ciara give great guidance to parents and coaches on periods, period poverty, and how they can impact sport participation.

EPISODE 4

Talent Academy Pathways and Avoiding Burnout in Youth Players



Guest

- Orlaith Curran - PhD Student in DCU and Athletic Development Coach with the IRFU

Episode Description

Orlaith explains what Talent Academy Pathways are in relation to high achievers but also how these look with a participation focus.

EPISODE 5

Injury and Injury Prevention



Guest

- Rena Buckley - Chartered Physiotherapist

Episode Description

Rena explains the most prevalent injuries among youths and how we can reduce the risk of them occurring.

EPISODE 6

Being a Good Sports Parent



Guest

- Gordon MacLelland - CEO of Working with Parents In Sport

Episode Description

Gordon gives insight to the challenges parents in sport face as well as discussing the importance of building positive relationships between coaches and parent.

EPISODE 7

Coach Support



Guest

- Des Ryan - Director of Coaching and Performance with Setanta College

Episode Description

Des highlights the challenges that coaches face, including coach burnout and strategies to avoid it as well as the importance of relationship building.

We would like to take this opportunity to thank Tesco Ireland and the Coaching Bubble Podcast for working together to bring this podcast to life. A special thank you also to our host Stephen Behan and all of our guests for contributing to our Series.



Self-Care Series



The Self-Care Series is a new Camogie Association Webinar Series which launched in November 2021. The five-part series aims to explore important topics around Self Care. We want to encourage our members to prioritise their own health and wellbeing and not push it down the list of things to do.

Camogie Association SELF-CARE SERIES



The Camogie Associations Self Care Series is a new initiative diving into all things Self-Care related. In this 5 part webinar series, we are encouraging our members to prioritise their own health and wellbeing. The series features special guests on their areas of expertise.

“When taking care of everything else on the list, don't forget to take care of you.”

EPISODE

Sexual Health with Dr. John Crowley and James Nolan

Preventative Screening with the HSE National Screening Service

Periods and Sport with Anytime of the Month

Ask About Alcohol with the HSE National Alcohol Programme and Cancer Risk Reduction with the HSE National Cancer Control Programme

Breast Cancer Awareness with Breast Cancer Ireland



Sexual Health



Presenters: Dr John Crowley and Dr James Nolan. Dr Crowley is a GP and Occupational Physician in YourGP in Ballincollig, Co. Cork . He is also a teacher in the School of Medicine, UCC and a GP trainer for the Irish College of GPs. Dr Nolan is a Registrar of General Practice in YourGP and is a Member of the Royal College of Physicians of Ireland.

Episode Description: A insight on Sexual Health for everybody. Dr. Crowley and Dr. Nolan will give a snapshot into sexual health including STI's and contraception as well as prostate health.

Sexually Transmitted Infections (STI's)

The following STI's are discussed in relation to prevalence, signs and symptoms, causes, testing, treatment, long term effects and prevention throughout the webinar.

Chlamydia	Gonorrhoea	Genital Warts (HPV)
Genital Herpes	Syphilis	Genital Lice

Contraception

The following Contraceptives discussed in relation to how they work and the pro's and con's of each.

Intrauterine Contraception	Oral Contraceptive Pill	Injectable Contraception
Implantable Contraception	Patch/Ring Contraception	Barrier Contraception
		Emergency Contraception

Key Messages

- If you are sexually active, it is important to get a regular sexual health check
- If you have any symptoms or concerns, attend your GP for medical opinion
- Free home testing kits are available in some areas of the country from sexualwellbeing.ie for people without symptoms
- HPV Screening does not include a full sexual health screening



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Preventative Screening



Presenters: Dr Aoife Collins and Dr Noirin Russell. Dr Collins is a Senior Health Promotion Officer in the Public Health Department of the National Screening Service. Prior to this she worked for Irish Cervical Screening pilot programme in the Midwest as a Health Promotion Officer and began her career as a researcher in Public Health Nutrition. Dr Noirin Russell is the Clinical Director of CervicalCheck, the national cervical screening programme. Prior to this she has worked as a Consultant Obstetrician and Gynaecologist at Cork University Maternity Hospital, Clinical Lead for Colposcopy at University Hospital Kerry and Clinical Senior Lecturer at UCC.

Episode Description: A look at the importance of screening as a key part of Preventative Health Measures. Aoife and Noirin will discuss the various screening services available while also delving deeper into Cervical Screening.

HSE Screening Services

Breast Check Logo Available for 50-69 year olds Every 2 years	Bowel Screen Logo Available for 60-69 year olds Every 2 years
Diabetic Reina Screen Available to everyone 12+ years old With Type 1 or 2 Diabetes	Cervical Check Available for 25-29 year olds every 3 years Available for 30-65 year olds every 5 years

Key Messages

- If you are of age for Screening – **Attend your Screening**
- If you have any symptoms or concerns, **see your GP**, don't wait for screening
 - Screening is for those with no symptoms
- Check the register to ensure you are registered and they have your correct details
 - Encourage friends and family members who are eligible to attend screening

For more, watch our Preventative Screening Webinar on the Camogie Association YouTube Channel.



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Periods & Sport



Presenters: Catriona O'Halloran and Ciara Flynn. Catriona O'Halloran is a graduate of International Business Studies from the University of Limerick and a current Masters Student of Global Challenges for Sustainability in Montpelier. She is an Anytime of the Months team lead and is the driving force for their sports initiatives. Ciara O'Flynn is a student of European Studies in the University of Limerick and is also a team lead at Any time of the Month with a particular devotion to the projects second level education programme. Anytime of the Month is a student led social enterprise in the University of Limerick which aims to alleviate the effects of period poverty.

Episode Description: A discussion on the obstacles players face in relation to periods. Catriona and Ciara will look at period poverty, normal and abnormal signs and symptoms and what we can do to support players around our clubs

How can we support players in our clubs when it comes to periods?

Period Products in Clubs (Dressing rooms, Bathrooms, Kit / First Aid Bag) 	Provide a mix of products 	Have a bin in bathrooms for period products 
Avoid using euphemisms around periods 	Change colour of skorts from being white 	Create an open and safe environment where players can talk comfortably 
Have conversations about periods 	Educate yourself 	Provide resources 
Encourage players to track their period 	Encourage players to play sport even when on their period 	Understand that players can have different performance levels during their period 



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Alcohol and Cancer Risk Reduction



Presenters: Marion Rackard, Áine Lyng and Una Kennedy. Marion is Project Manager within HSE Alcohol Programme. She has worked in alcohol treatment, prevention, advocacy and is an accredited addiction counsellor and psychotherapist. Áine is a Cancer Prevention Officer with the National Cancer Control Programme. She also played camogie with Waterford and Gailtir Camogie club, captaining her club to All Ireland success in 2020. Una, a graduate of Trinity College Dublin, is a GP in Dublin and a GP Advisor to the National Cancer Control Programme.

Episode Description: An insight into the landscape of alcohol and associated risk factors from Marion. While Aine will discuss Cancer prevention and risk reducing factors and Una will describe the importance of acting on potential signs of cancer.

Protect your skin



Know the UV index: In Ireland, the UV radiation levels are high from April to September, even when it is cloudy. Stay safe by limiting time in the sun when UV is strongest, typically between the hours of 11:00am-3:00pm.



Slip on clothing: Cover skin as much as possible, wear long sleeves, collared t-shirts, clothes made from close-woven material that does not allow sunlight through.



Slap on sunscreen. Use factor 30 for adults and 50 for kids. Apply sunscreen with a sun protection factor (SPF) of at least 30+ for adults and 50+ for children, with high UVA protection, and water resistant. Reapply regularly. No sunscreen can provide 100% protection, it should be used alongside other protective measures such as clothing and shade.



Slap on a wide brimmed hat: Protect your face, ears and neck.



Seek shade: Especially if outdoors between 11am and 3pm, and always use a sunshade on a child's buggy.



Slide on sunglasses: Guard your eyes from harm by wearing sunglasses with UV protection.



Do not deliberately try to get a suntan. Avoid getting a sunburn. Never use a sunbed.



Know the signs

Find cancer early

nccp
National Cancer
Control Programme

1 in 2 people in Ireland will develop cancer
at some point in their lives

Treatment options and survival rates are better
than ever – especially when cancer is found early



Call your GP TODAY if you notice any of the following



A new
lump/bump



A changing
lump/bump



Abnormal
bleeding



A new or changing
mole



Unexplained
weight loss



Constantly
very tired



Cough for more than
3 weeks



Persistent change
in bowel habit



Persistent heartburn
or indigestion

Don't be scared Don't delay
Call your GP today

Steps to reduce your cancer risk



Physical Activity

- Physical activity reduces risk of bowel, breast and womb cancer
- Aim for at least 150 minutes of moderate physical activity or 75 minutes of vigorous activity across a week
- Moderate physical activity makes you a little out of breath but you can talk comfortably
- Vigorous activities will raise your heart rate, make you sweat and feel out of breath



Eating for Health

- Eating fruit, vegetables and wholegrains provide the body with antioxidants, vitamins and minerals that protect your body
- Red and processed meat contain chemicals that increase risk of bowel cancer.
Aim to reduce the amount of red meat you eat as much as possible, to no more than 3 portions per week, and try to avoid processed meat altogether
- Coffee may reduce risk of some cancers, including liver cancer
- Choose healthy food and avoiding 'fast-foods, sugary drinks and sweets helps maintain a healthy body weight which decreases risk of cancer



Skin Protection

- To reduce risk of skin cancer protect your skin from the sun and never use sunbeds
- Follow the Healthy Ireland SunSmart steps, especially from April to September, even when it is cloudy
 - Slip on clothing that covers your skin
 - Slap on sunscreen, using factor 30+ for adults and 50+ for children
 - Slap on a wide-brimmed hat
 - Seek shade and always use a sunshade on a child's buggy
 - Slide on sunglasses to protect your eyes

Steps to reduce your cancer risk



Alcohol

- When alcohol is broken down in your body, it can damage your body's cells
- It increases the risk of at least 7 types of cancer, including mouth, throat, breast, stomach and liver
- You can reduce your risk of cancer if you do not drink alcohol
- The less you drink the lower the risk



Radon

- Radon is a naturally occurring gas found in the environment. It can increase risk of lung cancer when it is present in buildings at high levels
- If you are a smoker and you live in a high radon area your risk of lung cancer is increased, so it is even more important to think about quitting smoking
- The [Environmental Protection Agency website](#) provides information on how to check your home for radon gas levels. It also provides advice on how to reduce levels in your home if you need to



Vaccines

- Vaccinations can protect against some kinds of cancer
- HPV is a virus that can cause a range of cancers including cervical, penis, anal, mouth and throat cancer. The HPV vaccine protects against the HPV virus. The HPV vaccine is offered to all girls and boys in secondary school to reduce cancer risk
- Hepatitis B vaccine protects against liver cancer. It is offered to all newborns in Ireland

Steps to reduce your cancer risk



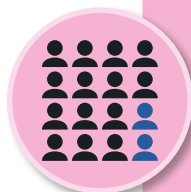
Breastfeeding

- Breastfeeding reduces levels of certain hormones in the body and protects cells in the breast from changes, reducing breast cancer risk
- The greater the number of months the greater the protection
- If you can, breastfeed your baby



HRT

- Certain hormonal medications, including the Oral Contraceptive Pill (OCP) and hormone replacement therapy (HRT) can increase and decrease the risk of cancers for women
- Talk to your GP about whether these medications are right for you



Cancer Screening

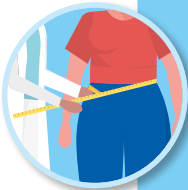
- Consider taking part in organised cancer screening programmes for:
 - Breast cancer (women aged 50-69 years)
 - Cervical cancer (women and people with a cervix aged between 25-65 years)
 - Bowel cancer (people aged 60-69 years)
- For more information go to www.screeningservice.ie

Steps to reduce your cancer risk



Workplace

- Some workplaces involve exposure to cancer causing substances, such as arsenic, asbestos, ultraviolet radiation
- Follow your workplace health and safety instructions to help reduce the risk of your exposure to cancer-causing substances in your workplace



Body Weight

- Too much body weight can affect hormone levels and your immune system, increasing your risk of cancer
- Maintain a healthy body weight throughout your lifetime, from childhood to adulthood to reduce your risk of 12 types of cancer



Smoking

- Tobacco contains chemicals that cause cancer. Tobacco products include cigarettes, roll your own, chewing, pipes or cigars. Quitting tobacco reduces your risk of at least 15 types of cancer including lung cancer, which is the biggest cause of cancer death in Ireland
- For support to quit smoking go to www.quit.ie or call 1800 201 203

Second Hand Smoke

- Second hand tobacco smoke increases cancer risk
- Make your home and car smoke free

Breast Cancer Awareness

Presenter: Rachel Fitzgerald-Feeley. Rachel is an Outreach Coordinator for Breast Cancer Ireland and delivers breast education and awareness programmes across the West and Northwest of Ireland. She is a breast cancer survivor and has a keen interest in promoting breast self-awareness.

Episode Description: An in depth look at breast cancer. Rachel will discuss the many signs and symptoms to look out for, while also sharing her own very personal experience of Breast Cancer.



1 in 9 women will be affected in their lifetime.
 There are currently 3,700 new cases diagnosed annually.
 Below are 8 warning signs to look for.



1 A puckering of the skin of the breast



2 A lump in the breast or armpit



3 A change in the skin around the nipple or nipple discharge



4 Dimpling of the nipple or nipple retraction



5 An unusual increase in the size of one breast



6 One breast unusually lower than the other. Nipples at different levels



7 An enlargement of the glands



8 An unusual swelling in the armpit.

The risk of breast cancer increases with age:

23% of women are diagnosed between 20-50 years
 34% of women diagnosed between 50-69 years
 36% of women diagnosed 70 years and above

Only 5-10% of breast cancer are hereditary

Survival rates are increasing in Ireland due to increased awareness and breast screening.

85%

Mortality rates are reducing by 2% annually

One can reduce the risk of developing breast cancer by diet, exercise and control of alcohol consumption


HELMET SAFETY INFORMATION


 **DO**



 **DON'T**



 **ENSURE THAT** your helmet is an approved, NSAI Standard IS355, helmet with facial guard

 **WEAR AN APPROVED** helmet for **ALL** training sessions and matches

 **ALWAYS CHECK** that your helmet is in good condition

 **TAKE PART IN ANY** game or training session without an approved helmet with facial guard

 **REMOVE/REPLACE** the facial guard with an alternative facial guard

 **MODIFY YOUR HELMET** or facial guard in any way

JEWELLERY INFORMATION



**PLEASE
REMEMBER TO REMOVE
ALL JEWELLERY FOR ALL
TRAINING & GAMES**

Player Welfare and Inclusion Resources

Below are some of the resources which can be found on the Camogie Association website. You can check them out at camogie.ie



Player Welfare Booklet Vol 1



Player Welfare Booklet Vol 2



Player Health Check Programme



Injury Prevention Programme



Self Care Series



Player Welfare Podcast



Player Safety and Helmets



Concussion Guidelines



Health and Wellbeing Information



Camogie Association Disability Inclusion Policy



Supporting Organisations contact information