

CEATHRÚ AODHA DHUIBH



Winter Activity Update
-December, January
February

Welcome a chairde,

After a busy few months we thought we should update you on all that's been going on since your new Executive Committee took up their positions at the end of November. So, over the next few pages, we give a glimpse of what we've been up to.

It is an exciting time for the club as we prepare for a new playing year and an exciting time for the organisation with the new President of the GAA having recently been elected.

This club belongs to all of us and we understand the responsibility of making it the best it can be on your behalf. For this reason as funding opportunities begin to emerge we will keep you updated with all of our plans and will always welcome your feedback.

We hope to show you how we are working to keep our culture and sport alive and to instil a strong sense of community for everyone.

Thank you all for your continued support

Go raibh maith agaibh,

Is míse le meas,

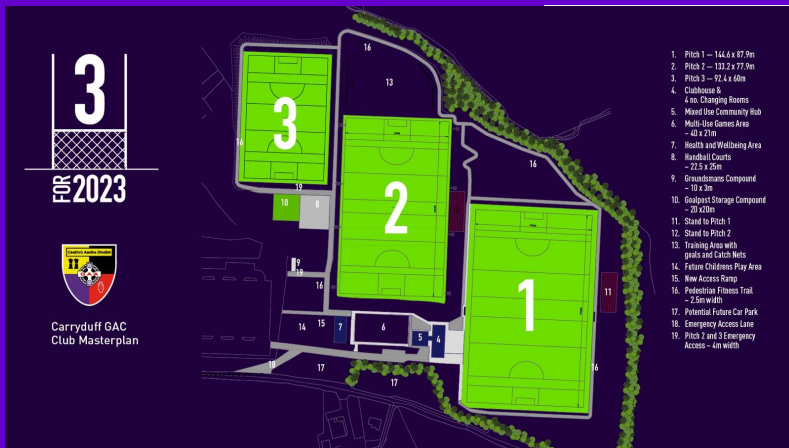
Breandán Ó Sluáin

Cathaoirleach



DEVELOPMENT PLANS

NEXT STEPS: 'One Club Together'



Now that we have successfully completed our walkway we will begin to drive forward the next stages of our Masterplan. This year the plans include 3 projects “3 for 2023” to:

- Design and build Pitch 3 to be playable for at least 9 months of the year

- Purchase and install benches around our ground and locate bins around the walkway
- Purchase and install LED lights for 4 lighting columns on Pitch 2

The completion of Pitch 3 and the additional lighting at Pitch 2 will provide more playing space, and more playing time, for our numerous teams and codes, - the lifeblood of our organisation.

We are delighted to have been offered the opportunity to once again avail of the [Landfill Community Fund](#), an innovative tax credit scheme enabling operators of landfill sites in Northern Ireland to contribute money to certain organisations within ten miles of their site.

Carryduff GAC has already benefited from this scheme, supported by local landfill operator **Eastwood Envirowaste** by contributing 90% of the costs towards the new walkway, fitting out our Health & Wellbeing Centre and upgrading the electricity supply to support floodlights, allowing us to make significant inroads into our development plans.

However, we also need to raise a portion of the total needed ourselves. To unlock the £300k we believe is required to realise our plans, **we need to match fund 10%, or £30,000**, and for this we need your help! With upwards of 1,500 members such a target should be well within our reach.

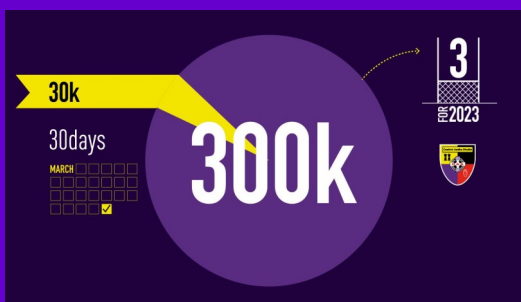
Please consider helping us unlock this significant windfall by donating what you can. If you scan the QR code below you can choose how you'd like to donate from a number of options which include a one-off payment or an option to sign-up to the new ring-fenced 'One Club Together' Development Fund.

The sooner we reach this target, the sooner we can avail of the full pot of funding and get to work. Any excess monies raised will be retained and used towards the next steps in our Masterplan.

Please dig deep but remember every contribution, however small, counts. And if you have an idea for a fundraiser we'd also love to hear from you.



All members were invited to a very well received information session at the Hub on February 23rd where our plans were on display and people were invited to share their views.



OUR ACTIVITY TO DATE

December 2022

Christmas Elf Walk

In what proved to be a very popular and fun-filled start to our 2023 season, Carryduff GAC ran a night dedicated to our youngest and most cherished members, an 'Elf Walk' at the Club.

Hundreds of people turned out to enjoy their first excursion around our new walkway, meeting and greeting the farm animals on their way. Our u14 and u16 ladies donned their best elf wear to lead the way.

The free hot chocolates, mulled wine (of the non-alcoholic variety) and delicious seasonal shortbread on offer at the Hub offered all our walkers the chance of a welcome rest.

Music and carol singing from a host of talented members, along with face art and a play space at the 3G pitch added a fabulous festive touch to proceedings.

As luck would have it the big man himself happened to be on a reconnaissance that night around the Belfast area and dropped in to share some treats with all the children on his nice list! And, on hearing that a little member would not be well enough to attend, Santa made a special surprise visit to a local child who received some early Christmas pressies.

Special thanks to Vice Chair Sean McGeough and Ana Marie Magorrian Head of our Hub and to our musicians, for all their work in making this such a memorable occasion - and a special shout out to our elves who we hope will make a return visit next year.



The Gathering at the Ivanhoe

Not to be left out, the grown-ups also had their own fun as our annual Christmas 'Gathering' returned following a 4 year hiatus on December 23rd. As an ideal opportunity for all those returning from near and far at Christmas, 'The Gathering' at the Ivanhoe was the perfect introduction to all those Christmas get togethers. The craic continued into the wee hours.

Get it in your diaries for next year.

Thanks to the Ivanhoe, as ever, for accommodating us at short notice and extending their licence for the night!

January 2023



CARRYDUFF LEADERBOARD

1 st	Barry Rodgers	735.4km
2 nd	Gregory McCann	700.8km
3 rd	Carol Mullan	679.6km
4 th	Clare McKeever	668.3km
5 th	Dessie Green	607.4km
6 th	Jim McKeever	588.2km
7 th	Brian Lamont	576.9km
8 th	Marius Mulligan	569.3km
9 th	Philip Cooper	568.5km
10 th	Noel Napier	568.1km

Ireland Lights Up Steps Challenge

Carryduff was able to properly christen its walkway with club and community feet when we 'stepped up' to the Ireland Lights Up Challenge, lighting our walkway every Wednesday and Friday evening through January and February.

We were delighted to be the Number 1 club in Ireland for distance covered – and we think for community spirit. In what can only be described as a phenomenal level of interest our 286 registered walkers somehow managed to collectively record 55,475 km across the duration of the challenge, meeting the 4,000km challenge many times over. With the circumference of the earth 40,075km it looks like we were well into our second lap around the world!

Give yourselves a pat on the back for a challenge well met!

In particular we have to sing the praises of the top ten walkers who never wavered from their goal of taking Carryduff over the line at the top of the table, amassing more than 6,300km and 11% of our total, all on their own. Congratulations to every one of them, and to every one of you!

Since it was such a great success we've decided we're going to keep on walking so join us on Wednesday and Friday nights – even when we no longer need to light up the way.

Special thanks to Eamonn McKeever, our Club's Health and Well Being Officer and to his team, for their excellent organisational and promotional skills.

Clean Up & Planting

Our volunteers have been vital in getting our facilities games-ready. Sean McGeough with his team of merry men have been cleaning, painting and repairing - tending to all the little things that Spring has a nasty habit of bringing to the light.

In her usual quiet unassuming way, Sheila Smart began her planting programme as soon as the snow and frost cleared enough to let her break some ground.

Those volunteers who get a kick out of cleaning got to work at the Hub and the gym, scrubbing and shining every available surface and together with regular litter picks, they have created a club to be proud of.

If you want to help going forward please just contact any member of the Committee and we will welcome you to our Volunteers group.

Remember we won't turn away any help offered – whatever your skill or interest is we'll find a home for it!

Volunteering

Following a call out we already have a Hit Squad of more than 120 Volunteers signed up to our Heja Group (WN-499547). Roles and duties will be many and varied across the year and we remain open for new recruits at any time. Remember that if you sign up you can still pick and choose events and times that suit your own interests, skills and availability.

OUR ACTIVITY TO DATE

February 2023

MEMBERSHIP

Registration remains open and families purchasing their membership before 31 March will also receive free entry to the Down draw. A full list of membership options is summarised on our website.



HEALTH AND WELL BEING CENTRE

For just £10 a month Members also have the option of joining our on-site

Health and Well Being Centre to access a full range of gym facilities. Anyone wishing to join the gym can follow the instruction found on our website.

The facility is available for use with access through a Fob system from 6am-10pm Monday-Sunday. A full induction will be offered.

Membership & Registration

We are now one of the largest clubs in Ireland which brings with it both opportunities and challenges.

At the same time as we strive to grow and develop our facilities and our sporting and cultural offer, we are also administering the coaching, playing and welfare needs of more than 40 different teams of all ages, across 6 codes – male and female football, hurling and camogie, handball and rounders; a vast and varied range of activity.

On top of the sporting codes there are also national and county obligations in respect of governance and finance, health and safety and injuries and insurance - all of which must be followed. As this demonstrates there is significant behind-the-scenes work - and many moving parts - in a club of this size.

We ask you to remember that everyone is a volunteer and many are offering up every free moment for the greater good of the club - your support and patience is our only fuel!

Thanks to Club Registrar Mark Hollywood, Assistant Registrar, Niall McCullagh and Head of the Health and Well Being Centre, Sean McGonigle

Cultural Focus - St Brigid's Crosses

In what has become a bit of a tradition we had a fabulous cultural experience at the end of January where Paul McConville and Ana Marie Magorrian delivered lessons in the art of St Brigid cross making; a great opportunity to keep a little bit of our culture alive.

Feedback from participants suggests there is a place waiting on Blue Peter for both of them!

Look out for more cultural events throughout the year as we roll out a programme of events that reflect what you told us you were interested in.

Thanks to our Irish Language and Culture Officers Paul McConville and Ana Marie Magorrian



OUR ACTIVITY TO DATE

SPORTING UPDATE



Coaching Commences

Coaches have now been ratified for all codes and ages and a full list of 2023 coaches is available to view on our website. A number of training and safeguarding sessions have taken place over the last few weeks as we prepare for the new coaching year. We will continue to monitor our coaching teams to ensure they are all up to date with all recommended safeguarding requirements.

With our new Coaching Development Officer now in place, we have also engaged coaching expert Paul Kilgannon to help develop a coaching ethos that will be unique to Carryduff GAC. Paul facilitated a very well attended initial session in the Ivanhoe on February 1st and returns with his initial draft report in March. This will reflect both participant feedback and also the latest coaching practices designed to promote inclusion and participation, keeping children playing better, for longer.

Our coaches themselves will also benefit from a number of training opportunities throughout the year as we continue to roll out our fitness and skills coaching sessions.

Thanks in particular to our Coaching Development Officer, Orla Napier and our Children's Officer, Hilary Whyte for their care and attention to all of this activity.

LGFA – Celebrating Our Girls

We took the opportunity of a relatively quiet January to properly recognise the unprecedented successes enjoyed by our juvenile ladies in 2022 when teams from u14 to minor came together for a night of celebration (and a disco!) at the Ivanhoe. With the u15s having won the All Ireland Féile in July and u14, u16 and minor teams all having reached or won county finals there was a fine assortment of silverware on display. A small number of girls amassed a total of 7 medals with many picking up 4 or more! Let's hope we have reason to repeat the event for many more years!

We were also extremely proud to have our very own **Meghan Doherty**, who was recently named as the Down Ladies captain, as guest of honour at the event. Having been something of a late bloomer in terms of excelling in the sport, Meghan is an excellent role model for our younger players, and offered wise words and encouragement to our underage teams.

Meanwhile a selection of our u12 girls also had their moment in the sun when they took to the grass at Pairc Esler in half time as Down ladies played on 29 January. We see great times ahead for these girls too and were very proud to have them represent their club at this game against Sligo.

Thanks to Delia McCarron for her tenacious spirit and superb organisation skills as she corralled all the girls together for the celebration night.

Handball

We have yet more reason to be proud as one of our most prolific underage athletes – already an accomplished hurler and footballer - Sean Young, represented club and County at the Ulster U14 40x20 Handball Championships. He was joined by coach Niall McDonnell who managed to take home our first Ulster title of 2023!! Well done boys!



What's Coming Up



Spring Into Action

As we move towards brighter evenings and (hopefully) better weather we look forward to seeing more people utilising our wonderful facilities. All our sporting codes will soon be back to full training and playing schedules and we welcome everyone to drop by when activities are in full swing.

There'll always be a cuppa to be had in the Hub.

Skiing to Success

It may not be a GAA sport but we could not be more proud of our members **Sean McCartan and Ben McCarroll** (pictured left) who will each represent Ireland — Ben for the first time and Sean as a current world champion — in the Special Olympics European Alpine Skiing Competition in Poland.

The competition runs from 27th Feb to 3rd March and we know everyone in Carryduff wishes them both the very best of luck.



Rounders affiliation

Carryduff GAC has now formally registered as a Rounders club — one of only 3 in Ulster — and will be welcoming new adult players over the next few weeks.

With mixed and ladies teams now entered for competition we can't wait to get started!

Save the Date

**Health and Well-Being Panel
Discussion Saturday March 25th
7.30pm @ Parish Hall.**

*Tickets now on sale via KlubFunder—Due to the sensitive nature of some of the issues likely to be discussed parental discretion is advised.
No unaccompanied u18s*

.....And Finally.....

Thanks to all of our Heads of Code **Ronan McCaughey** (hurling), **Maeve Holland** (camogie), **Mark McCartan** (handball and rounders), **Stephen Magorrian** (ladies football) and **Ed McQuillan** (male football), to our Players' Representative **Ronan Lawlor** and to all our Head Coaches and coaching teams for your relentless enthusiasm and commitment.

CONTACT DETAILS



Please see details of your
2023 Carryduff GAC
Executive Committee
members.

If you need to make
contact please use one of
the official email
addresses included.
To contact a committee
member without an email
address please email the
secretary in the first
instance.

Name	Role	Official Email Contact
Brendan Sloan	Chair	Chairperson.carryduff.down@gaa.ie
Sean McGeough	Vice Chair	
Sandra Hughes	Secretary	Secretary.carryduff.down@gaa.ie
Eamon Rooney	Assistant Secretary (including fixtures)	
Conor O'Neill	Treasurer / Head of Finance	Treasurer.carryduff.down@gaa.ie
Philip Loughran	PRO	pro.carryduff.down@gaa.ie
Mark Hollywood	Registrar	Registrar.carryduff.down@gaa.ie
Orla Napier	Coaching Development Officer	
Niall McCullagh	Assistant Registrar	
Paul Dougan	Head of Compliance (insurance & legal)	
Hilary Whyte	Children's Officer	childrensofficer.carryduff.down@gaa.ie
Ronan Lawlor	Players' Representative	
Paul McConville	Culture & Language Officer	
Sean McGonigle	Head of Health & Well Being Centre	
Eamon McKeever	Health & Well Being Officer	
Maeve Holland	Head of Camogie (and County Rep Camogie)	secretary.carryduff.down@camogie.ie
Mark McCartan	Head of Handball	secretary.carryduff.down.handball@gaa.ie
Mark McCartan	Head of Rounders (and County Rep male football/hurling)	
Ronan McCaughey	Head of Hurling	
Stephen Magorrian	Head of Ladies football (and County Rep Ladies Football)	
Ed McQuillan	Head of Male Football	malefootball@carryduffgac.com
AnaMarie Magorrian	Head of Hub	
Michael Cunningham	Head of Events	