

CEATHRÚ AODHA DHUIBH



Dia Daoibh a chairde,

It's wonderful to be reaching out with our Spring newsletter, as the pitches fill up with noise and activity. And yet it's almost hard to believe we are now at the half way point in the year as far as the Committee is concerned.

Having started to find our feet over the first few months, we remain as determined as we were on Day 1 to keep driving improvement while continuing to deliver the best sporting and social experience we can. As we survey our surroundings we are especially indebted to our Chair of Development and Facilities, Sean McGeough, and his team who - with the support of groundsman Jimmy Houston - have worked tirelessly day and night, week after week to keep our facilities in top shape. The volume of positive feedback from both members and visitors makes all the effort worthwhile.

Meanwhile your Committee, sub-Committees and all of you as volunteers, continue to demonstrate an extraordinary level of energy and enthusiasm as we continue to build a club to be proud of.

Finally, apologies for those times when we have had to close our pitches at short notice. We know how disruptive it is to training and playing plans but heavy rain weakens the surfaces and makes them much more susceptible to long term damage. We are grateful for your ongoing patience.

I hope you enjoy this Spring update which gives just a small flavour of what's been going on since March.

Thank you for your continued support,

Go raibh maith agaibh, is mise le meas,

Breandán Ó Sluáin

Cathaoirleach



**Spring Activity
Update**

March to May 2023

DEVELOPMENT PLANS



Next Steps

The money received has already been put to good use, as evidenced by the new LED floodlights on Pitch 2. Over the coming weeks you will notice new benches and bins being installed around the walkway to complete Part 2 of the project.

The Development sub-Committee is now focusing its remaining efforts on the final piece of the 3 for 2023 project, which is to design and construct Pitch 3. We are currently completing the tender process for this part of the work and hope to update the membership on the outcome of this over the next few weeks.

We also have been looking forward to developments for next year and have submitted a number of grant applications to help fund future projects in the Club. This includes an application to Lisburn Castlereagh City Council for £10,000 towards construction of a Multi-Use Games Wall in 2024. We'll find out if this has been successful later in the summer - so watch this space!

We know you've all been waiting patiently with a watchful eye on the development of Pitch 3. Well the good news is...we're on!

In late February all members were invited to an information evening where people shared their views on our plans. As a result of suggestions raised at this very well attended session, the hugely successful '£30k in 30 days' campaign was launched - which not only provided the complementary 10% proportion required to access the Entrust funding pot, it also overdelivered raising £35.5k within the 30 days and £42k in total since then - allowing us to embark on the first step to Pitch 3 development.

Our 3 for 2023 project

1. Purchase and install LED lights for 4 lighting columns on Pitch 2
STATUS - COMPLETE
2. Purchase and install benches around and bins around the walkway and a new bicycle rack on the grounds
STATUS - ONGOING
3. Design and develop Pitch 3 with the aim of it being playable for at least 9 months of the year
STATUS - ONGOING



"A huge, huge thank you is owed to the extremely generous donors and businesses who have helped us unlock up to £300,000 in funding for this Entrust approved project in less than a month." **Chair of Development and Facilities, Sean McGeough**

COACHING AND SAFEGUARDING



Coaching Development Officer
Orla Napier



Children's Officer Hilary Whyte

Raising the Bar

At Carryduff GAC we are committed to delivering the best possible playing experience to all players. We will achieve this by ensuring our extensive team of coaches from across all codes - from under 6s up to senior - are appropriately qualified and vetted. Over the last three months both our coaching officer Orla Napier, and Children's Officer, Hilary Whyte, have committed themselves to helping us raise our coaching standards and continue to comply with ever more stringent GAA safeguarding requirements. If you want to become involved in coaching or mentoring in the future (including at our summer Cúl Camp) please get in touch with either of our officers to ensure all your coaching requirements are in place and you are ready to go. Finally thanks to Siobhan Hyland for taking a First Aid Course on 26th April which 12 coaches attended.

Meanwhile Orla, with the support of coaching expert Paul Kilgannon, has also been working with coaches, parents and members across the organisation to finalise our new coaching framework document - the Carryduff Way. We hope to be able to share the details of this with all of you soon so that we can formalise much of the good practice already established and incorporate new approaches that will drive even more improvement. In the meantime please see our Supporters Charter on the back page which we'd like your support with.

Safeguarding (childrensofficer.carryduff.down@gaa.ie)

So far this year we have held 5 Safeguarding course for coaches and volunteers and have been very encouraged by the turnout. We like to remind our adult members that not only is this training designed to help ensure the safety of children, it also offers an element of protection to them as coaches and mentors so that they understand how best to deal with various circumstances when they arise, or who to go to for help should a more serious matter occur. Carryduff also completed a mandatory nation wide GAA Safeguarding Risk Assessment earlier this month. Feedback from this will be used to help inform an action plan for further safeguarding improvements.

School Engagement

As part of our outreach to local schools, and with the help of coaches Jenny McGarry and David Kelly, we recently completed 6 weeks of Gaelic football coaching at Millennium Primary School, which culminated in a visit and Q&A from Down LGFA star Aisling Cull. Thanks to teacher Brendan Donnelly and the whole school community for the warm welcome. Coach Claire McPhillips hopes to follow up with hurling and camogie coaching at the school in November.

Meanwhile with the expertise of Mark McCartan, handball coaching continues in St Joseph's Primary School every Friday. St Joseph's also has the benefit of Daniel Coogan's footballing expertise while St Ita's is also able to call on our pool of skilled coaches to help with blitzes and other events.

We are delighted to be able to reach out to many children who may not otherwise have had this opportunity.



Millennium Primary School pupils

The Future's Bright!

Year 9 OLSPCK Boys from Carryduff who defeated St Paul's Bessbrook to win the Ulster Colleges Brock Cup in March



Basketball : OLSPCK Junior Ladies Team who took home the All Ireland Schools title in April with no fewer than 8 Carryduff girls on board (from our U14/U16 teams)



Carryduff U15 Boys

Down Féile Peil CHAMPIONS 2023

We are extremely proud of this team of players who produced some outstanding displays, eventually beating Bryansford to win the county Féile title in April.

As a result the boys will head to the Connacht GAA Centre in County Mayo on July 1st to compete in the All Ireland final (1st division no less!) in a group that includes Kilmacud Crokes, St Mary's Athenry and New York, with teams from Mayo, Cork, Kildare and Kerry in the other group within their Division.

Well done all and Ádh Mór to the boys and their coaches (and their nervous families on the side-lines!)



Carryduff to Host U15 Girls Regional Féile July 1st

And if you can't make it to Mayo to watch the boys, feel free to drop by the club on July 1st to witness some skilful displays from our U15 girls.

After a disappointing defeat to Bryansford at the County final in May, our current U15 team—many of whom were part of last year's

All Ireland winning team - got an unexpected surprise when Carryduff was invited to host one of 9 regional Féile events to be held across the country on the same day as our U15 boys compete for the All Ireland title.

As host club we will also be able to enter a team in this regional competition and once again look forward to seeing our girls perform at such a competitive level.

PLAYER ACTIVITY THIS QUARTER

Primary Schools Blitz

Also in April more than 200 children and 17 teams graced our grounds for the **Carryduff Primary Schools Blitz**. The sun - and the children - shone brightly throughout the day.

Thanks to all those who made it happen and a big shout out to Smart Physiotherapy & Fitness Carryduff for sponsoring the event.



Camogie Féile—a first for Carryduff

Carryduff proudly attended our first ever Camogie Féile on Saturday 29th April - no luck this year but we'll be back!



Our boys' Handball Féile team, like our camogs, also competed brilliantly in their first competitive handball outing - coming 3rd overall - beaten by a strong Saval side which emerged as eventual overall winners



Our little camógs and hurlers had a fun-packed day in May when they donned their county colours at the club. We suspect the spread of delicious treats in the Hub afterwards was as big an attraction as the games themselves!



U14 Carryduff and Down Handball star Sean Young winning Antrim Handball's Glam Ball competition in his age group



Nursery Academy 2023

We are delighted with the huge numbers attending both our Saturday (girls and boys football) and Sunday (Hurling & Camogie) U6 Nursery Academies which commenced at the end of April.

Thank you to all parents and volunteers for your support in getting them both up and running.

For more information about enrolling your child visit <https://carryduffgac.com/club-information/carryduff-gac-nursery-academy-2023-2/>

Underage - Hurling/Camogie

On Saturday 6th May our U7.5 and U9.5 hurlers, and camógs, brought a total of 7 teams to a fabulous blitz at An Ríocht. The well-run event was also very well attended with more than 40 of our children taking part. A day of skill with lots of rowdy fun on the bus journey home. Thanks kids!



Talent Abounds

Sports Inspire Award for Young Volunteers

The Sports Inspire Award - administered jointly by Ulster GAA, the IFFA and Ulster Rugby - to recognise young volunteers in sport, offers sports clubs like ours a tool to help recruit, retain, support and recognise young volunteers.

The programme offers volunteers formal recognition - and certification - of their contribution to volunteering; an asset to any CV.

Club Member Norín Mc Ardle will help get this initiative running this year in Carryduff GAC.

Please contact Orla Napier coaching Officer for further information - via Club Secretary email - Secretary.carryduff.down@gaa.ie

U17 County Hurlers



PLAYER ACTIVITY THIS QUARTER

U15 County hurlers



U14 County Footballers - LGFA

U14 Ladies - Festival of Football

Carryduff GAC received the warm thanks of the LGFA County Board for hosting the highly successful Under 14 inter County Festival of Football early in April.

Competing Counties have also since sent their sincere thanks and compliments to the club—a day to be proud of.



Minor County footballers - LGFA

Carryduff in the County

We're proud of all of our players but want to give an extra special thank you to our underage players across all codes who act as ambassadors for the club while playing for Down.

LGFA - U14

Hannah Cassin
Olivia Dean

Abigail Hanvey
Niamh Napier
Evie McHugh

LGFA - U16

Cara Donnelly
Sophie Kelly Bradley

Caoimhe Lavery
Anna McArdle
Isa McCarron
Eimear Napier
Ellie Sergeant
LGFA—Minor

Katie Foy
Tara McCarron
Ciara McGeough
Roisin McKenna
Maebh Napier

Camogie U14

Catriona Blaney

Cara Holland

Handball U14

Sean Young

Male Football U17 (Minor)

Liam Blaney

Male Football U15

Joseph Kerr

Danny Knight

Owen McHugh

Hurling U17

Conor Boyle

David Morrissey

Luke Morris

Hurling U16

(first game)

Liam Blaney

Cillian Ennis

Joseph McAllister

Rory O'Donnell

Hurling U15

Finn Dougan

Conor Gilmore

Tom Hickson

Aodhan Young

U14 County

Camogs



PLAYER ACTIVITY THIS QUARTER

Senior Players - A few sporting moments captured



Carryduff v Glenarm 15.05.23



Premier Reserves



Carryduff's Tom McCarroll representing Down U20s pictured here with Chair Brendan Sloan and Vice Chair



Pictured above: Meghan Doherty who captained Down Senior Ladies Football team as they won the Ulster Junior Championship on Saturday 27 May



Niall Boyle Photography



Niall Boyle Photography



Junior Ladies

SOCIAL ACTIVITY THIS QUARTER



Club Lotto

Many thanks to the hundreds of Club members who participate in our weekly Lotto Draw in the hope of winning up to £150 by matching 3 numbers, or of taking home the Jackpot - currently almost £5,500 - by matching all 4!

Since December 2022 the Club Lotto has generated more than £12,000 in ticket sales, half of which is used to help with running costs while the remainder covers the costs of our prize pot.

If you don't already play the Lotto, why not start today by scanning in the QR code above or clicking on the link below

https://www.klubfunder.com/Clubs/Carryduff_GAC/lotto



Upcoming Social Events - Save the Dates

Save the Date	Date & Time	Location
Pub Quiz	Friday 9 June	Ivanhoe
Past Players' & Members' Gathering	Friday 16 June	Ivanhoe
Bonkers Bingo	Saturday 24 June	Ivanhoe
Members' Social Night	TBC	Horatio Todd's
Colour Run	Friday 18 August	At the Club
Night at the Races	TBC (September)	TBC
Pop Up Gaeltacht	TBC (September)	At the Club
Annual Gala Dinner	Saturday 18 November	Europa Hotel

Unsung Hero Award 2023

Our well known member and mother of two of our playing members - Tara and Isa at Minor and U16 respectively - Delia McCarron was awarded the inaugural 'Unsung Hero' award at the recent 'Women In Sports' Awards at the Europa Hotel.

The awards honour inspirational women across a wide range of sports and 2023 was its opening year. With multiple nominations for the category it must have been obvious to the judging panel how highly regarded Delia is in our Club. Delia is pictured here with her proud daughters, mother Marie and husband Michael.



Down Draw Winner

Declan O'Donnell receiving £1,000 Down Draw cheque from Chair, Brendan Sloan

SOCIAL ACTIVITY THIS QUARTER

...May 6th 2023— busiest day ever at our Club—from 4am to 4pm we didn't stop...

Darkness Into Light AND Family Fun Day 2023

On one of the most community focused days Carryduff GAC has ever seen, May 6th had members from all ages descend upon our grounds. Up at 4am - even before the birds - to open the Hub and get the tea and toast on, more than 60 of you joined us for our first ever darkness into light walk in aid of mental health and suicide prevention. With dawn breaking at around 5.30am on a misty morning we all came together for a well earned continental breakfast, of tea, toast and only slightly overcooked croissants! Thanks to Delia McCarron for landing herself the role of chief toast maker and thanks to everyone who made the effort to demonstrate their support for positive mental health.

Alas, there was no time to catch up on the missed zzz's as planning started immediately for Sean, Ana Marie and Hilary's Family Fun day for our littlest folk. And what a day it was. With our Chair in charge of the BBQ we had the foresight to have NIFRS positioned nearby but thankfully their services were not needed! Instead the kids could have fun with all the equipment - thank you to Davy Vaughn and crew. Free ice cream and a mini train ride sealed the fun. What a great day!

Photos from (very) early morning to late afternoon.



EC members Eamon Rooney (also one of our club Referees) and Ronan McCaughey rose for the early morning challenge



Cúl Camp 2023 : 14-18 August

SOCIAL CODES

If you're looking for a fun and active way to get involved in your community, then Carryduff GAC's social games are perfect for you. Come along and give them a try!



CÚL FOR LIFE



Coaches & Volunteers needed

14-18 AUGUST

14th - 18th August

CAMPS ARE FOR BOYS AND GIRLS AGED 6 TO 13

£65 for 1st child; £50 for 2nd child; £45 for 3rd and subsequent children.

<https://www.kelloggsculcamps.gaa.ie>

Details of registration will be made available soon.

Meantime coaches or volunteers interested in taking part should contact

Secretary.carryduff.down@gaa.ie



CARRYDUFF GAC

ONEWALL

HANDBALL CLUB



Resuming Winter 2023

Contact Mark McCartan

Handball - male and female



Gaelic 4 Mothers and Others

Gaelic 4 Mothers & Others is a fun, non-competitive form of ladies football for women looking to get fit, have fun, make new friends as part of a team, and to learn the basics of Gaelic football.

For more information contact

Lisa 07967626129

Maeve 07930216115



G4MOs - ladies football



CARRYDUFF GAC

SOCIAL ROUNDERS

COME JOIN IN THE FUN



For Ladies and Gents over the age of 18

Everyone welcome regardless of ability

Social Only - No competitive matches

SUNDAYS 11 - 12:30pm

@ Carryduff GAC

For more information, contact Michael on 07734 604 016

Rounders - male and female



GAA Dads & Lads



OLD BOYS, NEW VIBE

Football

Saturday 5:00 - 6:30pm on Pitch 2

Hurling

Sunday 6:00 - 7:30pm on Pitch 2

Contact Ryan McCauley on 07596 371 564 for more details.

SOCIAL GAELIC GAMES

Why not get the boots laced up and give it a go!



Dads & Lads - male football & hurling



CARRYDUFF GAC

CEATHRÚ AODHA DHUIBH CLG



SOCIAL CAMOGIE AT CARRYDUFF GAC.

TUESDAYS 8-9PM AT THE 3G PITCH.

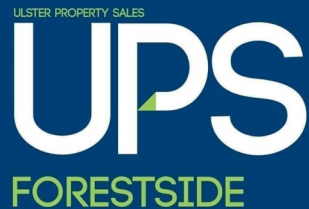
NEW MEMBERS (INCLUDING BEGINNERS) VERY WELCOME. IF INTERESTED CONTACT CLAIRE ON 077 45741015.

Camogie



GO RAIBH MAITH AGAIBH

Thank you to our latest Team Sponsors



- Calor Gas—U12 Camógs
- Yazoo Drinks- U12 Ladies Football
- UPS Forestside- U15 Male Football and nursery academy
- Kingsbridge Private Hospital - U16 Ladies Football
- Ivanhoe Hotel - Senior Hurlers
- MacBlair—Senior Reserve Footballers
- Eastwood Envirowaste - Senior Footballers





GO RAIBH MAITH AGAIBH

Meet our Pitch Sponsors...please support those who support us...



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Carryduff GAC Supporters' Charter

(2023)



**Please play your part
as a valued
supporter in
delivering our new
Coaching Charter**

Carryduff GAC Supporters are:

- ♦ **Welcoming**
- ♦ **Inclusive**
- ♦ **Loud in our praises**
- ♦ **Gracious in our disappointments**

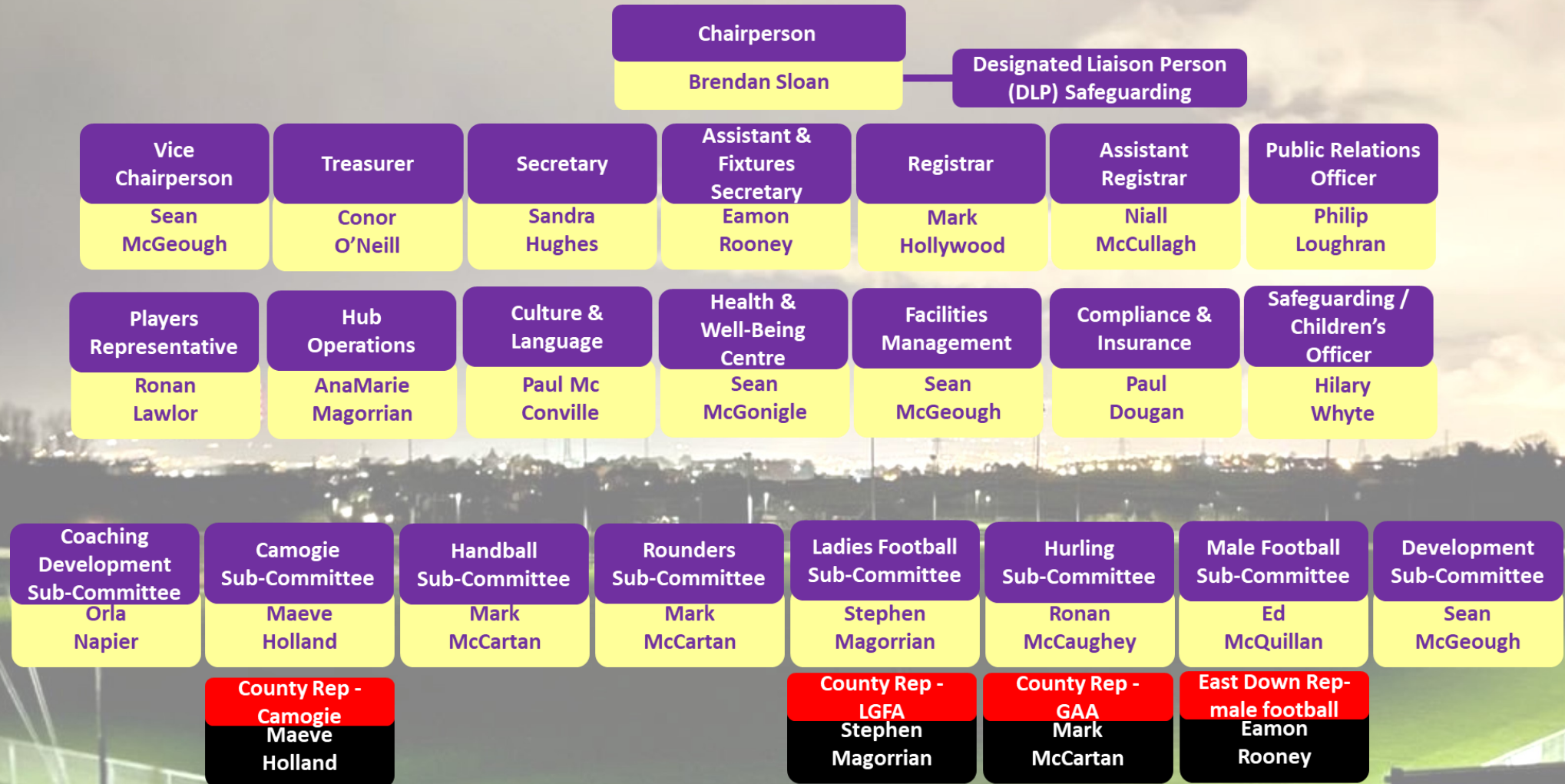
Supporters' Behaviours

- We provide positive support to our players and coaches
- We remember our players are amateurs
- We recognise our coaches are volunteers
- We acknowledge our referees are human
- We respect the opposition
- We are gracious in defeat
- We are respectful in winning
- We support all Carryduff GAC teams across all age groups and codes
- We remember the first priority is having fun
- We praise our Club's efforts
- We are Honest
- We stand by our Club's values
- We are never threatening or violent, in language, manner, or conduct
- We do not condone foul play on or off the pitch

We are inter-parish rivals: We are next-door neighbours
We are intercounty adversaries: We are county teammates
We show respect: We gain respect
WE ARE ALL PART OF THE GAA - ENJOY YOUR GAMES

GOVERNANCE ARRANGEMENTS

Committee Structure 2023



Please direct any queries to one of the following addresses

Secretary.carryduff.down@gaa.ie Assistantsecretary.carryduff.down@gaa.ie or Pro.carryduff.down@gaa.ie