



ST. MARY'S GAA CLUB BORD NA NÓG DEVELOPMENT PLAN 2017 - 2022





Contents

Foreword

Enda Brady, Chairman Bord na nOg

Introduction

David Keane, Coaching Officer

1. Organisational Structure

5 recommendations

2. Recruitment of Players

4 recommendations

3. Recruitment of Coaches / Role of Parent

6 recommendations

4. Development of Coaches

11 recommendations

5. Development of Players / Retention of Players

9 recommendations

6. Physical Infrastructure / Equipment

3 recommendations



Foreword

Enda Brady, Chairman Bord na nÓg

I believe the role of St Mary's Bord na nÓg is not to win every competition we play. The role of Bord na nÓg is to create an environment where every child can learn the game, get fitter and live healthier lives, build resilience, be the best that they can be both on and off the field, and make friends that last for years to come.

Bord na nÓg will be successful if we can get the maximum number of girls and boys playing with St Mary's as adults and when they are finished playing continue to support and stay involved in the club thereafter.

Many coaches and club members have played a role in the development of our plans to date. We are making progress in many areas covered in this plan. I hope this document is used and added to by all those who volunteer and lead St Mary's Bord na nÓg for the years to come.

A sincere thank you to everybody who has given ideas and time to the preparation of this plan.

Enda Brady

St May's GAA Bord na nOg Chairperson

2020



Evolution of the Bord na nÓg Development Plan

David Keane, Coaching Officer

In 2016 the Bord na nÓg section of the club felt it was an opportune time to take stock of where we were as a sporting organisation in Sligo and focus on what we needed to do to build for the future. A Committee consisting of Niall Murray, David Keane, Tom Davey, Enda Brady and Enda Meehan began a wide-ranging consultation process with a number of the clubs stakeholders. Our initial task was to build on the excellent work that Peadar Niland had carried out in this area and produce a 'Coaching Plan' however from early on it became apparent that the scope was much wider. Feedback was sought from all club members at that time:

- Direct submissions were requested from members which arrived by email, by phone and in person;
- Detailed data analysis in relation to our Saturday Morning Coaching was compiled by Hugh O'Hehir;
- Two very well attended workshops took place in the Sligo Park Hotel in June and October 2016;
- The club engaged with John Tobin & Cathal Cregg of Connaught GAA, utilised coaching documents prepared by Sligo GAA and reviewed other plans from a variety of clubs throughout the country.

Early in 2017 the Committee drafted a lengthy document outlining key recommendations and the actions required to make them happen. Throughout 2018 and 2019 further recommendations were actioned throughout the club and we are now at a juncture whereby the initial lengthy plan has been distilled down into a key summary document. A further consultation workshop took place in May 2019 which again was very well attended to revisit what had been done to date and this gave us a chance to refresh our findings.

Whilst we are all interested in having a strong and vibrant Bord na nÓg administration supported brilliantly by parents, it is no surprise that the two areas that resulted in the most recommendations were:

- Recruitment and Development of our players
- Recruitment and Development of our coaches

The Committee continues to meet and we feel that now is an opportune time to publicise this document to acknowledge the excellent work done throughout the club but more importantly to really focus the collective minds on how each of us can play a role in developing our club, our teams, our people, our players and our community in the coming years in line with our plan.

David Keane

Coaching Development Officer

2020



1. Organisational Structure

5 recommendations

No.	Action	Owner	Status	Cost
1.1	Ensure a strong Bord na nÓg Executive	Bord na nÓg Executive	Complete	
1.2	Saturday Morning Co-Ordinator should be a stand alone role	Bord na nÓg Executive	Complete	
1.3	Implement new Coaching Work Group → Coaching Officer → Assistant Coaching Officer → Others	Bord na nÓg Executive	Newly constituted in January 2020	
1.4	Ensure role is in place to assist in maintaining coaching records (See 4.2)	Bord na nÓg Executive	Completed - Adrian Keane	
1.5	Review communication strategy – find most efficient and effective way to alert stakeholders to activities and matches?	Bord na nÓg PRO		TBC

2. Recruitment of Players

4 recommendations

No.	Action	Owner	Status	Cost
2.1	Ensure strong links with feeder primary schools	Schools Liaison Officer	Work started in 2019	
2.2	Organise a new one-day competition for our feeder schools	Bord na nÓg Executive	Work started in 2019 - advancing in 2020	TBC
2.3	Continuing vigilance of U8-U12 Coaching Teams	Saturday Morning Co-Ordinator	Ongoing	
2.4	Ensure the 6-week introductory nursery programme is run annually	Bord na nÓg Executive	Annual action: has run each year but concern over whether we are capturing participants in our club	TBC

3. Recruitment of Coaches / Role of Parent

6 recommendations

No.	Action	Owner	Status	Cost
3.1	Identify coaching teams by October/November at latest	Bord na nÓg Executive	Currently in place for most teams – review annually	
3.2	New code for coaches & revised code for parents	Saturday Morning Co-Ordinator	Completed- code formally adopted in March 2019	
3.3	3.3.1 4 Senior Players at every Saturday morning session	Senior Club Executive	Senior players have attended some Saturday mornings when requested – not a regular occurrence as of yet	
	3.3.2 Can we involve U16 & U18 players in our coaching structure	Bord na nÓg Executive	No focus on this as of yet	
3.4	One senior player to become 'mentor' figure for each underage team U10-U18	Senior Club Executive	Enda Brady to discuss with Aidan Rooney for 2020	



3. Recruitment of Coaches / Role of Parent (continued)

No.	Action	Owner	Status	Cost
3.5	Organise an annual social event	Bord na nÓg Executive	This was done in 2018 and 2019 – being looked at for 2020 also	TBC
3.6	Briefing of all parents by respective coaching teams at start of year	Saturday Morning Co-Ordinator / Coaching Officer	Coaching Teams to be advised of this; included on lead coach guidelines	

4. Development of Coaches

11 recommendations

No.	Action	Owner	Status	Cost
4.1	All Team Managements become 'Coaching Teams'	Bord na nÓg Executive	Raised at Coaching Group meeting: to be officially adopted and communicated by Bord na nOg	
4.2	All coaching records maintained in one living database	Coaching Work Group	Completed - Adrian Keane	
4.3	Organise a programme of coaching events throughout the year – sample programme provided	Coaching Work Group	David Keane to focus on this for 2020	TBC
4.4	4.4.1 Mandatory for all our coaches to hold GAA Qualifications 4.4.2 Target to have at least 60 active coaches qualified to Level 1	Coaching Work Group	30 Foundation Coaches; 9 Fundamentals (LGFA) Coaches; 15 Award 1 (includes A Rooney who is actually only Award 2 in the club) Figures to be updated for 2020	TBC
4.5	Identify reference material for our coaches	Coaching Work Group	Being done informally – this will need to be formalised in the future	
4.6	Visit one other sports provider each year to see what can be learned	Coaching Work Group	We are marking this down as completed for now. All coaches attending soccer, rugby, basketball, athletic sessions during off seasons. Niall Murray attended other clubs in Cork also. Must be on-going	€500
4.7	20 minute 'set-up- period' allocated before every training session	Senior Club Executive / Pitch booking	No real discussion on this as of yet – this will need to come through the Coaching Group	
4.8	Every club training to be prepared in writing	Coaching Officer	No discussion on this as of yet- might be hard to do but we could promote	€250
4.9	All Coaches attend at least 10 min prior to start of Saturday morning coaching	Saturday Morning Co-Ordinator	2020 – Enda Brady to remind Sat morning coaches to re-inforce this practice	
4.10	Maximum Child/Coach ratio's for U6 & U8	Saturday Morning Co-Ordinator	Based on numbers this is being realised; review to be carried out periodically	
4.11	Implement some type of buddy system between new and established coaches	Saturday Morning Co-Ordinator	Outstanding – nothing formal; David Keane to review	



5. Development of Players / Retention of Players

9 recommendations

No.	Action	Owner	Status	Cost
5.1	Agree guidelines to address areas that have given rise to difficulties	Coaching Work Group	Participation v winning; players training up out of their age-group; <i>'Nos. 10 to 20 on your panel will make the difference to any team – as a coach your job should be about developing them'</i> Major focus on this	
5.2	Complete the Player Development Plan	Coaching Work Group	2020 – going to look at this again Work has started	
5.3	Introduce measurements of our young players	Saturday Morning Co-Ordinator	Has not really progressed in any meaningful way	
5.4	Run 'Skills Day's' to promote our skills	Saturday Morning Co-Ordinator	No action taken as of yet (Skill cards used previously)	
5.5	Minimum of one trip away annually for every under-age team U10 – U18	Coaching Teams	Annual trip to Croke Park a great success each year – keep promoting that each team does something fun; Other teams have gone surfing etc. Included on Lead Coach guidelines	€2,500
5.6	Standard club gear available to purchase for all members throughout the year	Bord na nÓg Executive	John Kent attending Sat Morning a great success	
5.7	After U6 we should promote girls only activity where possible	Coaching Teams	Being done	
5.8	Diet briefings for U14-U18 squads once every two years	Coaching Officer	TBC	€250
5.9	Start indoor Peile during the winter months	Coaching Teams	Very successful and enjoyable the last two years – we may ease off over winter to let coaches and players recharge	€500
5.10	Use of Camps as a development tool	Bord na nÓg Executive	Mark Breheny's camp was very successful; could senior players get involved in this as a fundraiser?	

6. Physical Infrastructure / Equipment

3 recommendations

No.	Action	Owner	Status	Cost
6.1	Provide a kicking-wall type structure initially on a temporary basis	Bord na nÓg Executive	May re-visit this during time of construction of possible stand	€1000
6.2	Appoint a designated Equipment Manager	Senior Club Executive	No action taken as of yet	
6.3	Delegate the organisation of S&C to the Senior Club	Senior Club Executive	Some work had been done on this – outstanding though	TBC

*“I used to think coaching was all about getting fellas fit.
I learned that the real effective coaching is the ability to get
into the heart and soul of the person.”*



Our Bord na nOg Development Plan has been created in order to create a structure that will best develop our club and our young players.

If you have any queries or wish to get involved in the club please contact us.

Enda Brady
Chairman, Bord na nÓg

(086) 419 2239

David Keane
Coaching Development Officer

(086) 836 7005

