



Club Prospectus – Réamheolaire an chlub CLG Cheathrú Aodha Dhuibh

Carryduff GAC



September 2024
Meán Fómhair 2024



Carryduff
GAC

Ceathrú Aodha Dhuibh



Our Club

Ár gClub

Carryduff GAC is an inclusive, welcoming sporting and cultural organisation that has enjoyed continual growth over its 50+ year history



Carryduff GAC is an amateur, sporting and cultural organisation based in south-east Belfast, within Lisburn and Castlereagh City Council area. It is part of Down GAA.

Carryduff GAC is the largest sporting organisation in the Lisburn and Castlereagh City Council area. Established in 1972, initially concentrating on male football, Carryduff GAC is now in its 52nd year and operates 6 Gaelic sporting codes – male football, hurling, camogie, ladies' football, handball and rounders – while also continuing to support the promotion of Irish language and culture.

Carryduff GAC is one of the largest GAA clubs in Ireland and has the largest GAA membership of any club in Ulster (1,820 members as of June 2024).

As with all GAA clubs it is 100% volunteer led and run and receives no capital or revenue funding. The club is run largely on membership fees which are ratified annually and relies also on an ongoing programme of fundraising.

At its annual All-Star awards, the Gaelic Life magazine awarded Carryduff GAC its Ulster Club of the Year Award for 2023.



A photograph of a golf course at sunset. The sky is a mix of orange, yellow, and blue. Several tall stadium lights are visible in the background. In the foreground, there is a green golf course with a few people walking. A wooden fence runs across the bottom right. The text 'What We Do' is overlaid in large white letters on the right side of the image.

What We Do

Cad é a dhéanann muid

Operating since 1972 the club offers Gaelic sports to children (from the age of 4 years) and adults across the wider Carryduff area.

We operate a 'One Club' ethos meaning that we integrate the 3 main Gaelic sporting associations, (Gaelic Athletic Association, the Ladies Gaelic Football Association, and the Camogie Association), under a single umbrella and committee.

This ensures all members are treated equally with access to the same standard of facilities and coaches, and for which we offer equal representation at county, provincial and national level.

Our sporting codes offer both competitive and social opportunities that promote health and well-being for all regardless of age or ability.

We have recently extended our provision to people with additional needs through our GAA 'All Stars' initiative.

Our vision for the future is to continue to grow our facilities and our membership while maintaining the highest standards of coaching and cultural enrichment and continuing to promote our values of inclusivity, equality, physical and mental well-being and community spirit.



Who We Are

Cé muid féin



As one of a small number of Gaelic clubs in the locality, we draw our membership from a wide geographic area.



Recent population growth has significantly added to our numbers; a trajectory that looks likely to continue.

We engage in outreach with local primary schools which also use our facilities for sports days when available.



Females comprise:

- 44% of our overall membership
- 46% of our playing membership
- 32% of our coaches
- 35% of our Executive Committee

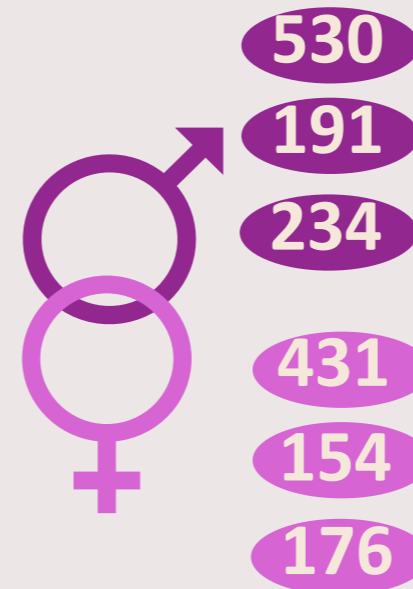


We continue to work to increase this representation

Overall Membership **1,820**

Playing Membership **1,102**

Membership* has grown by 10% in the last 12 months and by 84% since 2018



Juvenile male players
Adult male players
Non-playing males

Juvenile female players
Adult female players
Non-playing females

*Data as of June 12 2024

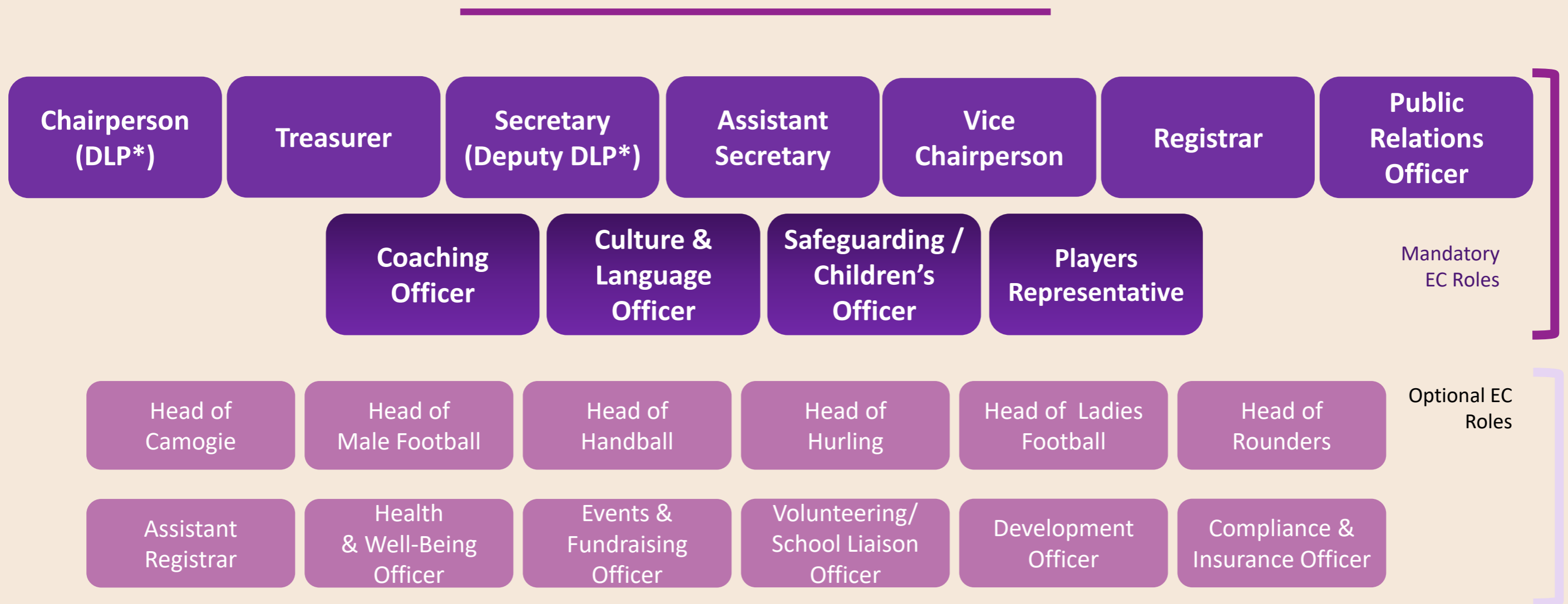


How we work

An chaoi a n-oibrímid

Governance Arrangements

- ❑ Carryduff GAC complies with the requirements of the GAA official guide in terms of its governance.
- ❑ Our Club Constitution is agreed annually at our Annual General Meeting (AGM).
- ❑ The Executive Committee is elected annually at the AGM.
- ❑ Our 2023/4 Executive Committee membership, reflecting our structure, is outlined below.
- ❑ Beneath this structure additional club members volunteer to support individual sub-Committees.



* DLP – Designated Liaison Person (required safeguarding role)



What We Play

Ár gcluichí

We offer 6 sporting codes – Male and Female

Football, Hurling, Camogie, Rounders and Handball with 54% of our playing members involved in the two male codes and 46% in the 2 female codes.

Rounders and Handball are open to all.

Non-competitive sporting opportunities are available in all 6 codes; participation is actively promoted and encouraged.

Youth membership reflects trends in other sports with significant numbers up to the age of 13, after which drop-off begins. This is a trend we are keen to reverse and retention beyond 13 is a key priority. We are already witnessing significant improvements on our female retention rates.

Playing Teams



Playing members
1,102

- ✓ 7 Adult teams
- ✓ 5 Adult social teams
- ✓ 26 teams from U12-minor
- ✓ 21 teams at U10.5
- ✓ 33 teams at U8.5
- ✓ 4 cohorts at U6.5
- ✓ 2 Nursery Academies

Players Per Code

Male Football	724	Nursery Academy	191
Female Football	527	Social Hurling	34
Hurling	385	Social Football – M	44
Camogie	76	Social Football – F	54
Rounders	25	Social Camogie	33
Handball	40		

**Data as of June 2024 **Estimates used - team size differs according to age*



How

we

Deliver

Beart de réir ár mbriathair

Our Coaching Strategy, the Carryduff Way, was launched in October. It:

- Outlines the values expected from coaches, players, supporters and parents
- Guides coaches through the accompanying Player Participation policy

We now have

- 228 coaches – 1 coach for every 6 players
- 50 mentors – 1 mentor for every 27 players
- 30 young volunteers (aged U18)

All 228 coaches at Carryduff GAC have:

- Relevant Access NI and safeguarding standards
- A minimum foundation level coaching qualification

Increasing numbers of coaches are exceeding this:

- 25 Level 1 Coaches and 6 Level 2 Coaches

A number of coaches have also completed Autism Awareness training – and are supporting our ‘GAA All Stars’ initiative for people with additional needs

Qualified Coaches

Number of coaches completing Safeguarding Training in 2023

154

Number of other members completing Safeguarding Training in 2023

150

Volunteers who renewed or applied first time for the Access NI clearance in 2023

124

Other Members who renewed or applied first time for the Access NI clearance in 2023

209

Coaching and Safeguarding

The background of the image is a close-up of a metal fire pit. The metal is dark and has intricate, laser-cut scrollwork and floral patterns. A fire is burning brightly inside the pit, with orange and yellow flames visible through the openings in the metal. The overall lighting is warm and focused on the fire.

**How
We
Promote
Language &
Culture**

An Ghaeilge

Initiatives to promote culture and language during the past year included:

- A St Brigid's Cross-making workshop
- Conversational Irish language classes
- Singing circles
- A pop-up, cross-community Gaeltacht weekend
- Song-writing workshops
- Installation of a Crann Beatha / 'Tree of Life' sculpture along our walkway (through grant from the Ultach Fund)
- '*Airgead póca*' scholarships for young people attending a summer Gaeltacht experience
- Lá na gClub day to celebrate the GAA, LGFA and Camogie Association anniversaries and to showcase our club
- Seachtain na Gaelige week to promote the language and culture among all ages – including a (Tik Tok) Gael Tok night of dance through Irish
- An historic walking tour
- A Book Club



Carryduff GAC operates a full calendar of initiatives to promote language and culture throughout the year to our membership and beyond.

Social events and activities are organised on a regular basis with music, singing, Irish language and culture and charity and fundraising initiatives throughout the year.

Language and Culture



How we Reach Out

Cad é mar a fhreastalaíonn muid ar dhaoine



To promote inclusion and encourage our walkway to be widely used, we open our facilities to the wider community for many activities throughout the year.

We also interact regularly with local primary schools – Millenium, St Ita’s and St Joseph’s offering support with coaching to reinforce the club’s efforts with underage groups.

Our GAA All Stars Pilot Programme for children and adults with additional needs commenced in May 2024.



During the past 12 months

June '23 :	School sports days
July '23 :	Regional (Ulster) LGFA Féile
August '23 :	Summer camps
September '23 :	Coaches' Appreciation Night, Pop-Up Gaeltacht weekend
October '23 :	Halloween Discos, End of Season Celebrations
November '23 :	Annual Dinner Dance, AGM
December '23 :	Elf Walk and Christmas carols; The Gathering
January '24 :	'Ireland Lights Up', Singing Circle commences
February '24 :	St Brigid's Cross making, Spring Clean-Up, Book Club commences
March '24 :	Seachtain na Gaelige, Healthy Clubs Accreditation at Croke Park, Female Athletes Sports and Nutrition Talk, LGFA TALK programme
April '24 :	Lá na gClub – day of celebration, Comedy evening
May '24 :	Darkness Into Light, Con O'Neill History Tour, Launch of All Stars
June '24 :	Sunset Yoga, Health Screening Day, Ranganna Gaelige

Community and Schools



What Works Well

Cad é oibríonn go maith

- ❑ Maximising playing space on our own premises continues to be our priority
- ❑ We now offer 2 full size pitches, one of which includes floodlights, a 3G training facility, a gym, and a publicly accessible walkway.
- ❑ A 3rd junior grass pitch is in development (completion Summer 2024).
- ❑ Plans are underway, and funding has now been secured, for a second 3G facility and for further improvements at our existing pitches.

- ❑ Our facilities are in operation 7 days a week from March to October. If sufficiently well drained and lit, we could be using the facilities for up to 12 months a year.
- ❑ We are growing faster than we are developing and – although our new juvenile pitch will help to some extent – it will not accommodate all of our training and playing needs. We continue to rely on additional external facilities.

Income from membership only partially supports our running costs – we will always need to source additional funding for infrastructure improvements.

Maintenance and upkeep of all pitches and other facilities is managed on a voluntary basis





How
we're
Challenged

Na dúshláin atá romhainn

Challenge

Increasing player numbers leads to increased demand for training and playing space

Across all codes we operate almost 100 individual playing teams, most of which comprise players aged 17 and under. Training takes place 2-3 times a week for each group – in a limited timespan after school/work hours – we face numerous difficulties providing the space required. We are one of the main user groups of the nearby Council facility (currently in re-development) but would need an additional floodlit grass GAA pitch within the council area for both training and, if developed to the requisite competition standards, competitive fixtures, to complement the 3G development planned for Lough Moss.

Challenge

Increasing player numbers increases the need for volunteers and coaches

We need to find ways to continue to encourage and support volunteerism, particularly in coaching. High quality and subsidised training courses and a welcoming and high standard of facilities would help us with this ambition.

Challenge

The increased professionalism of the organisation creates challenges in recruiting and retaining volunteers

There is much to commend in the efforts of the GAA to raise standards and improve the experience of members. However, this also creates increased pressures on volunteers who are concerned about their ability to adequately deliver what is required. We will avail of all opportunities to engage with Croke Park to address such issues.

A row of white soccer balls is arranged on a green grass field. The background shows a blurred stadium with spectators and a blue sky with white clouds. The text 'Space To Grow' is overlaid in large white letters, and 'Fás agus Forbairt' is written below it in a smaller white font.

Space To Grow

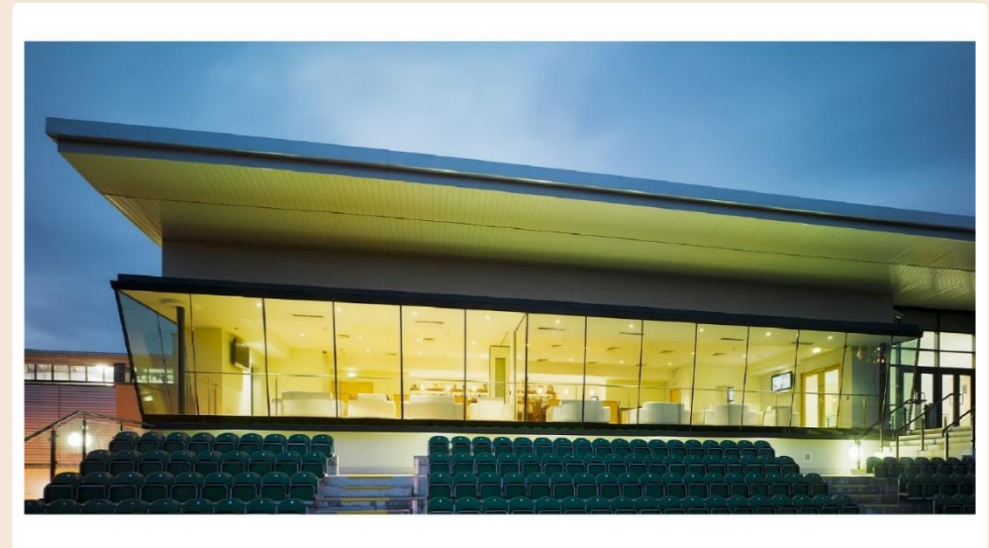
Fás agus Forbairt

Development Needs

A Clubhouse – We do not have a purpose-built facility for our membership. A small pre-fabricated unit attached to our existing changing rooms acts as a short-term solution to our indoor space needs. This space is inadequate and does not reflect the provision available to other clubs across the country. Our changing facilities are also too small and outdated and the structure is no longer adequate to meet the needs of members.

Our aspiration to extend our sporting opportunities to people with disabilities and additional needs is impeded by the lack of indoor space to provide appropriate safe playing opportunities.

A spectator stand – Our Masterplan has always envisaged the provision of a spectator stand for both Pitch 1 and 2. Given the year-round operation of Gaelic games in all weathers, this is an important requirement which may also increase attendance numbers and encourage the facility to be used for higher profile matches.



An adequate Clubhouse would include up to 8 changing rooms with shower facilities, additional public and team toilets, male and female referee rooms, disabled and baby changing facilities, a Boardroom, offices for committee members, a function room, a kitchen, a tuck shop and viewing areas to the pitches. Photo for illustration only



Development Needs

Additional 3G surfaces – We have two grass areas with potential for conversion to 3G (38x55m and 30m x 60m). An additional 3G surface that is playable year-round would add significantly to our overall provision.

Additional Changing Facilities and Toilets – Our club buildings have not kept pace with our growth, which is likely to continue on the current upward trajectory. Additional changing spaces and toilets are urgently required and – given greater awareness of child safeguarding standards – is a key priority. Safeguarding requires young children to be accompanied by an (Access NI checked) adult. The distance from the new junior pitch to the existing toilet block is significant and we require new changing and toilet facilities in the immediate vicinity. Public toilets incorporated within our changing facility block further compromise safeguarding requirements as spectators often require access during juvenile matches. Ideally, public toilets should be located separately from changing facilities.

Provision to people with disabilities is also hampered by the lack of indoor facilities (including appropriate changing and toilet spaces) which would ease this transition.



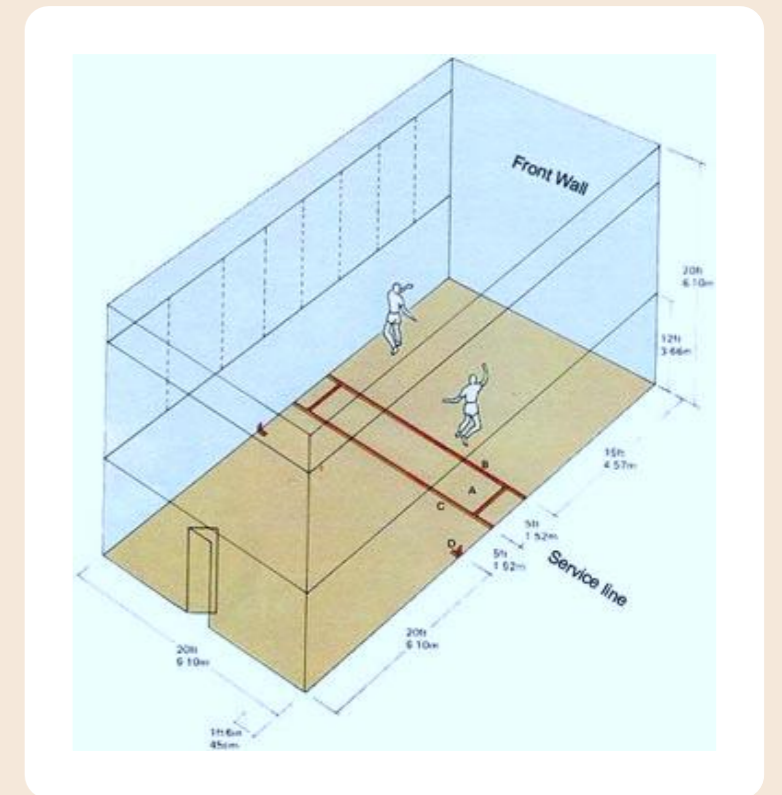
Development Needs

Extension to our path – the narrow gap between the 3G and Pitch 2, on the edge of a muddy bank creates access issues for people with mobility difficulties and parents with children in pushchairs. We would like to extend and improve this area to address these issues.

A fully fenced second pitch – To satisfy GAA standards for championship matches. We currently only have fencing in place at Pitch 1 and at our new junior pitch. Fencing at all pitches will also improve the security and safety of players and coaching teams

Handball courts– As well as offering greater opportunity for one of our newest codes, such a facility would also provide a useful all-weather training surface for other codes.

Additional Floodlighting – A lack of appropriate GAA pitch provision within the Council area means we spend an additional £6k in the dark evenings between January to March to hire facilities for our senior players to be able to train. Increased lighting would considerably ease the congestion on our training schedule and facilitate more evening matches during these months.



Development Needs

A dedicated car parking area – We are grateful to the Parish of Drumbo and Carryduff which allows us use of their car park free of charge. However, this can create challenges when events clash with church services. We have an offer of a small site adjacent to our premises on a long-term lease to use as a car park (estimated 30 cars) but which will require financial support to develop.

Improved playing surfaces – inclement weather seriously hinders our potential as our pitches are frequently impacted by heavy rain. Significant resources have been invested in our new junior pitch to create a training facility that we hope will be available 10-11 months a year (lighting dependent). Investment to raise the existing pitches to this standard would alleviate much of the pressure on our training and fixture schedules.

A tannoy System – Given the area of land that our three pitches now cover it is difficult to make announcements that can be heard beyond one pitch. This could be particularly problematic in the event of an emergency medical incident. A Tannoy system that extends to our full playing area would address this risk.

Scoreboards – We have one obsolete scoreboard in operation which needs replaced and a further two are needed for each of the other pitches.





O'ne Club



Club amháin

For more information about our Club, please contact our Chair or Secretary



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