

A Chara,

A warm welcome to all at this year's AGM on our 50<sup>th</sup> anniversary. It is hard to believe that from such humble beginnings Carryduff GAC has emerged as one of the largest Clubs in Down and Ulster with over 1,500 paid up members.

There are now 5 codes, football, hurling, handball and now camogie. I have attached each codes summary in full to this report. The notable highlights are the ladies under 15 All Ireland Feile winners; All County Ladies Minor title; under 15 boys hurling All County Championship title and the under 13 boys winning both the All-County League and Championship titles.

At senior level, despite being ravaged by injuries our Senior football team retained its division one status and progressed undefeated to the quarter final of the senior championship. They were defeated by a narrow margin. Our Senior hurlers came up short in another All-County final but I sure this will be turned around in the year to come. Our ladies' team won the B championship final after a difficult year. A big thanks to each of the management teams for their great work coaching/training of our senior teams.

First of all, can I thank every committee member for their dedication and hard effort throughout this challenging year. Well done for your perseverance and determination to ensure delivery of Gaelic sport for the benefit of all our members. Incidentally for a second year the Club has had a lady Chairperson which is a tribute to the progression of the Club and I as secretary would welcome more female participation in the running of the club. Kate, despite suffering serious ill health at the start of the year, performed her duties with great energy and conscientiously. She was a great ambassador for the Club throughout this year, and I thank you for all your leadership throughout the year.

One man who has a pivotal role in the Club is Sean Spillane. Again, endless hours are spent by him to make sure that every member has been registered and insured to play. A club of this size requires a special person and in Sean Carryduff is very fortunate. His attention to detail and endless reviewing of the online register is so important to the Club. Thank Sean for your dedication in what is a never-ending task.

Paul Lavery has been a faithful servant to the Club and has stood collecting the admission fees at nearly every senior gate season after season to ensure much needed Club revenue is maximised. His expertise in accounts is vital in his role as treasurer. Thank you, Paul, for yet another year at the helm.

The three codes subcommittees were guided by Collette Spillane on behalf of the ladies' football, Ronan McCaughey in respect of the hurlers and finally Gerard Connery on behalf of the male footballers. They were excellent in their

roles and more than capable of delivering their mandates on behalf of the Committee. Well done and thank you for your hard work.

Ronan Lawlor, despite his young family, was a regular fixture at Committee representing the players of all codes and offered his expertise in IT which I can assure you the Committee found invaluable. Many thanks Ronan.

It is also important at this point to recognise the hard work and professionalism of two special events which added richly to our celebration of our 50<sup>th</sup> year.

The Gala Ball was a spectacular success. I am sure you will all agree it was a truly memorable event and fitting way of marking our 50<sup>th</sup> year. The Committee delegated the organisation of the Ball to Pat Maguire, Holly Connery, Gavin Kelly, Sinead Blaney, Daniel Coogan and Michaela Mallon. Their effort came at a cost to them and their partners, and this is seldom recognised. Their hard work and professionalism paid off with a magnificent night which was widely acknowledged by past and present members and guests alike. It has created a great memory for all who attended. Well done and congratulations.

Paul McConville was charged with an exhibition of history of the Club over this period. It was truly amazing and testimony to the countless hours devoted to accumulating and the meticulous staging of this event. A truly magnificent effort which received universal approval and admiration.

On behalf of the Committee and the members I congratulate you on your achievement and thank you for your countless hours in producing a rich and dynamic exhibition.

I will briefly mention this year's fund raising which consisted primarily of 3 events and of course the Hub. To Michael I offer our sincere thanks for your hard work and endless hours in raising much needed funds for the Club. It is disappointing that more Club members do not even on an infrequent basis offer assistance in the Hub, which is a vital revenue source. It is a great meeting place and is a fantastic facility for members.

Martin Kelly, myself and surprise, surprise Gavin Kelly organised a golf day. There were also significant contributions in terms of sponsors from Kevin Blaney Brendan Sloan, Kate and Gerard Connery. Many thanks to all your hard work. On the day James Guinness, Tommy Connery and Pat Maguire assisted in registration and course set up. I would also like to thank Wesley Ramsey a local golf professional who kindly offered his services on the day with a "beat the pro competition".

Kevin Blaney and Brendan Sloan organised a night's craic with St Mungos and thank you to all who contributed to this event.

Kevin was also the clubs coaching development officer and excelled in the post bringing some wonderful and talented sports guests to the Club. Kevin has also produced a blueprint for future of coaches /managers in the Club, Many thanks for your contribution. Finally, our Ball Committee managed to return a profit which was excellent when you consider the expenses which were unavoidable in organising such an event.

We managed to raise approximately £20,000 from these events excluding the Hub.

Thank you everyone who has not been specifically mentioned who contributed to fund raising in the year 2022.

The management of the Carryduff facilities relies heavily upon Gerard Mckeever whose professional qualifications in pitch management are unrivalled in the Club. His understanding of ground works and ability to organise the pitch upkeep and development are vital to future development. Many thanks Gerard.

Liam McLornan, who resigned this year, has for years cleaned and looked after the facilities as if it were his own. Thank you, Liam, for all your hard work. It will be incumbent upon all coaches going forward to make sure that the facilities are left clean going forward. Collective responsibility must be embraced.

The Gym has been a problematic area for the club, and it has proved difficult to police. It was decided after an approach from Sean McGonigle that he has taken over control of the Gym. Sean has plans to maximise its potential and ensure that it performs to its full potential.

I would request all members whether involved in the Committee or not to either organise or suggest to the Committee fund raising events for the benefit of all our members. We need all codes and members to try to add to Club finances for the greater good of all its members.

It would be remiss of me not to mention the issues with the Eastwood Funding or lack of it this year. It is most unfortunate that this issue should have developed in the manner that it has. There has been, throughout the year, a whispering campaign suggesting that, but for the incumbent Committee, the Eastwood Group would have invested £650,000 in the Club. It is a staggering figure but one that has not been independently verified. More importantly, it is of course not that simple as even if the funds were available in accordance with Entrust/HMRC rules, a sum consisting of 10% of the intended investment namely **£65,000** must either be paid by Eastwoods or by Third Party Contributors. The preferred option as set out in the Entrust guidelines is that Eastwoods would make this payment. However, Eastwoods are perfectly

entitled, **as they previously required in respect of the Walkway**, that third party contributors provide this 10% contribution.

If this money could be deducted from the £650,000, this would be a “no brainer”. However, the HMRC rules are not that simple. The HMRC require that if the funder is unwilling to make the 10% contribution, this sum must be paid by **THIRD PARTY CONTRIBUTORS** who are unconnected to the Club Committee and this money cannot be from Club Funds. The £65,000 would have to come from independent contributors or organisations. The previous source of the monies in respect of the walkway have been exhausted. Therefore, based on year 21 finances, it would simply have been impossible for the Eastwood Group to make such a payment of £650,000 due to the need to repay the substantial sum of £65,000 from unidentified or unsourced funds immediately to them. There are not to my knowledge, or the Committees, judging by fund raising over many years, independent sponsors who would be prepared to pay this level of funding. If this was raised through an independent trust (which would compete with Club fund raising incidentally) there would be serious issues of probity and accountability particularly if for some reason the Eastwood Funds were not paid. How long would it take to raise this sum? Who would control the monies and who would the custodians of any monies raised for this purpose be accountable to?

There is also a potential rates liability which would make any large scheme (if it compromised our rate free status) financially unsustainable in the long run for the club. The Rates Office did investigate our rates free status after the initial investment.

We had already our walkway, gym fit out in 2021 and now have completed our works to pitch two which we are thankful to John and Suzanne Eastwood for facilitating this development.

The Club has also independently commenced works on pitch three which required a much different approach than was originally thought in its construction as there is a large water main which would cost tens of thousands to move, in the middle of the pitch. However, the result is a net gain as the pitch will be larger than originally anticipated.

Finally, the remaining flood lights have been purchased at last year's price and will be installed next year to prevent any damage to the new drainage installed in pitch 2.

I sincerely hope the disharmony can be bridged by the incoming Committee. We all want the best for Carryduff GAC, so why are we not pulling together?  
is mise le meas

Breandan Mag Aongdhusa

\* Motions and recommendations were considered at the first executive committee meeting on the 26/01/22. Motions 1 & 2 were forwarded to the County Board. All others were recommendations and no further action was required

### **End of Year Report from Coaching Development Officer**

Throughout the year the following courses were organised as part of my remit. I have included details of the amount of coaches for most of the courses. As you can see all codes were catered for but unfortunately some coaches in certain codes did not buy in.

Saturday 5th March Camogie / Hurling led by Catherine McGourty (6 coaches).

Monday 14th March led by Finn Morriarity (26 coaches).

Tuesday 15th March Hurling/ Camogie Damian Mc Callin (9 coaches).

Wednesday 16th March Camogie/ Hurling Fionnghuala Rocks (12 coaches).

Saturday 19th March Ronan McCartan male / Ladies Football (8 coaches).

Sunday 20th March Shane Smith male/ ladies football (11 coaches).

Saturday 26th March ICGG course (21 coaches).

Thursday 7th April Danny Toner Camogie / Hurling (11 coaches).

Monday 25th April Oisin McManus Camogie/ Hurling (19 coaches).

Saturday 23rd April Damian Cassidy Ladies/ Male Football (14 coaches).

Saturday 7th May Greg McGonnigle Male/ Ladies Football (4 coaches).

Tuesday 7th June Declan Morgan Ladies/ Male Football (11 coaches).

Wednesday 22nd June Ladies/ Male Football Ciaran Murtagh (9 coaches).

Friday 24th June and Saturday 25th June Martin Fogarty Camogie/ Hurling.

Saturday 24th September Shane Smith Male/ Ladies Football (7 coaches).

Wednesday 5th October Paraic McDonald (7 coaches).

In addition to the above courses I also organised Friday Night Lights from 14th October to 2nd December for u11.5- U15 boys. Special thanks to all the club coaches as well as our Senior men who helped out during Friday Night Lights. Unfortunately, due to a lack of interest other ICGG courses could not proceed. Many thanks to the Committee and Heads of code for supporting me during the year.

Kevin Blaney

### **End of Year Report for Ladies Football**

#### **Under 8**

At the start of the season the U8 girls had a strong squad, both in terms of numbers and talent. Since the U6 girls had no allowances made for them, I suggested to bring them in with my U8s so we could be sure they were afforded the opportunity to train and play. This eventually brought the numbers in the group to 79 girls, 78 of whom were regular attenders.

Such large numbers require a lot of adult supervision, and it was challenging to get parents involved. I petitioned the U16 girls to ask for their help and all credit to them they appeared in their numbers at the first few sessions. We had a hardcore of 4 girls that were there most weeks (including for matches on Saturday), 2 of whom were there pretty much every week. The 4 core girls, to their credit, also took on refereeing duties for our go games in both Antrim and Down and I cannot speak more highly of them. They are a credit to their parents and the club. I duly nominated them for, and they have since been awarded, a Sports Inspire Award which recognises the input of volunteers into the club and is awarded by the Ulster GAA Council.

The parents that did get involved, however, were fantastic. Always willing to help, great communicators, great with the girls, and we had a real team feel about our group. Dare I say it, even a few genuine friendships have been forged over the course of the season.

On the training pitch, we had 60+ girls most weeks, with a short drop off over the holiday period. The progress of some of the girls over the course of the season was nothing short of impressive. The regular training, plus the matches really helped them to understand the game. They were always willing to listen and learn, and effort was never a problem.

As you know, one of our main roles as youth coaches is to retain as many players as possible for as long as possible. In our last session we had 66 girls training. That is a phenomenal achievement to keep the interest of a group that big across 28 weeks.

I would suggest, however, that those numbers aren't sustainable in one group. In the first 2 weeks it became apparent that the varying level of skills and ability across a group that bridged a 3 year age gap meant the group could not be mixed in together. In that configuration none of the girls were getting what they needed. The u6 girls needed to build the core skills, which requires 1-2-1 focus and if we did that in a mixed group the u8 girls weren't getting challenged or stretched enough to move their skills on. That being the case,

and in consultation with the other coaches, I decided to split the session in 2 groups so that each got the focus they needed, and this worked very well.

Over the course of the season, we integrated the stronger u6 girls into the u8 group for training, and then into the go games as well. Eventually, over the course of the season, all the u6 girls were given the chance to play in the go games and it was really the making of them. There are some very impressive girls in this group. Without sounding too biased, at least half a dozen of the girls that will play senior county football if they stick at it. The level of ability is scary. With the exception of a couple of early games, where the physical side was a shock for them, there was no other club that could get near them. We played Saul away one day and the hosts scored a solitary point over 3 games, and that was at the end of the 3<sup>rd</sup> game when they had 4 extra players on the field. It was one of those games where you could only shake your head at how good they are.

To finish the year, I ran a 'Bring your Parent to Training' session. Knowing how difficult it was to get parents involved at the start of the year, I thought if we can get them involved it might encourage them to muck in next year. We had 60+ girls at that, each with a parent/guardian. It was all games based, e.g., cups and saucers, target practice, penalty competition, rounders, etc. It was an enjoyable session and a great way to end the year. Parents raved about how much fun they had, and I feel like we have maybe broken down some barriers there with accessibility. We demonstrated how easy it is, and how little experience is required, so I'm hopeful that next year we will see more parents keen to be part of it.

To help promote the Camogie stream in the club, I invited some of the camogie coaches to run a station one evening during our session so the girls could get exposure to the game and find out what it's all about. It went very well and some of the girls then took to training with the hurling/camogie group on a Sunday as well. Another good news story for the club!

One take away from this is that the number of girls is not sustainable in this format. The u6 girls need their own group with a manager focusing on their needs and the development of the core skills of the game. Their needs are so different to the u8 girls, they deserve to be given the chance to flourish in the same way the boys were afforded.

A huge thank you should go to the coaches that helped this year. I had a fantastic group of people, with a great attitude. The kids were genuinely a pleasure. There are a few 'personalities' in among them of course, but its more the expected immaturity for kids of their age than any badness. We never had trouble with them, and thankfully very few injuries in training or in matches. Of the 78 regular attenders this year, I have every confidence that 99% of them will be retained next year.

Eamonn McKeever

## **Under 10**

U10 girls had a great year with 55 girls in the group which started training twice a week from mid-March. The coaching team focused on fun and inclusion along with skill development throughout training sessions with the aim of retaining players for next year.

We played in both the Antrim and Down Go Games giving all girls an opportunity to play competitive games on an almost weekly basis throughout the season. Our U10 teams were always balanced mixing age, experience and ability.

Our coaching team has grown this year with many having undertaken both Foundation and Level 1 coaching qualifications. The coaching team was enhanced with the addition of four of Carryduff's Minor Ladies who gave their time to share their experience. The U10 girls thrived on having them as role models.

Our U10's enjoyed getting to know each other outside of the football field during team building events throughout the year, enhancing the fun aspect and team spirit.

In June a third weekly training session using the 3G pitch and walkway was offered to encourage fitness and skills which had a great take up from the girls and this was reflected in fantastic performances in subsequent blitzes and tournaments.

Towards the end of the season the coaching team, superbly supported by parents and club members, organised a home tournament on Pitch one which enabled 240 girls from clubs in Antrim and Down to compete for the PT Treacy Cup. This enabled all girls to experience tournament football for the first time at their home club. Carryduff won the Shield in a very enjoyable and successful day.

Throughout the season each girl has developed their skills, use of the ball and understanding of the game.



David Garvin

## **Under 12**

Season commenced with first training session on 12th March and ran through to Saturday 8th October.

### Training / Matches:

- There were 32 training sessions over the course of the season.
- We entered 2 teams into Down LGFA U12 Leagues and played in Sections 2 & 3. Both teams competed well across both sections, playing 24 league matches in total.
- The girls also played in 5 Tournaments this season, in Dromintee, Enniskillen, Liatroim, Watty Grahams Glen, and our own home tournament where we fielded 3 teams, winning the Plate.
- The P6's within the squad also took part in the P6 Down Go Games, playing 8nr matches. This provided great game experience for some of the younger members of the squad.

### Squad:

- There was a panel of 55 girls over the course of the season.
- We started the season with 6 new squad members that hadn't played ladies football before and a further 2 girls that returned to Gaelic football after a number of years away. All seemed to enjoy their season with the club.

### Team Management:

- Coaches: Damien Collins, Nuala Bradshaw, Kristy Napier, Philip Cooper, Conor O'Neill, Marius Mulligan, Paul Dougan.
- Mentors: Maureen Toner, Maureen McConnell

### Fundraising:

- We used the hosting of our own tournament as our fundraiser. We raised over £500 in team entry fees from the tournament.

### Summary:

It's been another successful season for the girls overall. They have all progressed very well over the course of the year. The older members of the

panel are now ready for the step-up to U14 level next year and this years' experience for the younger squad members will stand to them for the U12 leagues again next year.

Most importantly, all the girls seemed to enjoy their season with the U12 squad and will hopefully be looking forward to returning to the club again next spring.

Damien Collins

## **Under 14**

Carryduff U14 Ladies' Season in Review 2022

The season for the U14 ladies group saw great progress and development. No doubt, there were some challenges along the way but ultimately a very rewarding season with no shortage of pitch time.

With a panel of over 40 girls and regular attendance of 30-35 for training and games, our primary focus was to ensure that we created a positive and enjoyable environment for each girl to develop her core skills, fitness, technical and tactical abilities and awareness.

We sought to establish core fundamentals and functional movements for all, whilst ensuring those more experienced were able to continue development with tactical, technical and game management knowledge and skills. With two training sessions per week and games scheduled bi-weekly during core season, the girls the girls have dedicated themselves well to their development.

Throughout the season, we were delighted to see the progress across the panel with the vital and foundational basis of fundamental skills firmly developed with all girls increasing comfort and confidence in possession, in multiple positions and importantly on both left and right hand-sided foot and handwork. Whilst there is still work to be done, the girls should be very proud of this development as the high standard they have achieved as a group is not common across the county.

With a large panel, we participated in two leagues (each with a spring and summer competition) and two championship competitions. We were allocated one team in Section A and another in B (spring) and then C (summer). With the shake-out of league streaming following the transition back and forth to the U13/15 age group in previous years, our second team was placed in challenging leagues accompanied by "A" teams from strong competitive clubs such as Mayobridge, Castlewellan, Teconnaught and Bryansford, RGU, Saval and Saul.

This created some very challenging experiences on the pitch, but the coaches were extremely proud of the continued and brave efforts across the season as

they battled in every game, maintaining a positive attitude throughout and applying a strong work ethic on the playing and training field.

These efforts saw the girls gain significant ground on their competitors over the season, culminating in a fantastic “performance of the season” away to Saval, racking up 11 scores and losing by 3. The girls were rightly reminded and congratulated by the coaches for how far they’d come and what they’d achieved. Their resilience in adversity was admirable and will stand them well in future on and off the field. However, we do hope for more balance and effective streaming in future seasons to create an enhanced environment for development for all.

The U15 Feile competition was a welcome focus for those girls in the older year of the age group as they joined the merged U15 Feile squad and U16 training sessions as they supported U16B participation. This allowed them to challenge themselves even further and accelerated development for many. We were proud to see approximately 15 of our panel regularly participate competitively in U16 games and 10 participating in the historic County and All-Ireland Feile winning team, which was also recognised by Lisburn & Castlereagh City Council as Junior Sports Club Team of the Year.

As our season came to a close, the themes of winning and challenge in adversity continued. Our Section A panel, within which 27 girls were fielded throughout the season, saw off strong competition from Burren & Clonduff to win their league on score difference with their 13 points from the 18 available matched by a very strong Burren team. Unfortunately, the girls tasted huge disappointment on the last competitive day of the season. In a bruising battle vs Clonduff in Dromara in the Section A Championship Final the girls put in one of the bravest performances the coaching team has witnessed.

Not allowed to play their usual free-flowing game by a physically and technically strong Clonduff side, the girls knew they were in a battle from the first minutes following a series of strong challenges. After falling to an 8-point deficit, the girls worked tirelessly to regain touching distance. With only seconds on the timer, the girls saw a goal from the last kick of the ball ruled out as the whistle blew just as the ball crossed the line. Joy, turned to confusion and ended in despair as the referee ruled out the goal and awarded the win to Clonduff.

Perhaps this was the toughest experience and challenge of the year. Despite their significant cause for despair and grievance, this group of girls gathered themselves, accepted the result and congratulated their opponents, vowing to learn from the experience and come back stronger and more unified than ever next year. We have no doubt they will.

Our final group event of the season, a Halloween Games event saw the girls play Small Sided Games, Rounders, Shooting Competitions and at least some dodgy dancing on a rainy October morning at the club. Despite this being close to our 90th U14 event of 2022, we were delighted to welcome over 40 girls who played competitively and with smiles on their faces until rain defeated us and pizzas arrived.

We are very lucky to have a large and very experienced coaching team who have done a tremendous job over the season. Thanks to Damian Horisk, Orla Meehan, Louise McMahon, Aidan Hughes, Paddy Tinnelly, Gerry McKeever and Garry McCaul who've worked tirelessly and contributed so much across the season. Thanks also to the U12 coaching team and players who've supported us to prepare and field at key stages throughout the season. Thanks also to the parents who've provided support throughout the season for the coaches and girls.

Most importantly, I would like to congratulate the girls for all they've achieved this season, to wish them all a huge thanks for their efforts, positivity and importantly - laughs. It's been a joy to lead this coaching team and group of girls over the last couple of years. I look forward to seeing all back on the field next season.

#### Season Outcome

- Section A Spring League Runners Up
- Section A Summer League Winners
- Section A Championship Runners Up
- Down County Feile U15 Winners
- All Ireland Division 2 Feile U15 Winners
- LCC Junior Team of the Year (15/Feile)

Steven Cassin

#### Under 16

|              |           |
|--------------|-----------|
| Season Start | 20<br>Feb |
| Season End   | 15<br>Oct |

|   |     |
|---|-----|
| No. Training Sessions 2022              | 74  |
| No. Matches (A, B & U15)                | 31  |
| No. Tournaments                         | 5   |
| Total Events                            | 110 |
| Average Attendance (U16s Only)          | 67% |
| Average Attendance – excl term injuries | 71% |
| No U16 Players                          | 27  |
| No U14 Players Regularly Playing Up     | 15  |
| Total Players                           | 42  |

As with 2021, our target for the current year remained unchanged. Develop every player (skills, attitude and resilience) and be competitive in every match. In both regards, we largely achieved our objectives.

With 110 events across training, matches and tournaments, players got plenty of opportunity to participate in the sport and at 71% attendance average (including <50% summer months), the girls clearly bought into the need for maximum exposure.

From season start we adopted a policy of maximising game time for all the U16s. Critical to this approach was the B team and the participation of the U14 girls playing up, allowing us to get full or near full matches for our U16s each week. As we reflect on the season, we remain convinced that maximising game time is key.

In terms of remaining competitive, with the exception of a few early season B games, most games were won or lost by small margins. In respect of the Bs, we generally expect greater shift in performances as the season progresses given the volume of younger girls as they acclimatise to the older grade.

Player numbers reduced by 1 with the loss of 2 players at the start of this year and addition of 1 new recruit. This followed a great year last year with the addition of 5 new players / loss of none. Numbers generally are healthy with 25 of the 30 players that started the U16 A and C finals in October underage again next season however player retention must remain high on the agenda, particularly for those moving from U16 to U18.

We were fortunate to have some very dedicated and highly skilled coaches supporting the group in Noel Napier, Gerard Sergeant and Michael McCarron. We also should acknowledge all those who supported the group as female mentors throughout the season and couldn't have operated without them. We are very fortunate with this group. They have a positive and determined mindset which would rival anything in the club. They are committed to their sport and improving themselves and do so with a humility that is a credit to their families. We have also enjoyed terrific support and trust from the parents throughout and thank them for that.

#### Feile 2022

Feile this season was u15 which required a merger of the U16 and U14 groups mid-season. This was quite challenging whilst also continuing a program of league matches for each age group. The group was managed by both the U16 and U14 (Stevie Cassin, Aidan Hughes, Damian Horisk and Orla Meehan) coaches with 27 players from the two groups participating.

The girls won both the county and all-Ireland titles to become history makers as the club celebrates its 50th year. The All-Ireland win is the first at this level by any ladies' team in the club or in County Down and it is only the second time in the history of the competition that a team from Ulster has won at this level.

As a one-day event, we opted to keep the usual Feile activities to a minimum to direct focus to the football. However, to ensure the girls have that Feile experience, we have very recently presented them with commemorative jersey, training top and kit bag. All were very generously sponsored by Sociemo, Tinnelly Group, McGrady Insurance and Jonny Bradshaw with everything organised through the massive efforts of Delia McCarron.

#### Season Outcome

- U16A Championship winners;
- U16C Championship Runners Up;
- U16A Spring League winners;
- U16A Summer League Winners;
- U16C Summer League Winners;
- Down County Feile Winners (U15);

- All Ireland Division 2 Feile Winners (U15); and - LCC Junior Team of the Year (U15/Feile)

Shane Donnelly

### **Under 18**

Training commenced at the start of March in advance of the first league outing of the year away to Burren on 31<sup>st</sup> March where the girls opened their campaign with a well-earned draw. Numbers slowly increased at training as the weeks went on after a slow start. The girls trained twice a week on Monday's and Thursday's. Once the panel was established, the collective aim was to build confidence, team spirit and improve skills. Every girl in the panel had the opportunity to play plenty of football during the league campaign working towards our primary objective which was the championship in late October.

A decent league campaign saw the girls finish mid-table having played 10, won 4, drew 2 and lost 4. It was particularly difficult during the summer months to field given we were working with a panel of 16-18 players during the league. The final league game away v RGU was played on 18<sup>th</sup> August.

The girls next official fixture was the championship semi-final away v Saval on 23<sup>rd</sup> October. In the run up to this game the girls really came together, trained hard and played a couple of challenge games v Gort Na Mona and Moneyglass, giving a good account of themselves in both against tough opposition.

On 23<sup>rd</sup> October the girls took to the field in Saval with a steely determination and after a tremendous display, against a Saval team that had previously beaten the league winners RGU in the quarter final, the girls were victorious on a score line of Carryduff 2 08 Saval 0 04.

The championship final brought us up against our nearest and dearest rivals, Bredagh. The final was played in Dundrum on 30<sup>th</sup> October in what was a very difficult day for playing football. After a tight first half playing against a very strong wind, the girls went in at half time 4 points down, Bredagh 0 04 Carryduff 0 00. The second half was a different story which saw the girls finish the game victorious on a scoreline of Carryduff 1 09 Bredagh 0 05. County Champions 2022!!

All credit must go to the girls for all their efforts and focus throughout the year with the ultimate aim of bringing a county title back to Carryduff for the first time in 7 years. They are a credit to themselves, their families and the club. Job well done girls!!

The girls are now preparing for an Ulster quarter final against the Armagh champions (tbc) at the end of November which shows how far they've come

from the start of the year. They'll go into this campaign with renewed confidence and will certainly give it their best again.

Gerard McKeever

### **Senior**

This has been a strange and challenging year for the Senior ladies team. The manager left shortly before the start of the season and I had the privilege of going back to take charge of the team along with Paul Maginn. Despite the fact that a number of the most experienced members of the squad had left, we fielded in every game and when we had a full squad we were competitive with everyone. We started the season well, winning our first two games, then never had the same squad again. Five players were in the county squad and they were not allowed to train or play with the team for most of the games.

Because of COVID many players had not been away on holiday for some time, and they made up for that this year. We also had several girls who went to several weddings and Hen weekends, as many their friends had waited until the restrictions were over to get married. Being a multi-talented squad, we also lost players at various times to international Netball, Soccer and Rugby, with another player going to play Gaelic football in the US. Other teams in the league had similar problems to us and so it was a very unpredictable league for the most part. We had several good victories, a few disappointing defeats and got points a couple of times when other teams couldn't field.

Throughout the season we had changing squads for every game and with so many players away for various reasons that we were very reliant on the core of players who rarely missed training and they did a great job. We eventually finished third in the league and played Bryansford in the league semi-final. This turned out to be our worst performance of the year and we were well beaten. Shortly after this we got our county players back, most people were finished with holidays or other sports and we were able to get good numbers at training in preparation for the championship. We were in a group with Saval, Newry Bosco and Castlwellan. With six points under our belts and the best performance of the season so far against Saval, we went to Castlwellan to decide who would finish first and second in our group. We dominated Castlwellan for most of the first half and made several clear goal chances but didn't take them. Castlwellan took their goal chances in the second half and beat us in a game we could have won.

As a result of this we played Bredagh in the semi-final at Cherryvale. They had dominated us in the league games and although they won this game, we really rattled them and showed how good we could be.



Our last game of the season was the Senior B championship final against the Bryansford team that had beaten us easily in the league semi-final, a few weeks before. We went in to the game without Aisling Cull, who had broken her collarbone against Saval, Kate Mc Kay, who was away and Ciara Mc Cullough who had started university in Scotland and was unavailable. All three players would have started, and things seemed to go from bad to worse when Meghan Doherty confirmed she couldn't play in midfield because of a calf injury. Being a great team player Meghan volunteered to do goals and was brilliant. On the day all the girls put in a tremendous performance in every position. We beat the team that had hammered us a few weeks before and the girls fully deserved it. The celebrations after this game showed how much this victory meant to the team and it was an absolute pleasure to see them have this success in a very difficult season.

I would like to congratulate every player who contributed to this success, from the minors to the girls who have played for the team over many years and everyone in between. The season finale showed the potential of this squad and the camaraderie and commitment from so many of the girls has been fantastic. With a proper pre-season and the same spirit from larger numbers next year we will continue to build on this year's success. I hope that the group of players who make training for the team a priority in their week grows next year, so every player gets to train in a large, competitive squad throughout the year.

Alex McGoran

### **Gaelic for Mothers and Others**

The Gaelic for Mothers and Others started their season in March 2022 and boasted its largest panel ever, with a total of 52 players signing up. There were 2 training sessions per week (Mondays and Thursdays). Numbers attending training were good with an average of 20+ at each session.

Many challenge games and blitzes were attended throughout the year, with the first match against Clann na Banna on 29<sup>th</sup> March. The first blitz of the year was at St Paul's Hollywood on 8<sup>th</sup> May.

The Ulster Blitz, held in Silverbridge this year, was the first Ulster blitz to be held in a few years due to covid. Carryduff G4MO were well up for it. Our Carryduff G4MOs were dealt a kind hand in the fixtures for a change which saw 4 games against some old & new opponents but with a welcome break

between each of the games played.

Our ladies took on Warrenpoint, Bosco, Ardglass & Clann na Banna in their allocated group. All 14 players gave it their all, working the ball up the pitch efficiently, sticking to the discussed game plan and making sure to support one another. This in turn produced great points and goals from numerous individual players keen to get on the scoresheet.

Games in the bag it was time to recoup & rehydrate (sort of), with drinks and a well-earned tasty hot meal, provided by our host club.

The National Blitz, Portmarnock was on the earlier date of 3<sup>rd</sup> September this year and Carryduff were very relieved to secure our place in it as this is extremely over subscribed every year.

Early Sat morning our G4MO ladies boarded our transport for the day. They filled every available seat/space/opening with kit bags, cool boxes, camping chairs, food, snacks, beverages of choice and of course themselves ready to hit the road to Dublin. Everyone prayed it would be drier down the road or that surely the rain would ease off the closer we got to the venue. But no, no such luck on the weather front - it was on for the day!

Not even the rain could dampen the mood, as the buzz around the huge set up in Portmarnock was almost palpable. It had been a long 3 years since the last National blitz, and everyone was looking forward to a great day out.

We were allocated a pitch on the St. Sylvesters side this time round, to play in our group of 6 teams. But first the group warm up on the Naomh Mearnog 3G pitch had to be attended to kick start the muscles and joints, plus have a gander at the brilliant outfits. Warm up done and it was back to base for the matches.

Our group was made up of St Helen's (Longford), Leixlip (Kildare), Swinford Killasser (Mayo), Templeogue Synge Street (Dublin) & Dungannon (Tyrone) and we played each team in that order. Although it was a wash out of a day, the G4MOs gave it a good lash on the pitch in every game with some assertive play, well taken scores and great driving moves worked out from the defence. Only the Dubs got the better of us in all the 5 matches.

Games done and dusted it was prosecco time and the chance for everyone to let their hair down.

Anyway...onwards we went to St Sylvesters "club house" for some rehydration and a boogie to round off a good day's craic in Dublin. After getting the place bouncing and advising the DJ what he should play we hit the road to Eight South. It was time for some well received pizza and to throw more shapes on

the dance floor.

Huge thanks to all involved in the organisation of our big day out. There is always a lot of background planning involved that doesn't go unnoticed. You did a fabulous job getting us from A to B and back again plus fed and watered afterwards.

Overall, this was probably the most successful year to date for our G4Mos. We were at our strongest, with developed skills on show in all performances, from both old and new players.

Colette Spillane

## **Camogie Report**

2022 will always be an historic year for Carryduff GAC with the club celebrating its 50th year, the formation of Camogie as an official code was welcome sight for all club members. The code grew continuously throughout the year with constant milestones along the way, from the formation of the first official team playing in blitzes early in the year to entering U12 go games division 2 league and finishing in top place of the league standings in our first year. Girls who never had played camogie before, practiced regularly, and attended two training sessions a week found their skills from other codes transferable and quickly got to grips with their sticks! Overall, I am delighted and proud with efforts from everyone involved in camogie this year. Special Mention to Michael Holland, Maeve Holland & Nuala Bradshaw in their commitment, dedication, and passion for making it fun for the girls this year and maximising their potential. Exciting times lie ahead for Camogie in our club with more teams to be formed next year and the continuation of social camogie, it will only attract more members into this code.

### **U12/U10 - Michael Holland**

We began the year by welcoming 20+ girls to our first Camogie training session. As set out from the beginning, we as a coaching team aimed to encourage a sense of belonging (as part of Carryduff GAC), togetherness (as part of their team) and leadership (to each other and as the very first Camogs to represent the club).

The basis of our coaching was very much to build good foundations for the girls in terms of skills and technique for camogie. We also attempted, whenever possible, to make the coaching sessions as fun as possible. The girls, I am glad

to report, were extremely keen and motivated throughout the season to come to training and glean as much as possible from each training session. I was happily surprised to see how quickly the girls picked up the skills and foundational movements. My initial thoughts were that we may play some friendly matches throughout the season to introduce the girls to games but that they may not be equipped to enter competitive matches so early into their camogie experience. Gladly I was mistaken (not for the first time). From our first blitz in April, it was apparent that not only could the girls compete with other teams and individuals, who had much greater camogie background and experience, they relished the competition and the opportunity to show what they could do. The girls have shown an absolute desire to compete and to win no matter who the opposition was. This is evident in our results throughout the season. Our record for our first season was 5 wins, 2 draws and 1 defeat. But more than just the results, the girls were keen to improve on each game. They were disappointed when they didn't play as well as they wanted to or should have. They wanted to give their best at every opportunity. They showed teamwork, resilience, determination and grit. All the characteristics needed to succeed and develop as individuals and as a team. Every one of the girls has shown the potential and ability to continue to play and enjoy camogie and to develop as players, individuals, teammates and leaders in the team, the club and the community. I look forward to seeing that development continue in the coming season. Delighted to say there are now 49 girls in this group

U8 -P2/3 Fiona Keary

I helped Malachy Gunn with the P2/3 Hurling and Camogie this year. The training is combined at this age and the mix brings a good balance to training. The number of Camogs were good throughout the year, especially at the P2 age group. P3 was more hurling dominated with small number of hurlers in P2. The girls played 3 camogie blitzes, 2 county blitzes and the Ita O'Connor tournament at Bredagh. The camogs and hurlers fielded together for all other games during the year including hosting Warrenpoint mix teams in July and Ballycran mix teams in September.

The year ahead should bring more opportunity for camogie blitzes. The skill level and confidence improved among the camogs throughout the year however, going forward, more help would be required at this age group to progress the skill further.

I organised a station in September at the U8 Girls Football to promote camogie. Thanks to Eamonn McKeever for allowing this and Roisin McAlister, Elaine Marley, Christina Graham and Majella Crawley for their help on the evening. It was a great evening and there was a lot of camogie excitement on the night. It was agreed that this should be done a number of times at the football (boys and girls) at the start of next season to encourage numbers for Camogie and Hurling. Combining the nursery to one morning and include Camogie and Football at it would be another way to promote camogie in the club .

### Nursery & P1 - Roisin McAlister

It was a successful year for our Nursery Camogs who are coached as one group with the Nursery Hurlers each Sunday morning by Head Coach Donal Rooney. Donal's commitment and enthusiasm gives each of our youngest members the very best introduction to the game and as a result numbers at the sessions have risen throughout the year with regularly around 50 children attending.

The number of coaches helping at the sessions has also risen considerably throughout the year. From a Camogie perspective it is encouraging that many of these are female and almost all are also involved in playing Social Camogie in the club.

Considerable effort has been put into the development of Nursery Coaching through various workshops such as those delivered by Martin Fogarty (former National Hurling Development officer) and Paraic McDonald from Kilmacud Crokes.

Donal's sessions are designed to focus on the Fundamental Movements of Agility, Balance & Coordination, whilst teaching the children the basic skills of our sport in a fun and engaging way. Whilst naturally there is a variation of ability at this age, all of those moving to the P2/P3 group have mastered the basic skills of ground hurling and a number of them are beginning to progress to rising the ball and striking in the air. Many of those moving to P2/P3 next year have also had the benefit of attending some blitzes this year which was a great introduction for them to playing matches as it can be quite a jump for the children to go from Nursery to Go Games.

Whilst the growth in numbers at Nursery Hurling/Camogie has been great, the challenge remains that they are still some way behind the numbers at Nursery Football so a large number of our youngest members are still missing out on the opportunity to try the sport.

From a Camogie perspective I would estimate around 13 girls will be moving up into the P2 / P3 age group next year. Hopefully we can retain these girls in the sport and make efforts to attract more of their peers to join so we can build a strong pipeline of players as they move up through the age groups.

#### Social Camogie - Claire McPhillips

Social camogie had a great first year. We had a group of 30 women and weekly turnout was enough for good drills/matches. All really enjoyed the fitness, social aspect, skill learning and being part of the club. Playing was an introduction for many into camogie skills - with some wanting to learn tips for passing on to their own kids. And it encouraged others to assist as coaches at the club. The day and time of training sessions is key to capturing the largest participation. The option to refund player membership after a two-week trial was very important to entice beginners to sign up. And having a driven and knowledgeable head of camogie was much appreciated. Some aims for next year are to continue to spread the word about the group, to ensure players get enough fitness and fun from the sessions and build confidence amongst members to volunteer at the club. Lots of the group are enthusiastic about returning. We hope the motivation and enjoyment continues.

#### **Carryduff Hurling Review for Secretary's Report 2022**

The 2022 season was a very successful one for Carryduff Hurling, with a number of achievements and milestones which evidence the strength and continued growth of the Hurling in Carryduff.

The numbers involved in training sessions at all levels from Nursery to Senior have grown over recent years. We fielded at all levels in 2022, with our own Minor team re-established for the first time since 2016, following participation in a number of amalgamated teams. The amalgamations worked well and helped us bring players through to Senior, but being able to field on our own again is an important milestone.

Our Senior Reserve team made a breakthrough, winning the Betsy Gray Shield. Again, showing the growth in numbers at Senior level.

Our U13s and U15s both featured in their respective Down “A” Championship finals. These were our first Juvenile “A” finals since our U16s won the Championship in 2014. Our U13s lost out to a strong Castlewellan team, but the U15s came out on top to lift the title, also against Castlewellan.

Camogie was formally established as a separate code in the Club in 2022. We have provided hurling for boys and girls for many years at the primary school age groups, but we will now see girls continuing with Camogie into the post-primary school age groups. The number of girls at the Hurling Nursery, P3 and P5 groups this year bodes well for the future of Carryduff Camogie.

Handball has also been established as an additional code in the club in 2022. A number of our hurlers have got involved in what will provide some great winter training. Sean Young represented the Club in U14 Ulster Wallball Championships. Having played Hurling and Football for Carryduff this year, is he the first person to represent the Club in three codes?

We had a number of excellent coach education sessions facilitated by our Coaching Officer, Kevin Blaney. The Nursery sessions were especially useful and appreciated by the new coaches at that level. The highlight from a hurling point of view was probably the sessions run by Martin Fogarty, which were as entertaining as they were educational!

Thanks to all the coaches and mentors involved in Carryduff Hurling in 2022.

## **Team Reports**

### **Senior Hurling**

*Head Coach – Damien McCallin*

Our 2022 season saw a return to normality following the lifting of the Covid restrictions which hampered training and matches in the previous two years. This allowed re-appointed manager, Damien McCallin to plan for the full season, including a pre-season S&C programme led by Cormac Hannon. The gym and 3G ballwall sessions in the dark evenings helped improve fitness levels across the squad.

The good numbers built up in the last couple of years were maintained with 30+ at training sessions throughout the year. This was a great help in training sessions, allowing for 15-a-side internal games and created much more competition for places

We competed in Antrim League Div 2 and Down League Div 1, with the intention of playing out Senior Reserve team in Down, as the fixtures often fell on consecutive days (Sun/Mon). We have regraded to Down League Div 2 for the 2023 season, which should provide a more even standard for our Senior Reserve squad and allow us to provide both development opportunities and regular competitive matches to more players.

In our first year in Antrim Div 2, we finished seventh out of 12 after the first round of games, narrowly missing out on the top six promotion round robin following the split. We played the remaining five games in the bottom half and maintained our league position, finishing at the top of Div 2b.

Our Senior Reserve team had their first success, winning the Betsy Gray Shield in a competitive final against Bredagh in Darragh Cross.

We played in our fourth Down IHC final in four years, but with a disappointing performance, lost out to a determined Liatroim team.

We were represented on the county panel by Conor Cassidy and Conor McLornan.

### **Minor/U17 Hurling**

*Head Coach – Peter Murray*

After a number of years playing in amalgamations, we fielded our own U17 hurling team again in Carryduff this year for the first time since the 2016 season. This is a notable milestone and a great reward for the hard work from coaches over recent years to bring enough boys through to minor. Despite having a small panel, and managing the impact of exams, holidays, etc., we fulfilled all our fixtures.

With the main objective being achieved, the boys then won Down League Div 2 and lost out in the plate semi-final to subsequent winners Ballycran.  
We had three boys in the Down minor squad.

### **U15 Hurling**

*Head Coach – Peter Murray*

U15 hurlers started with a few challenge matches this year before engaging in competitive action. We progressed to the Down Féile Div 1 final before losing to Ballygalget after extra-time. We then finished 3rd in League Div 1.

We had seven boys involved with the Down development squad this year.

The year was rounded off with success in the county championship final, Carryduff hurling's first top tier juvenile championship win since 2014.

### **U13 Hurling**

*Head Coach – Justin McCormick*

The U13 hurling panel this year comprised a small group of 18 players. With one exception, this group had come from the U11.5 group of the previous year.

Training was established on Monday evenings and was well attended. Coaching was focussed on developing skill levels, physical fitness and the development of game play.

The team played in Div 2 of a League structure which ran from April to July with regular and well contested games on Friday evenings. The players acquitted themselves very well finishing second in a small group of four teams.

The U13 championship was organised to allow teams to meet different opponents and the team continued to grow in ability and confidence in this environment, winning a series of matches which brought them to a final against Castlewellan played on a September afternoon in Kilclief. The team came up short against an excellent Castlewellan team in this game.

The players developed well during the year and there is a core of very good players to be further developed.

Thanks to Niall McCullagh, JP Woods and Oliver Young for their contributions during the year.

### **P7/U11.5 Hurling**

*Head Coach – Damian Caughey*

The U11.5 hurling started back in March with 25+ children in the group and this has continued right through until November with still a great number in attendance. We feel the group have participated fully in the sessions and the enjoyment was clear to see. The focus and attitude from the kids made the training more enjoyable to coach. We have focused on the basic skills with improving speed, technique, game play and team work. It has been great to see the improvements throughout the year.

The children have had 40+ training sessions, eight Down Go games fixtures, two tournaments, one Blitz and three challenge games plus a coaching session from retired National Hurling development manager Martin Fogarty (thanks to Kevin Blaney for arranging). The 2012 children in the group have also supported the U9.5 group in the Antrim U10 fixtures.

We also had two successful camps, Easter camp two days and Summer Hurling camp four days where we had extra time with the children to progress the skills and thank you to Danny Toner for attending over a number of days.

Thanks to all the coaching group for the time and effort throughout the year at training, matches and giving up holiday time to run both camps. It was much appreciated.

Also everyone within the U11.5 groups within the Club would like to wish Odhran Marsh our best wishes and look forward to seeing him move up to U13 next.



### **P5/U9.5 Hurling**

*Head Coach – Andy Moohan*

The U9.5 Hurling and Camogie coaches were delighted to provide a full season's training, Go Games (both in Down and Antrim), other games throughout Ulster and an outlet for the boys and girls physical and mental well-being with their friends. The players have come on leaps and bounds with the regular schedule of games and training. Thanks to all the coaches who gave up their time to provide this opportunity for the boys and girls, and to the parents for their help and support.

In addition, this year, we ran three other initiatives in conjunction with the U9.5 boys footballers.

1. A day-trip to the Mourne, where players, parents and coaches climbed Slieve Doan and our players got an experience of being true "Mournemen" that day.
2. We ran successful "Practice with my Parents" sessions, where the players got a chance to coach their parents and show them what they were doing in training.
3. Every hurling/camogie training session had 15 minutes of football at the end and vice versa and we ran four joint game days where players played both football and hurling against the same opposition.

This age group ran a Festival of Hurling on the 1st October, two teams from Carryduff were joined by teams from Antrim, Down, Kildare and Tyrone. After 56 games between 16 teams, it was a great experience for a lot of tired, happy players which they have gained so much from.

### **P3/U7.5 Hurling**

*Head Coach – Malachy Gunn*

2022 was another successful year at U7.5.

#### **TRAINING**

We maintained a consistent number of kids (20-25 boys & 15-20 girls) who attended training & matches throughout the year.

Feedback was positive in that the kids and coaches enjoyed themselves and progressed at the fundamental skills in Hurling/Camogie, with some able to strike from the hand by the end of the year alongside other fundamental skills.

#### **FIXTURES**

In terms of fixtures we ended up entering the Antrim Go Games at u7/8 which provided regular and reliable fixtures, however it was difficult to match the age range at times and we ended up pulling out at U8 as it was too old, but U7 was too young sometimes.

With the Down clubs we organised Matches/Blitzes on an ad hoc basis. The 'tagging on' to the Go Games wasn't successful. Overall Down wasn't reliable for fixtures.

We were on a comparable level to most other teams we played. Matches were 'non-competitive' with the kids enjoying them.

#### **COACHES**

We retained our existing coaches and a few more got involved during the year which helped spread the load greatly. Going forward more thought should be given to having someone dedicated to each of Hurling and Camogie at this age group as it can be difficult to ensure fixtures for both. Training together works well, but if numbers were to increase further might need to consider splitting.

#### **HIGHLIGHT**

One major highlight was the trip to Croker which was organised by Brendan Sloan - a fantastic experience for all involved, and many thanks to Brendan for that.

We had a 'Hurloween' dress up at the end of the season, which went down well.

Finally, I would like to thank all involved from committee, to coaches, parents, and most importantly - kids!

### **P1/Nursery Hurling**

*Head Coach – Donal Rooney*

The Nursery/P1 Hurling coaching sessions have run from Sunday 27 February until the 30 October in the 3G/Ballwall area. We had 36 sessions this year. The children are 4-5 years old boys and girls. We have between 35 and 45 children at each session although it can go up to 50. We have had between 10 and 16 coaches at each session. We have built up a pool of 24 coaches who attend on a regular basis. A massive thank you to all the coaches as their commitment has been outstanding. The focus this year has been on striking, catching and lifting and the basic A,B,C's (Agility, Balance, Co-Ordination). Since August we have included small-sided games and played matches against Leitrim and Ballycran. The growth in the number of boys and girls attending and the fantastic support of their parents augers well for the future of Hurling and Camogie in the club.

### **Senior Football Report 2022**

The Senior team commenced the season under new a new management team that included Conor McCaughley, Anthony McMenamin, James Connery, Gavin Kelly, Mark Donnelly, Rory McGrath and myself. We were assisted also by Shea McAleer, Sarah McCann and Cormac Hannon. With any new management there is a period of adaptation however the players put in a lot of effort and worked very hard to adapt and improve. We feel there is a very strong squad and there is a good bond between the players with real ability and potential, that if harnessed by all could lead to a successful senior male football team. Unfortunately, a number of injuries to key personnel impacted progress to an extent but this also gave younger and fringe players opportunity. We retained our Div 1 status and despite winning our first 2 championship matches we exited at the quarter final stage, which was disappointing.

The management Team would like to thank the club for their support and resources throughout the season.

Finnian Moriarty

*Senior Quad Head Coach*

### **Premier Reserve Report 2022**

The Premier Reserves consisted off a fluid panel outside the designated Top 13 players and all trained together as a collective Senior Panel under the Senior Management Team led by Finnian Moriarty. The Premier Reserves is a supplementary team for the first team. It gives players outside the Top 13 the opportunity to get competitive football to improve and develop with the aim of playing for the first team. This worked very well this year with a collective panel happy to play in whatever squad selected too.

The year was very positive but was also tinged with disappointment that we did not win silverware. We dropped 3 points in the league, eventually finishing in second 1 point behind league winners, Kilcoo. We also reached the Championship Final, and after performing well in early periods we did not perform well enough over the entire 60 mins and Kilcoo won.

Overall though the aim is to develop our players so that they can play at Senior level and we feel that this has proved a success as a strongly performing Premier Reserve Teams supports the Senior team well. However, our goal must be continual improvement in all that we do as coaches and players.

*Gavin Kelly & James Connery  
Premier Reserve Head Coaches*

### **Reserve Report 2022**

Our reserve team had a mixed season as due to availability we had to concede three games during the league campaign. However, we put in some strong performances and few younger players were able to get senior football experience for the first time which was encouraging. We were unlucky in the first round of the championship, losing out by a point to a strong Tullylish seconds team. Disappointingly we were unable to field in the Father Davies Cup due to holidays and injuries. However, we were able to finish off the season on a positive note as the men lifted the inaugural South Belfast Cup. I would like to thank Rory McGrath and Micheal Mulrine for all their hard work this year and to pass on thanks to the Premier Reserve management for their assistance.

*Ciaran Lavery  
Reserve Head Coach*

### **U17 Boys Football Report 2022**

The minor campaign proved challenging in 2022 due to player unavailability during exams and the holiday season. It resulted in forfeiting one game and fielding weak teams. As a result, we only won 4 league games, finishing 5th in Division 1. We did however beat Bryansford and Burren (who won the championship) and ran the teams at the top of the table very close. This was due to the systems of football that we played, similar to our Senior team, which will be good preparation for Senior football.

We progressed to the quarter final of the championship, being beaten by Burren who were the outright winners.

We had 3 lads on the Down minor squad for 2022 with 2 making the 2023 panel. A couple of the U15s played up and were certainly worth their place.

The U20 club campaign has started with 4 minors on the starting team and 2 others being used as subs, which is very positive.

*Paddy McGrath*

## **U15 Boys Football Report 2022**

Under 15 footballers had an enjoyable but frustrating year. Having assembled a large backroom team, the boys were always supported and showed great enthusiasm and effort at training sessions. Particular thanks to all the mentors involved. Thanks to Ed McQuillan who led with the Division 4 team ensuring all boys got football throughout the year.

At the beginning of the season the management team debated about entering the team to Division 1 or 2. The boys responded to the challenge of Division 1 and were competitive in all games. Notable victories included Clonduff, Burren and Saval. Ballyholland really set themselves apart as the team to beat and put in a dominant display against our weakened team. Division 4 side found victories harder to come by against some very strong opposition, however found form against Downpatrick and St. Michael's.

Frustration sums up our Summer and Championship season. Low turnouts throughout July in particular had a debilitating impact on our championship performances as we were heavily beaten by Burren and Bryansford. Improved effort was noted against Downpatrick with a final group game push required against Teconnaught. The boys showed heart and desire in a fiery encounter to ensure a quarter final against Group B winners Ballyholland. Eventual Championship winners Ballyholland had scored 10 goals against Carryduff in the league, however, the boys put in a hardworking, defensive performance in the quarter final to exit the championship by a few points. Attendance difficulties were highlighted during the Summer as we had to forfeit all Div 4 championship fixtures.

The year finished positively as under 15 boys availed of additional coaching within the club; an introduction to strength & conditioning and Gaelfast 'Friday Night Lights'. A congratulatory note to our captains Owen O'Neill and Liam Blaney who represented the Club at U15 County Development Squad.

*Michael Ennis*

*U15 Boys Football Head Coach*

## **U13 Boys Football Report 2022**

This season we had an overall squad of 36 players comprising 6 boys who had played U13 in 2021, 26 boys who moved up from U11.5 and 4 new players (Aodhan, Alexander, Luke and Jack). These numbers enabled entry of 2 teams into the East Down U13 Leagues (Div 1 and Div 3). We had 14 scheduled fixtures in Div 1 and 12 in Div 2. We fielded in all but 1 fixture in each division which were rescheduled by CCC during the July break.

In Div 1, the team won all played fixtures and conceded 1 game. In Div 3, the team won just short of half the fixtures played with 1 game conceded. All in all, the league campaigns were successful and the Div 1 title secured comfortably. Through player rotation, many of the overall squad played with the successful Div 1 team.

A number of U11.5s also gained some experience at this level helping to boost our numbers during the holiday season. Likewise, a number of our U13s gained experience playing with the U15 B team which will stand to them when they move up to that age group.

This was the first season in which the majority of the boys gained their first experience of championship football. The second team unfortunately were eliminated at the end of the group phase while the first team came through the group phase and faced Bredagh in the East Down Semi-final which Carryduff won by an 18pt margin with an absolutely brilliant performance. The East

Down final was played against Kilcoo in Dundrum under lights and the boys put in a great display to win the game by 18pts and secure the East Down Championship Cup.

The All-County Final against the South Down winners, Burren, was played on 25<sup>th</sup> September at St John's and after a great contest and some superb football, Carryduff emerged victorious by 8pts. The team returned to the club afterwards to a great welcome and, importantly, pizza. A superb conclusion to a very successful year.

Trophies aside, it was particularly encouraging that, across the board, all our players developed whether through their own skills development, learning how to play positions, learning systems of play – both playing and countering, and understanding game management. A really important year of development for the boys as they prepare to move through the age groups. Development continues through the introduction of strength & conditioning training which will now feature at U13, U15 and U17 levels as we build teams for the future.

Thanks to all the players who brought the right commitment, attitude and application to our training sessions; to our parents for getting players to and from training and matches; to Brian Keenan for helping with medical expertise, guidance and transport and, of course, to our coaches for their dedication and commitment to the team and club – Sean Spillane, Darren Whyte, Stephen McConnell, Brian O'Connor, Damian Connolly and Michael McGrath. Thanks also to our guest coaches Gregory McGonigle and Declan Morgan. Special thanks though to senior player and our coach, Michael McGrath, for his support this year in helping to inspire the boys, impart wisdom and build a strong connection to the Senior Team, many of whom attended our championship matches. The year will conclude with a presentation of medals and commemorative tops in December.

*Barry Donnelly*

*U13 Boys Football Head Coach*

### **U11.5 Boys Football Report 2022**

The U.11.5 boys' footballers continued their footballing development, beginning training in March with a group of players that reached 68 players by the end of the year with a number of new joiners coming on board as the year progressed. With the re-introduction of the Go-Games format at this age group, 4 teams were entered across 4 divisions in the East Down Go-Games which allowed for increased playing time for all players. The boys represented the club brilliantly, getting to play across multiple divisions and positions each week which will stand to them well as they move into competitive football in the years to come.

There was a total of 44 training sessions, and 85 matches during the year. The year ended with our annual Terry Lawlor Memorial Tournament in September with teams from across Ulster competing. Two of our four teams won their respective tiers in the competition which was a successful end to the year. Another highlight was playing exhibition games during the half time interval of the Carryduff senior game versus the current All-Ireland club champions Kilcoo.

*Adrian Carville*

*U11.5 Head Coach*

### **Boys U9.5 Football Report 2022**

The U9.5 boys football coaches were delighted to provide a full season's training, Go Games (both in Down and Antrim), Tournaments throughout Ulster and an outlet for the boys physical and mental well-being with their friends. The boys have come on leaps and bounds with the regular schedule of games and training. Thanks to all the coaches who gave up their time to provide this opportunity for the boys and the parents for their help and support.

In addition, this year, we ran 3 other initiatives with the u9.5 Hurling/Camogie squad 1. A day trip to the Mourne, where players, parents and coaches climbed Slieve Doan and our players got an experience of being true "Mournemen" that day, 2. We ran successful practice with my parents sessions where the players got a chance to coach their parents and show them what they were

doing in training and 3. Every football training session had 15 minutes of hurling at the end and vice versa and we ran 4 joint game days where players played both football and hurling against the same opposition.

This age group ran the Peter Cassidy Memorial Tournament on the 8th October, 5 teams from Carryduff were joined by teams from Antrim, Armagh, Derry and Tyrone. We were delighted that Roisin could join us for the tournament and it was a great experience for the players which they have gained so much from.

After 68 games between 16 teams, teams from Magherafelt Rossa and Errigal Ciaran won different tiers and we congratulate them.

*Andrew Moohan*

*U9.5 Head Coach*

### **U7.5 Boys Football Report 2022**

Following on from 7 weeks of indoor training 31/10 -20/12 in 2021, we started the 2022 year on 31/01 with a return to indoor training. We did a further 10 weeks indoors concentrating on the basic skills of, crouch lifting, hand & kick passing, high & chest catching, punt & hook kicking and soloing. With the return of pitches opening at the start of April it was a welcome return to get back on the grass for two training sessions before the commencement of East Down Go games fixtures on 09 April.

Weekly outdoor training continued on Wednesdays with Matches on Saturdays but poor or no attendance on Saturdays when no Go Games were on as kids choose soccer. In June as coaches, we felt we felt progress had stagnated, there was nearly a feeling of kids had become distracted, school was coming to an end and soccer tournaments were in full flight.

Changes were needed and a decision to go back to basics and back to smaller groups (6max) per coach and streamed the kids to prevent kids from getting lost in a game. 3 levels tiered for different abilities couldn't move up a tier until you completed level 1 and so on. This was set for 6 weeks. 10 minutes of each skill followed by a lap of Pairc Beag after each skill. We identified our kicking had become poor so I booked Gaelic FootGolf for 2 hours one week kids absolutely loved it.

Five weeks break in the summer was frustrating as levels dropped and fitness dropped. Went back to basics again to raise the standards and we added a second session in to work on weaker foot & hand, shooting practice in preparation for Joe Beattie Tournament. The Tournament was a success for the club both on the field and it was a good fundraiser for the club.

In my opinion these boys need weekly training continued through the close season and into winter it was massive for them last year. And looking forward to next year I personally would favour a super blitz every week and you only host once a month. Every other sport plays weekly so should Gaelic Games.

*Brendan Sloan*

*U7.5 Head Coach*

### **Boys U6.5 Football Report 2022**

A short summary of the U6.5 boys' season for 2022 is as follows:

The U6.5 boys' season for 2022 started in earnest on 26 March 2022 with a U7 South Antrim fixture away to O'Donovan Rossa. A small squad of lads made the trip over to West Belfast and played a series of short competitive games to get the season up and running.

The squad trained on Tuesday evenings over the course of the season at Pitch Beag. A total of 24 Tuesday night training sessions were held throughout the year and they each provided a fantastic opportunity for the boys to improve and refine key skills of the game such as kicking and catching as well as allowing them to develop significant competence in a range of fundamental athletic movements. As the year progressed, the group also focussed on improving more technical skills

such as the crouch lift as well as developing good tackling techniques, in each using fun based games and activities.

The training sessions were attended, and enjoyed by, a group of boys with a range of needs and we endeavoured at all times to ensure that it was an environment which was accessible to all and promoted both participation and enjoyment to all players.

In addition to the weekly training sessions, the squad also availed of the opportunity to play competitive football games as part of the U7 South Antrim league. These games against slightly older opposition players enabled the group to get their first taste of competitive match situations and the lads enjoyed the opportunity to showcase the skills developed from the training sessions. The large majority of the squad played at least one South Antrim fixture which also helped promote good team spirit, friendship and comradery throughout the group.

In addition to the South Antrim fixtures, the boys also teamed up with their U7.5 counterparts on various Saturday mornings to either play in-house competitive games or mini-blitzes involving teams from the U7.5 East Down Go Games competition.

The highlight of the year for the group was undoubtedly their involvement in the U7.5 Joe Beattie memorial tournament hosted by the club on Saturday 10 September 2022. The efforts of the mixed teams of U6.5 and U7.5 boys was rewarded handsomely with silverware from three of the four finals but more importantly, the entire U6.5 group showed how they had quickly got to grips with the skills of the game and were able to hold their own in competitive action against well drilled teams from Ballinderry, Naomh Eoin, St. Brigid's, St. Paul's Hollywood and local neighbours, Bredagh.

Thanks, have to go out to the following group of coaches who assisted with the squad throughout the season, with a number getting involved for the first time and growing in confidence as the year progressed. There is no doubt that the season would not have been as enjoyable for the boys or as successful without their efforts:

Declan McCartan, Finbar Keary, Gregory McCann, Mick O'Callaghan, Paul Morris, Peter McGrath & Ryan McCauley

Damian McElholm  
*U6.5 Head Coach*

## **Handball**

It was fantastic to have handball reintroduced to the club this year by Plunkett Kelly who was ably assisted by Niall and Myles. The one wall was lined out in March with the first training session taking place on the 23rd of April 2022 the were two Juveniles in attendance, as training continued each Saturday numbers grew to 12 by early August. We had 2 players competing in Lough Showdown on the 13th and 14th of August. In September two successful Handball Open training sessions, with Fiona Shannon (Ulster Handball Development Officer), were held there were over 65 boys and girls attending both sessions. We had 4 representatives participate in the Ulster Wall Ball Championships on the 22 and 23rd of October and we ran a very successful half term training session with Fiona Shannon. At the time of writing trying takes place on Friday Nights and we currently have 32 boys and girls attending. Adult Social Handball is starting on the 20th of November .