120 Years

THE CAMOGIE ASSOCIATION

CAMOGIE

CLUB 120

CAMOGIE

CLUB 120

120 YEARS OF CAMOGIE

JOIN US, JOIN IN.

What is Club 120?

To commemorate 120 years of the Camogie Association, Camogie Club 120 is a national initiative dedicated to celebrating the heart of Camogie: our clubs and communities. It's a time to honour our incredible volunteers, welcome both members and newcomers, and enjoy an event filled with fun and Camogie!

Whether it's your first day or your 120th year, everyone's welcome at Club 120.

#OurGameOurPassion
#Camogie120

120 Years
THE CAMOGIE ASSOCIATION

CAMOGIE
CLUB 120

When is Club 120?

Camogie Club 120 will take place from August 17th to late September, starting from National Heritage Week. This year marks a significant milestone, 120 years of Camogie, making it the perfect time for this celebration.

Many clubs already host annual open or fun days. We aim to give these days the recognition they deserve by bringing them under one national period of celebration, firmly establishing Club 120 as a fixture in the Camogie Association 120 celebrations.

What clubs can take part?

Every Camogie club, everywhere! All Camogie clubs at home and abroad are encouraged to mark this special day.

#OurGameOurPassion
#Camogie120

120 Years
THE CAMOGIE ASSOCIATION

CAMOGIE
CLUB 120

How many events can clubs organise?

Camogie Club 120 will run from August 17th to the end of September. In this period, clubs are free to organise multiple events, a series of initiatives or a one-off day of celebration.

Who should be there?

Everyone is welcome at Camogie Club 120! It's a chance for members, their families, and friends to come together and celebrate the people and places that make our clubs so special and unique. It's also a signpost of outreach. Let newcomers know your club is a place where they'll be welcomed, can get involved, make friends, and learn new skills. Finally, it's an opportunity to celebrate community spirit and support other community initiatives alongside your club.

Our hope is that Camogie Club 120 will encourage more people to play, attend, and learn about our game and communities, and ultimately become members and volunteers.

#OurGameOurPassion
#Camogie120

120 Years
THE CAMOGIE ASSOCIATION

CAMOGIE
CLUB 120

120 YEARS OF CAMOGIE
JOIN US, JOIN IN.

How should we promote Camogie Club 120?

- Use your club website and social channels.
- Communicate a date(s) in the diary for all club members and ask them to spread the word.
- Put posters in the local community.
- Put a banner outside the club.
- Press release to local newspapers, radio stations, and on your website.
- News item in local newsletter e.g., church newsletter.
- Reach out to club sponsors.
-

Prizes are on offer for the best events held!

Safeguarding

All activities for children must be in line with the Gaelic Games Code of Behaviour (Underage). This includes having adequately trained personnel to oversee the events and adhering to the supervision requirements and the female/male ratio to children required. For more information visit camogie.ie/administration/child-safeguarding-and-protection/

#OurGameOurPassion
#Camogie120

120 Years
THE CAMOGIE ASSOCIATION

CAMOGIE
CLUB 120

What activities could we do?

The most important thing about Camogie Club 120 is that it's inclusive and enjoyable for all. It's an opportunity to showcase all our positives—our people, our game, our values, our culture, and our communities.

Here are some ideas to consider:

- 'Introduction to Camogie' – a fun training session outlining the basics with lots of fun games and plenty of movement!
- Blitzes for all ages and abilities – keep it fun and fair with an emphasis on participation, not competition.
- Social Camogie blitzes.
- Poc Fada competition.
- Healthy Club activities like a fun run / club walk.
- 'Camogie for All' activities such as inclusive All-Star games or Fun & Run for persons with additional needs.

#OurGameOurPassion
#Camogie120

THE **CAMOGIE** ASSOCIATION
120 Years

What activities could we do? (continued)

- Quiz / Tráth na gCeist.
- Honour members of the Club who have given exceptional service on or off the field.
- Newcomer Award, Unsung Hero Award.
- Food e.g., BBQ.
- Entertainment/DJ/Music playlist.
- Community showcase – showcasing other local community-based groups.
- Video diary for attendees to come and leave a message.

#OurGameOurPassion
#Camogie120

Suggestions on how to implement Camogie Club 120 activities

1. **Introduction to Camogie Session**

Objective: Introduce newcomers to Camogie and provide a fun, engaging experience for all ages.

Preparation:
- Coaches: Arrange for knowledgeable club members or coaches to lead the session.
- Equipment: Gather hurleys, sliotars, cones, and bibs. Ensure enough equipment for participants.
- Registration: Set up a registration area to manage participant numbers and provide information.

On the Day:
- Warm-Up: Start with a light warm-up (jogging, stretching).
- Drills: Introduce basic skills (striking, catching, blocking). Keep drills simple and fun.
- Games: Organise mini games focusing on enjoyment over competition.

#OurGameOurPassion
#Camogie120

THE CAMOGIE ASSOCIATION

- Wrap-Up: End with a cool-down and a brief discussion on the basics learned.

Materials Needed:

- Sign-up Sheets: For participant registration.
- Instructional Handouts: Simple guides on basic Camogie skills.
- First Aid Kit: Ensure medical support is available.

2. **Blitzes for All Ages and Abilities**

Objective: Provide a fun, inclusive competitive experience for players of all levels.

Preparation:

- Team Formation: Arrange participants into balanced teams based on age and skill.
- Fixtures: Create a schedule for matches, including duration and rules.
- Referees: Recruit volunteer referees and ensure they understand the rules.
- Medals/Trophies: Prepare small awards for participation or achievements.

#OurGameOurPassion
#Camogie120

THE CAMOGIE ASSOCIATION
120 Years

CAMOGIE
CLUB 120

On the Day:

- Check-In: Set up a check-in area for team registration.
- Briefing: Hold a brief meeting to explain rules and schedules to participants.
- Matches: Run matches according to the schedule. Ensure meaningful playing time and maximum participation.
- Results: Keep track of scores and manage the flow of games.
- Awards Ceremony: Conclude with a presentation of medals/trophies.

Materials Needed:

- Match Schedules: Printed schedules for reference.
- Scorecards: For referees to record results.
- Medals/Trophies: For distribution during the awards ceremony.

#OurGameOurPassion
#Camogie120

120 Years
THE CAMOGIE ASSOCIATION

3. **Poc Fada Competition**

Objective: Test and showcase participants' skills in striking the ball for distance.

Preparation:
- Course Layout: Designate a clear, open course for the competition.
- Markers: Place distance markers along the course.
- Equipment: Provide sliotars and hurleys.
- Registration: Set up an area for participants to sign up and receive their competition numbers

On the Day:
- Briefing: Explain the rules and scoring to participants.
- Competition: Participants take turns striking the sliotar. Measure and record distances.
- Scoring: Determine winners based on distance.
- Awards: Present prizes to winners.

#OurGameOurPassion
#Camogie120

Materials Needed:
- Measuring Tape: For accurate distance measurement.
- Score Sheets: To record participant distances.
- Awards: For top performers.

4. **Social Camogie Blitz**

Objective: Create a relaxed, social environment for players to enjoy informal matches.

Preparation:
- Team Setup: Arrange participants into mixed-ability teams.
- Venue: Prepare a suitable playing area.
- Referees: Recruit volunteer referees familiar with relaxed, social playing rules.

#OurGameOurPassion
#Camogie120

On the Day:
- Briefing: Explain the social nature of the games, emphasising fun over competition.
- Games: Run short, informal matches.
- Social Area: Set up an area for refreshments and socialising between games.

Materials needed:
- Team Bibs: To distinguish teams.
- Refreshments: Light snacks and drinks.

5. **Healthy Club Activities (Fun Run/Club Walk)**

Objective: Promote fitness and community spirit through inclusive physical activities.

Preparation:
- Route Planning: Map out a safe, accessible route for the run/walk.
- Registration: Set up a registration area for participants.

#OurGameOurPassion
#Camogie120

THE CAMOGIE ASSOCIATION
120 Years

Preparation (continued):
- Volunteers: Arrange for volunteers to guide and support participants along the route.
- Water Stations: Plan water stations along the route.

On the Day:
- Warm-Up: Lead participants in a group warm-up.
- Start: Organise participants at the starting line and set off in groups.
- Support: Ensure volunteers are positioned to provide guidance and assistance.
- Finish Line: Arrange a celebration area with refreshments and medals.

Materials Needed:
- Route Markers: Signs or cones to mark the course.
- Water and Snacks: For participants.
- Medals/Certificates: For all finishers.

#OurGameOurPassion
#Camogie120

THE CAMOGIE ASSOCIATION
120 Years

6. **'Camogie for All' Activities**

Objective: Include participants of all abilities in fun, adaptive games.

Preparation:
- Activity Planning: Design games that can be adapted for different abilities.
- Volunteers: Recruit trained volunteers to support participants.
- Equipment: Adapt equipment as needed (e.g., lighter hurleys, larger sliotars).

On the Day:
- Check-In: Register participants and assess any special needs.
- Games: Run adaptive games, ensuring everyone can participate comfortably.
- Support: Provide extra assistance as needed.
- Recognition: Acknowledge participants' efforts with awards or certificates.

#OurGameOurPassion
#Camogie120

Materials Needed:
- Adaptive Equipment: Modified hurleys, balls.
- Certificates: For participation.

7. **Quiz/Tráth na gCeist**

Objective: Engage participants in a fun, educational quiz related to Camogie and Gaelic Games.

Preparation:
- Questions: Prepare a range of questions on Camogie, club history, and Gaelic Games.
- Teams: Organise participants into teams.
- Venue: Set up a suitable space with tables and chairs.

On the Day:
- Quizmaster: Designate a quizmaster to read questions and keep score.
- Rounds: Conduct the quiz in rounds, mixing question types.

#OurGameOurPassion
#Camogie120

On the Day (continued):
- Scoring: Keep track of scores for each team.
- Awards: Present small prizes for the winning team.

Materials Needed:
- Quiz Sheets: Printed questions and answer sheets.
- Prizes: For the winning team.

8. **Food and Entertainment**

Objective: Provide a social aspect to the day with food and entertainment options.

Preparation:
- Food Vendors: Arrange for food trucks or a BBQ. If possible, include local vendors.
- Entertainment: Plan music, DJ, or performances.
- Seating: Set up tables and chairs for eating and socialising.

#OurGameOurPassion
#Camogie120

On the Day:
- Set-Up: Ensure food and entertainment areas are ready.
- Management: Oversee food distribution and entertainment.
- Clean-Up: Arrange for waste disposal and clean-up.

Materials Needed:
- Food Supplies: BBQ equipment, ingredients, or coordination with food vendors.
- Sound System: For music or DJ.

9. **Community Showcase**

Objective: Highlight the contributions of other local community groups and build relationships.

Preparation:
- Invitations: Invite local community groups to participate.
- Booth Space: Allocate space for each group to set up a booth or display.
- Schedule: Organise times for each group to present or demonstrate.

#OurGameOurPassion
#Camogie120

On the Day:

- Setup: Assist groups in setting up their displays.
- Presentation: Coordinate presentations or demonstrations.
- Interaction: Encourage participants to engage with community groups.

Materials Needed:

- Booths/Tables: For community group displays.
- Signage: To identify each group.

10. **Video Diary Station**

Objective: Capture attendees' thoughts and memories from the day.

Preparation:

- Setup: Prepare a quiet, well-lit area with a camera and microphone.
- Instructions: Provide guidelines on what participants can talk about.

#OurGameOurPassion
#Camogie120

CAMOGIE
CLUB 120

120 YEARS OF CAMOGIE
JOIN US, JOIN IN.

On the Day:
- Facilitation: Have a volunteer guide participants through the recording process.
- Recordings: Capture short video clips from attendees.
- Wrap-Up: Save and organise the recordings for later use.

Materials Needed:
- Camera/Microphone: For recording.
- Signage: Instructions for participants.

Let us know!

Please let us know what your Club plans on doing by filling in the form below. We'd love to hear from you and promote your event!

https://forms.office.com/e/mY9RzWOhEs

#OurGameOurPassion
#Camogie120

120 Years
THE CAMOGIE ASSOCIATION

Insurance

Don't forget to notify your insurance provider about any additional activities that you have planned, to make sure that the appropriate cover is in place. Further information available at this link:

https://www.gaa.ie/article/insurance-policies

#OurGameOurPassion
#Camogie120

120 Years
THE CAMOGIE ASSOCIATION