

# Cruinniú Bliantúil Cumann An Chloighí CLG Cluain Dolcáin 2021

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Bunaíodh 1884.

## **Clár**

1. Minutes of Annual General Meeting December 2020
2. Adoption of Standing Orders.
3. Chairman's Report.
4. Hon. Secretary's Report.
5. Hon. Treasurer's Report.
6. Election of Officers:

President

Vice Presidents

Chairman

Vice-Chairman

Hon Secretary

Hon Treasurer

7. Election of remainder of Executive Committee

Adult Games Officer

Juvenile Games Officer

Registrar

Communications Officer

Facilities Officer

Coaching Development Officer

Assistant Secretary

Assistant Treasurer

Oifigeach Gaeilge

Two (2) Members

8. Motions and Recommendations
9. Feedback on Club Focus Groups, High Performance Initiative and Fundraising Activities
10. Any Other Business

**Executive Committee**  
**Meetings 2021**

**Number of meetings held: 12**

Andrew Cronin	12
Alan Milton	11
Padraig MacCarthy	12
Linda Halpin	4/5
John Ryan	10
Damien Murray	10
Sharon Jordan	10
Tony Delaney	4/5
Liam Mcloughlin	10
Barry Quinlan	11
Martin Ryan	10
Billie O Connor	10
Ed O Malley	10
Willie Kennedy	10
Niall Connaughton	4
Simon Breslin	3/4
John Hoolan	3/3

**Note:** Regrettably Tony Delaney and Linda Halpin stepped down from the committee in May 2020. Towards the end of the year, Simon Breslin and John Hoolan were co-opted onto the committee. Simon took over as Oifigeach Gaeilge, John took a committee members role and Sharon Jordan took up the vacant position of Assistant Secretary. I would like to thank Tony and Linda for all their work and continued support.

**Nominations for the Executive Committee 2021-22**  
**Aimniúcháin don Coiste Feidhmeannaigh 2021-22**

<b><u>Position</u></b>	<b><u>Outgoing</u></b>	<b><u>Nominations</u></b>
<b><i>President:</i></b>	Frank Cosgrove	Frank Cosgrove
<b><i>Vice-President:</i></b>	Mary Dardis Bernie Cronin Shay Clifford	Mary Dardis Bernie Cronin Shay Clifford
<b><i>Chairperson:</i></b>	Andrew Cronin	Andrew Cronin
<b><i>Vice-Chairperson:</i></b>	Alan Milton	Alan Milton
<b><i>Hon. Secretary:</i></b>	Padraig MacCarthy	Dean Alford <b><i>Prop:</i></b> Andrew Cronin <b><i>Sec:</i></b> Padraig MacCarthy
<b><i>Hon. Treasurer:</i></b>	John Ryan	Damien Murray <b><i>Prop:</i></b> Padraig MacCarthy <b><i>Sec:</i></b> Alan Milton
<b><i>Asst. Secretary:</i></b>	Sharon Jordan	Sharon Jordan
<b><i>Asst. Treasurer:</i></b>	Damien Murray	John Ryan <b><i>Prop:</i></b> Andrew Cronin <b><i>Sec:</i></b> Ed O Malley
<b><i>Oifigeach Gaeilge:</i></b>	Simon Breslin	Simon Breslin
<b><i>Adult Games Officer:</i></b>	Barry Quinlan	Barry Quinlan
<b><i>Facilities Officer:</i></b>	Ed O Malley	Michael McAdam <b><i>Prop:</i></b> Alan Milton <b><i>Sec:</i></b> Padraig MacCarthy
<b><i>Registrar:</i></b>	Niall Connaughton	Niall Connaughton
<b><i>Juvenile Games Officer:</i></b>	Willie Kennedy	Willie Kennedy
<b><i>Coaching and Development Officer:</i></b>	Liam MacLaughlin	Liam MacLaughlin

**Communications Officer:** Martin Ryan

Padraig MacCarthy  
Prop: Alan Milton  
Sec: John Ryan

**Members:** John Hoolan  
Billy O Connor

John Hoolan  
Aaron Douglas  
P: Andrew Cronin  
S: Alan Milton

### **Standing Orders for Annual General Meeting**

1. The proposer of a motion/recommendation or amendment thereto, may speak for three (3) minutes but no longer.
2. A member speaking on a motion/recommendation or an amendment may not exceed two (2) minutes.
3. The proposer of a motion/recommendation, or amendment, may speak a second time for three (3) minutes before a vote is taken, but no other member may speak a second time on the same motion or amendment.
4. The Chairman shall, at any time he considers a matter to have been sufficiently discussed, call on the proposer to reply, after which a vote must be taken.
5. A member may with the consent of the Chairman move that 'the question be now put' after which, when the proposer has spoken, a vote must be taken.
6. Contributions to the meeting may be made in two ways; a) through the use of the 'raise hand' function in MS Teams and through use of the 'chat' function. Both will be monitored by the secretary and assistant secretary over the course of the meeting.

## **Motions and Recommendations**

None

## **Chairman's Report 2021 Tuarascáil an Cathoirleach**

A Chairde,

2021 started off in lockdown and it wasn't until May that play resumed on the field and September when we could host in-person meetings.

Special mention and congratulations to our championship winning teams at Adult Football Junior 2, Adult Camogie and Under 16 Girls Football and Camogie. The Junior football victory represents a first adult football championship since 2005. While we came up a point short after a valiant second half display in the Intermediate Football final in Garristown, the lads should take great pride in promotion back to Senior 2 status. The Camógs winning a second championship on the bounce is a marvelous achievement.

After a quite farcical situation where different individuals in the County Board were giving contradictory instructions on whether there was relegation in the hurling championships, our senior Hurlers put all doubt to rest with a strong final day win. I would like to pay special thanks to Fergal McDonagh who is stepping down as manager.

It was great to see an adult ladies football team back on the field and while they fell at the final hurdle in championship, they achieved a remarkable league and cup double. Many thanks to Frankie Roebuck for stepping in to fill the managerial void.

Towers Óg continues to go from strength to strength and regularly breaks record attendances. This year saw the launch of the Towers Abú initiative where we engaged with members through surveys and workshops, ultimately resulting in 86 recommendations \ action points. A separate steering group has recently started work to implement the items raised. I would like to thank Barry Gavin and the various groups he has led in continuing to progress the overall high performance framework.

Perhaps the most uplifting experience was the John Quinlan tribute day and I would like to wish John, Angela and family all the very best on the road ahead.

The Fundraising Committee under Douglas Faughnan has been a great success with the corporate donation from Microsoft of US\$20,000 (€16,700) being a particular highlight.

In Monastery Road, the gym is finally open full time and Conor Clifford's Armoured Performance have settled in really well and are contributing greatly to the roll out of the Long Term Athletic Development Plan. The addition of Froth Coffee and the new physio suite, to be occupied by Jason Joyce, also nicely enhance our facilities.

I'd like to take this opportunity to thank the Executive Members for their support and efforts and look forward to working together over the next year.

Go raibh míle maith agaibh,  
Aindriú Ó Cróinín  
Towers Abú!

## **Secretary's Report 2021**

### **Tuarascáil an Runaí**

This my final report as Club Secretary as I step away from the post after four years and I would like to thank everyone who supported me in any way.

2021 has been another challenging year for all of us. As we left 2020 we had hopes of a return to normal activities but that hope was short lived and it wasn't until May that games returned and then October when we were able to reopen our clubrooms. In spite of the health restrictions the work of the executive continued throughout the year, at first through Teams meetings and later when restrictions were lifted we met in person. We have had twelve full executive meetings since the AGM and many sub meetings to deal with particular issues as they arose.

On behalf of the Executive committee, I thank again all who have contributed time, finances, ideas, energy, sponsorship, fundraising, etc to our club. There isn't one among us that shouldn't be proud of our modern day facilities, our teams and our community and as a club we will continue to advance, grow and develop.

I wish to acknowledge the work of all the clubs' sub committees that continued to operate despite the obvious restrictions. My own workload throughout the year has been greatly reduced by the support I have received from Sharon Jordan, Martin Ryan and Niall Connaughton in their roles as Asst Sec, Communications Officer and Registrar respectively. Finally, I must pay particular mention and give huge thanks to the secretaries who deal with the playing membership; Aaron Douglas, Juvenile Secretary, Jessica O Malley, Ladies Football Secretary and Dawn O' Neill Camogie, Secretary. I would also like to thank Michelle Walsh the club's children's officer. As well as dealing with sensitive issues on all our behalf, Michelle plays a central role in the club's vetting process.

### **Club Administration**

Sincere thanks to all members who serve on the various sub-committees within the club and represent the club as delegates to County Board and Leinster Council.



### **Report Submitted by Willie Kennedy**

It has been a privilege to serve as Juvenile Chair for 2021. The club is going from strength to strength each year and despite the pandemic, 2021 has been quite a successful year. 36 teams took to the field at some stage throughout the year, and as I write, some are still competing for honours.

While taking to the training pitches and the match day is a success in itself, adding a “bit of tin” is always something we strive for. Notable successes in 2021 are:

Under 16 Girls- Football & Camogie Championship Winners

Under 16 Girls- Camogie- League Winners

Under 15 Girls- Football Féile Shield Winners

Under 13 – Camogie, League Winners & Championship Runners Up

Under 12 Boys- Hurling- Grading League Winners

County Representations: Throughout the year, many of our boys and girls went forward to Dublin Development Squads. There are far too many to mention individually. We are extremely proud of each and every one, and we know that to reach this level is a huge achievement.

We continuously strive to compete at a higher level in all codes, in all competitions. We are progressing year after year, to aim to compete at the highest level. I’m happy to say that we, as a club, are going in the right direction.

Well done to all the mentors and all the boys and girls who took to the field this year. We strive to be the best we can and provide a safe environment to do so. We also strive to offer all teams a fair and equal chance to develop and play the game to the best of their ability. It is due to the dedication and commitment of all our volunteer coaches and mentors that we are able to achieve such goals. I sincerely thank each and every one of you for your tireless work, effort and dedication.

### **GPO**

A sincere thanks to our GPO, Shane Treanor, for all the work he has done over the past year. We are very fortunate, as a club, to have Shane as our GPO, from Towers Óg, Easter Camps,



Summer Camps, Coaching & Development courses and everything else in between. Shane works tirelessly to make sure our house is in order and we get the best for our Club.

### **AP Performance**

This year has been an exciting time for our Juvenile Section with the introduction of Conor Clifford of Armoured Performance and his team, engaging with our Juvenile teams, under the guidance of our Coaching and Development officer, Liam MacLaughlin.

The introduction of Juvenile Teams to a gym set up and all that goes with it, will greatly help our boys and girls in their development from young children to young adults and on into adulthood. A big welcome and thank you to Conor and his team.

### **Referee Coordinator**

With 36 teams across all codes, the enormous task of having to arrange referees for all our home fixtures, across 4 venues, falls to Brian Douglas. How he manages to do this is a mystery, but year after year, Brian manages to get the job done. I know there is a shortage of refs, but somehow, he finds a ref for all our matches. From the Juvenile Section, a big thank you to Brian.

### **Garda Vetting & Discipline**

Our Child Protection Officer, Michelle Walsh, organises our Safeguarding courses and Garda Vetting Procedures. It's always a busy time for Michelle, especially at the start of the year, where Michelle must ensure we are up to speed on all our legal requirements. Not an easy task and can be time consuming. Along with the role of Chairing any discipline issues, Michelle works tirelessly with keeping everything in order. Thanks to Michelle for all her hard work.

### **2022**

While 2021 has been overall a successful year, it did have its tricky points. Personally, one of my main frustrations was not being able to meet mentors in the Club, face to face. As I write, we, as a Juvenile Committee, are starting to meet team mentors to make plans for 2022. Hopefully in 2022, we can resume our regular Mentor Meetings, and afterwards, maybe have a drink at the bar!

### **Towers Og:**

Sponsor: Ciaran Carr Foundation

Organisers: Shane Traynor (G.P.O.), Catherine Moran, Gemma Carr, Mary Douglas, Anita Barry, Dawn O'Neill, Betty Ward, Brian Douglas, Alan Milton, Seán Mc Namara.

Towers Og, as the name suggests, deal with the youngest members of the Club ranging in ages from 4 to 7.

Like all sections of the Club we had to postpone our activities until Covid restrictions were eased. When we returned to action we re-organised how we ran our activities. The children were divided into pods with their own designated pitch area and equipment. We bought extra equipment to ensure there was no sharing between pods and structures were put in place so that there was no cross contamination.

All the hard work proved very successful and was appreciated by the parents. So much so that numbers reached a level never achieved before. We now have on average 150 children every Saturday, and even reached as high as 180 on one occasion.

This is only made possible through the hard work of the organisers named above and the many coaches we have, in particular our Juvenile players who turn up every Saturday. Special word

of thanks to Liam Mc Laughlin and Dean Alford who assisted with “Return to Play” registrations.

### **Summer Camps:**

We resumed with the Cul and Club Camps in July 2021 having postponed our 2020 Camps due to Covid. We had to limit the numbers this year due to the restrictions that were in place at the time.

210 children attended the Cul Camp and 200 children were at the Club Camp, ranging in ages from 4 to 13. The children were divided into pods and they were assigned their own equipment and pitch area.

Niall Cooper, the County Board Regional Development Officer, visited during the Cul Camp and complimented us on our organisation and on our registration and pick up procedures which he said were the template for other Clubs.

The success of the Camps was due to the administrators of the Towers Og section and to all the coaches who worked with the children.

### **Le Chéile**

**Sponsor:** Wilson Auctioneers

**Organisers:** Dawn O’Neill, Gemma Carr & Barry Gavin

Le Chéile is an initiative started by the club in 2018 for children with Special Needs. Due to covid restrictions, Le Chéile was on hold until September of this year. Key to the success of the programme are volunteers. In order to create an environment where the children are safe and where they can get the most benefit from the session, we need at least one volunteer for each child. In the past this has been a challenge and for many sessions the number of children outnumbered the volunteers (sometimes 3 to 1). This also meant that we were unable to (confidently) invite more children to join Le Chéile.

This year we set ourselves the goal of doubling the number of children at Le Chéile. In order to achieve this goal, we had to be in a position to guarantee a minimum ratio of 1:1, volunteers to children, each week. In September we reached out to the club members, including each of our adult teams (Camogie, Ladies Football, Men’s Football and Hurling), asking for volunteers. The response has been amazing and so too are our volunteers. Le Chéile grows from Strength to Strength. In fact, we have outgrown our “old home”, and many thanks to the executive for allowing us the use of an area of the Main pitch in Monastery Road to run Le Chéile. Already we have reached our goal for this year, with twenty children registered, and each week we see new faces joining our group.

The feedback from parents is very humbling. I don’t think any of us can ever truly know the impact Le Chéile has on the lives of these children. However, if the feedback from the parents is any indication, then our Club can be very proud of the small difference Le Chéile is making in the lives of these very special children. None of this would be possible without the commitment, energy and enthusiasm of our volunteers, and behalf of these children we would like to send a **Míle Buíochas** to each and everyone one of you for volunteering.

Also, a special word of thanks to Sean McNamara for all you do for us each week. To Paula Swayne, Lucy Couch and South Dublin County Council for their help and support and to Ricky Wilson and Wilson Auctioneers who have come on board as partners for Le Chéile in 2021.

### **Towers ABU**

P.S. New Volunteers are always welcome.

## **Coaching and Development**

### **Liam MacLaughlin**

The Coaching and Games Committee is made up of representatives from the various sections across the club, Paddy Morris (under 15 Boys Football Mentor), John Quinlan (U9 and U 11 – Boys and Girls Mentor – Hurling Camogie and Football), Veronica Morris (Girls U16 and Minor Girls Football and Camogie Mentor), Ciara Devanny (Camogie), Tom Curran (Adult Player), Greg Waters (Parent U11), Dave Whelan (adult player), Liam Mac Laughlin (Chairperson 2021).

### **Aim of Coaching and Games**

Our overall aim is to have the best trained coaches looking after our teams and our players ongoing development. To do this we are endeavouring to provide our mentors with the best education, resources and support by utilising our Games Promotion Officer (GPO) and the GAA Coaching Pathway for technical proficiency and Armoured Performance (AP) for athletic development.

Detailed updates from Shane Treanor (GPO) and Conor Clifford (AP) are included with this Coaching and Games Report.

We are encouraging mentors and coaches across the all codes to embrace the current opportunities to grow and develop as coaches so that they are equipped to realise their own potential and to create an environment where both youths and adults are enabled to grow and develop to be the best that they can be in their chosen sport.

### **Planned Activities 2021- Current Status**

Like many sections within the club 2020 proved very difficult as activities were closed down for so long and whilst a lot of planning and online meetings were held in 2020 it was this year before we found ourselves able to launch a Coaching and Games Programme. The main items we concentrated on were as follows.

- Complete an Audit of Juvenile Mentor Coaching Qualifications (completed April 2021 high level summary results beneath)
- Construct Coaching Programme to Address Gaps (Foundation and Award 1 Courses in place or scheduled see GPO Report)
- Develop a Coaching Calendar and implement (in train see GPO Report beneath)
- Develop Coaching Corner on club Website with Age Specific Coaching Materials, an overview of Coaching Models, Template of a Yearly Plan and Templates for Training Sessions, Warm ups, Tech, Physical and Tactical components. Following very comprehensive research by John Quinlan and Paddy Morris aided by other Juvenile Colleagues and Tom Curran a substantial body of coaching material was sourced for each age group and code which can be found on the club's website under Coaching Corner <http://roundtower.ie/coaches-corner/>
- Co-ordinate work of the Games Promotion Officer and Long Term Athlete Development personnel (ongoing)
- Facilitate Psychological Workshops with Mentors (Jason Murphy organised for Boys Minor footballers) to be extended to other teams in 2022.
- Develop metrics for measuring success – number of players in age groups, number of teams in age groups, number of mentors, mentor ratios to players, standards of teams, county representation, player retention - % dropout at what stages

(The above is a very important initiative requiring input from all sections and is to be progressed in 2022)

As can be seen whilst we were able to complete some elements, many are ongoing and some to yet to be progressed

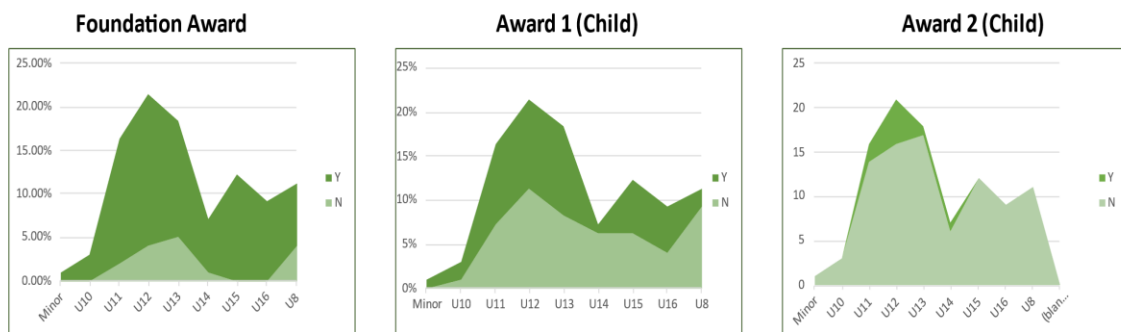
### Coaching Survey

Coaching training is provided through GAA accredited Coaching Pathway with Foundation Course leading to Award 1 and 2 Children's before progressing to Award 1 & 2 Adult and more advanced courses.

A coaching survey issued (thanks to Ciara Devanney) to all lead mentors in Mentors in March to verify number of mentors and Coaching Qualifications held. We had a 70% response rate and results for Groupings are outlined beneath.

### Coaching Qualifications for 8 to 12 year old Teams

## Round Towers GAA Coaching Survey: Child

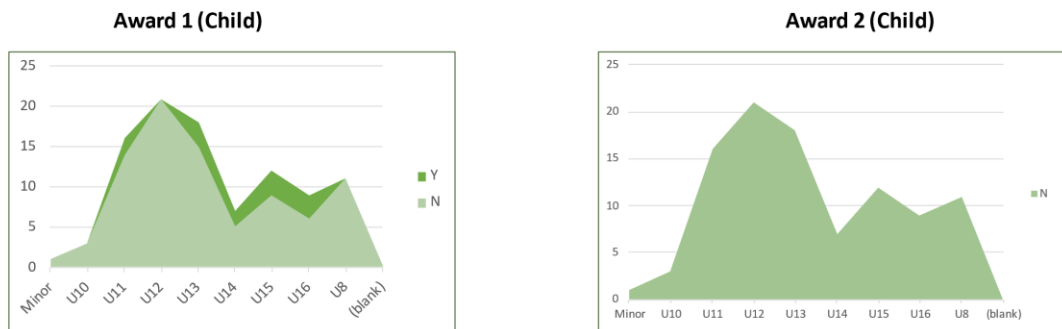


- 84% of all coaches listed have completed their foundation level coaching certification
- 47% have completed the Award 1 Child qualification for ages Under 12
- A gap has been identified at the Award 2 Child level, where we see an opportunity to support coaches as 10% of coaches have completed the Award 2 Child for ages Under 12

The above highlights that whilst we have been pretty successful in getting coaches upskilled to Foundation Level we have work to do in getting people qualified in the higher level Award 1 and 2 Child as well as enrolling all new coaches in Foundation courses and safeguarding.

Coaching Qualification for 12 to 18 year old Teams

## Round Towers GAA Coaching Survey: Young Adult



- There is a significant opportunity to support coaches at Young Adult level (Ages 12-17)
- Again, majority of our mentors have completed the foundation level coaching certificate
- 67 of the 98 responses recorded were coaching U12-Minor age groups (c.70%)
- 13% of mentors have completed the Award 1 (young adult) coaching qualification
- There are no Award 2 (Young Adult) certifications completed in the population surveyed.

Note: Qualifications above are Award 1 and Award 2 (Youth and Adult)

This above is an area that Coaching and Games will be focussing on from 2022 onwards to encourage coaches to engage and upskill. It is important that our young teenagers get the very best of coaching and the GAA Coaching Pathway provides an ideal opportunity for coaches to upskill and keep abreast of developments in a fast changing environment.

Insights from the survey included coaches views on the challenging and rewarding aspects of coaching

### Challenges:

- Dealing with young adults
- Getting enough time with the team to do what you need and want to do with them
- Coming up with new drills as the players progress
- Catering for mixed abilities across the team
- Lack of engagement / Keeping players interested / Retention
- People to help / Number of coaches per team
- Keeping up with coach education

### Rewarding

- Seeing Players enjoy the sport
- Seeing players grow and mature both on the pitch and personally
- Seeing players improving all the time
- Seeing players take skills from drills into their game
- Feeling of community
- Passing on my experience

### Conclusion/Next Steps

As can be seen from the above 2021 was a busy year for Coaching and Games.

Further detail of activities overseen are highlighted in GPO and Armoured Performance Reports beneath.

Whilst work has commenced we recognize that much more needs to be done in the following areas

- Increasing the Coaching Qualifications and expertise across teams – particularly more advanced Child and Youth/Adult Courses
- Contact Teams that are not engaging (small minority) – persuade to get on board
- Recruit/Develop internal coaching resources to support existing coaches
- Rollout full LTAD programme to U11 to U16's with metrics
- Develop and implement skill based metrics across codes
- Review Composition of Coaching Committee and develop further
- Introduce Sports Psychology Sessions for mentors
- Engage with Juvenile Committee/others to develop Metrics on targeted Numbers of players/teams per age group per code, Standards to be achieved, % player retention to adulthood
- Engage with individual teams to agree annual Coaching Plans, identify what success looks like for individual groups and ascertain the level of support needed to attain.

I would like to express my personal thanks to

- members of the Coaching and Games Committee for their cooperation and hard work
- all the coaches and mentors who give of their time in working with the respective teams
- our GPO Shane Treanor for his dedication and ongoing work in the area of Schools, Towers Og, Camps, Workshops and Coaching Courses. We are very fortunate to have such a proactive GPO who gets through a huge volume of work
- Towers Og personnel who are a self sufficient group who do such trojan work on every Saturday morning
- Conor, Andy and Lee from Armoured Performance who have made a very impressive start in laying foundations for the Athletic Development of our youth
- Barry Gavin and his group for encouragement, support and challenge
- my Executive colleagues for their support, encouragement and assistance during the year

Having been involved in the Club for more years than I would like to mention it is great to see the Towers ABU initiative, the growth in Teams and successes emerging across all codes (highlighted in the Games Sections) is a credit to all involved. I firmly believe as a club we are on the right track and long may we continue to travel that path.

Liam Mac Lochlainn  
Coaching and Games

### **Games Promotion Officer AGM Report 2021 – Shane Treanor (GPO)**

#### **Primary Schools:**

##### **Primary aim in schools:**

- Maintain and develop existing link with schools
- The Promotion of Round Towers Chluain Dolcain GAA club in primary schools
- Recruitment of players for Towers Og through GAA activities in primary schools
- Recruitment of CCC1 players through GAA activities in primary schools

## Cruinniú Bliantúil Cumann An Choilighí CLG Cluain Dolcáin 2021

- Implementation of GAA lessons promoting Round Towers Chluain Dolcain GAA club
- Leading and assisting afterschool GAA programmes through GAA based activities
- Leading, delivering and promotion of GAA primary school blitz's
- Promotion of mindfulness , health & wellbeing through GAA activities

### Schools engaged with the GPO

- Gaelscoil Chluain Dolcain
- Gaelscoil Na Camoige
- Our Lady Queen of Apostles Clonburris NS
- Scoil an Chroí Ró-Naofa Sruleen
- Scoil Ide
- Scoil Mhuire
- Scoil Naomh Aine
- St Joseph's BNS
- St Ronans Deansrath

Where possible the focus is to deliver a GAA programme for each class in every primary school. For example, the timetable for a class will be 4-6 weeks. In agreement with schools the primary focus will be with Junior, Senior 1<sup>st</sup> & 2<sup>nd</sup> classes.

### School Initiatives 2021

- Afterschool Gaelic Football Gaelscoil Clondalkin (Cancelled COVID related)Hurling/Camogie school programme to be co-ordinated in schools (Cancelled COVID related)
- 5<sup>th</sup> & 6<sup>th</sup> Girls school football blitz Sept (Cancelled COVID related)
- 5<sup>th</sup> & 6<sup>th</sup> Boys school football blitz (Cancelled COVID related)
- Hurling school blitz (Cancelled COVID related)
- Camogie school blitz (Cancelled COVID related)

### School Teams 2021

- Due to Covid restrictions no school teams have engaged in training or games
- Cumann na MBunscol will resume in early 2022

### Future Planning

- Maintain and develop existing link with schools re delivering of lessons plans & recruitment
- When Covid restrictions lift, maintain and develop the running of blitzes in schools
- Continuous school reports which are submitted on a monthly basis with DCB, SDCC & Club.

### **Coaching Education:**

The primary objective of coaching education is for upskilling of coaches in the club whereby they gain more knowledge and experience through structured certified and uncertified practices.

#### **Work Completed 2021:**

- Towers Og Covid online coaching (Jan/Feb)
- Online foundation coaching practical course (May 2021)
- Foundation coaching course for camp coaches (June 2021)
- Foundation coaching course for new & existing coaches (Oct 2021)
- Towers Og adult coaching course (Aug 2021)
- CCC1 Covid Online team training sessions (Jan/Feb)

#### **GPO Coaching Education Plan for 2022**

- Towers Og - Parents recruitment & coaching workshop
- Safeguarding x 2 TBC
- Foundation Course x 1 TBC
- Award 1 Child Course (Jan/Feb)
- Towers Og coaching workshop for coaches x1 TBC
- Camp coaching workshop for coaches x2 (April/June)
- Award 1 Youth/Adult Feb/March/April . Coaching committee to contact relevant coaches (Nominated only)

### **Camps 2021**

#### **Camps:**

- Organising & running of Easter camp
- Organising & running of Cul camp
- Organising & running of club Summer camp
- Organising & running of Halloween teenage team training, GAA, LGFA, Hurling & Camogie – Inter County Players & Armoured Performance

#### **Areas of improvement for Camps:**

- Leading coaches to have gained certification at foundation level or relevant working experience with children.
- Assistant coaches to have gained experience when coaching children at Towers Og

### **Towers Og, U-7 Team Development & Le Cheile**

#### **U-7 Team Development (2014)**

- Boys Team- 25-30 Boys & 6 Coaches
- Girls Team 25-30 Girls & 6 Coaches
- 4 blitzes have been organised for each team Sept-Nov 2021
- Graduation from Towers Og will take place in Dec 2021



Areas for improvement U-7 Team:

- Foundation accreditation, Safeguarding & Garda Vetted for new and existing coaches

Towers Og & Le Cheile:

- Numbers have increased significantly this past 12 months.
- Monastery Rd attendance has been excellent with highest attendance 177 which included the U-7 team.
- At present there are 18 teenage coaches and 8 adult coaches who consistently volunteer with Towers Og
- Le Cheile guided by Towers Og Volunteers has seen numbers increased steadily with highest attendance of 12 participants and volunteers.

Other GPO Activities

- Attending Inservice with Dublin County Board, National Level & Coaching Ireland Tutoring
- Monthly Club planners submitted
- Monthly South Dublin County Council planners submitted
- Weekly Dublin County Board planners submitted

I would like to thank Sean Mac Namara, Catherine Moran, Liam Mc Laughlin and Alan Milton for their continued support around the work of the GPO.

Go raibh míle maith agat,

Shane Treanor,  
Games Promotion Officer,  
Round Towers Chluain Dolcain GAA Club

**Athletic Development Report from Armoured Performance - Conor Clifford**

In submitting this report, I want to first acknowledge how grateful we as a group of coaches are to Round Towers for the warm welcome we've been given by all representatives of the club in any of our initial dealings.

We are delighted to consider ourselves part of such an ambitious and forward-thinking club and we look forward to the next few years of progress with great excitement and a determined will of our own to play our part in the advancement of Round Tower GAA.

**A Synopsis of the First Four Months:**

Our current relationship with Round Tower GAA began in December 2020 when discussions were held between me and the sub-committee responsible for the performance gym in Monastery Road. We agreed that there was benefit to both parties if Armoured Performance

were to occupy a commercial lease in the gym whilst offering performance training to the club's adult grade teams.

It was also identified by those involved in the sub-committee responsible for implementing the high-performance framework throughout the club that an agent was needed to develop and oversee a physical development pathway (PDP) for juvenile players. This was discussed between both parties and agreement was made that AP would also take this role, in addition to the aforementioned training of adult grade players.

Once details were agreed, AP moved into the gym in Monastery Road in early March 2021 and began providing supports to adult grade teams via the TeamBuildr app (as COVID restrictions at the time prevented any in-person or collective training).

At this time, the coaching team of AP consisted of Conor Clifford and Andy Foley. We were engaged in several meetings (via Zoom) to meet the mentors of each adult team followed shortly thereafter by the playing teams themselves. We also met various other stakeholders during this period such as the Adult Games Committee, Brian MacLoughlin, Barry Gavin, Coaching and Games etc. to get a lay of the land, put faces to names, introduce ourselves and our expected roles within the club etc. In addition, we provided some online presentations where we introduced ourselves to mentors from coaching and games and "sold" the importance of the PDP and discussed various topics of concern with regards to youth training.

Following several meetings with Liam MacLaughlin, representing Coaching & Games, and Barry Quinlan representing Adult Games, it was decided that we would continue to provide programming through TeamBuildr as well as offering on-pitch support to Adult teams in lieu of the gym being open and available to them. For the juvenile section, it was decided that we would develop an assessment protocol for teams aged U11-U15. For this, we developed a bespoke battery of test that we dubbed the Round Tower Physical Competency assessment (RTPC). We workshopped this 5 times between June and August with mentors.

In conjunction with all of this we decided it was necessary to hire an additional coach. We opened for applications, giving priority to applicants associated with Round Towers. After a series of interviews, we were delighted to hire Lee Moran, a player with the recently re-appointed Senior B Football team.

### **Adult Section:**

#### **July-November Synopsis:**

In the month of July, with a slight easing of restrictions we were able to begin memberships to AP for all adult players. This was available to any player that had paid the additional top up on their membership, as per the club's stipulation. This allowed us to programme more effectively for those players, offering a more holistic training approach to their athletic development and providing oversight and coaching.

We used this time when players were using the gym on an individual basis to get baseline data on power profiles for several players. As this can be time consuming, the individual sessions served as an opportune time to complete these tests. This process is ongoing and will remain an ongoing feature of our work with adult teams.

We continued with pitch sessions during this period. This usually involved observing teams train, coaching the players through optimal warmups, implementing speed and agility components including bio-mechanics drills, and, where necessary, providing conditioning work. We also performed some on-field testing with several teams and used these results to guide conditioning work when appropriate.

The wind down of the teams' seasons coincided with further loosening of COVID restrictions and in October/November we were able to begin transitioning our provision of coached collective sessions from the pitch to the gym.

During the month of November, we provided a schedule of 14 slots pre-Christmas and 16 slots after Christmas that are available for Round Tower teams to book for collective gym sessions. 8 of these slots were to be reserved for adult teams with the remaining 6/8 reserved for juvenile teams or any adult team that might want a second session. At the time of writing, a total of three adult teams have begun using those collective slots – Adult Camogie, Minor Men, Minor Ladies Football.

### **Areas We See for Improvement:**

#### **Round Tower Way:**

We have been to many training sessions across almost all adult squads. There are vastly different approaches to training taken amongst the squads. There is no identifiable common quality that makes a Round Towers session that one could discern from watching training sessions. Noise level, intensity of training, structure of sessions, pre & post session briefing, warm up structure; are all easily recognisable qualities that should be common across all squads. These are all parameters of *a good training session* that don't require any level of skill and a moderate amount of training/coaching education, yet they can have a profound impact on the performance levels of teams.

#### **Gym Memberships:**

The take up on gym memberships has been down to the individual players themselves or in some cases at the behest of their mentors. This has meant that we have had less than acceptable uptake from some squads. Ideally Adult Games will drive more of this over the coming year and ensure that there is more systemised encouragement of mentors and players to engage with that service.

#### **Players Training Up:**

The use of players who are playing dual or straddling between teams of different divisions is left entirely up to the managers/lead mentors of their respective teams. The club needs to take a proactive approach to this problem. A simple forced rule from the club for any managers involved with adult teams would help lessen pressure on the individual players themselves, help their managers plan more effectively for training and matches and help the overall development of the adult teams in the club.

For players who are training/playing for two teams across the same code we would recommend that he or she will *train up* on non-match weeks and will complete their training with their playing team on the last session before a game.

An example of this:

- A young player trains with the Senior B football team.

- He hasn't broken into the match day squad yet.
- He trains with the Senior B team on Tues, Thurs, and Sat of a non-match week.
- On a match week the player trains with the Senior B team on Tues, then trains with the Junior A team on Thurs ahead of playing the Junior A match that weekend.
- This strategy ensures that developing player gets enough time with the Senior B team to challenge his technical, tactical, and physical development in an appropriate manner.
- The player gets to bring those learnings and increased aptitude to the Junior A squad and develop his leadership skills.
- It gives the Senior B team plenty of sessions with larger squad numbers to play in-house games etc.
- The Senior B manager gets to impart tactical and technical learnings that are necessary for players to step up to his/her squad.
- The Junior A team get a Senior B calibre player at their sessions and matches.
- The player gets an appropriate balance of training and matches.

### **Return to Performance:**

A proper, best-practice return to performance (RTP) protocol is needed for injured players in the club. There have been cases of players suddenly returning to a full game after an injury despite having completed very little training in the interim and re-injuring themselves as a result. A stepped approach whereby, after a period of rehabilitation, a player initially engages in limited, low intensity training followed by more training at a higher intensity. After a pre-determined period, a player can then resume full training with limited match play. Again, match play would be increased on a stepped approach until full resumption is reached. Should that player's condition deteriorate at any stage, they will take a step back in the process.

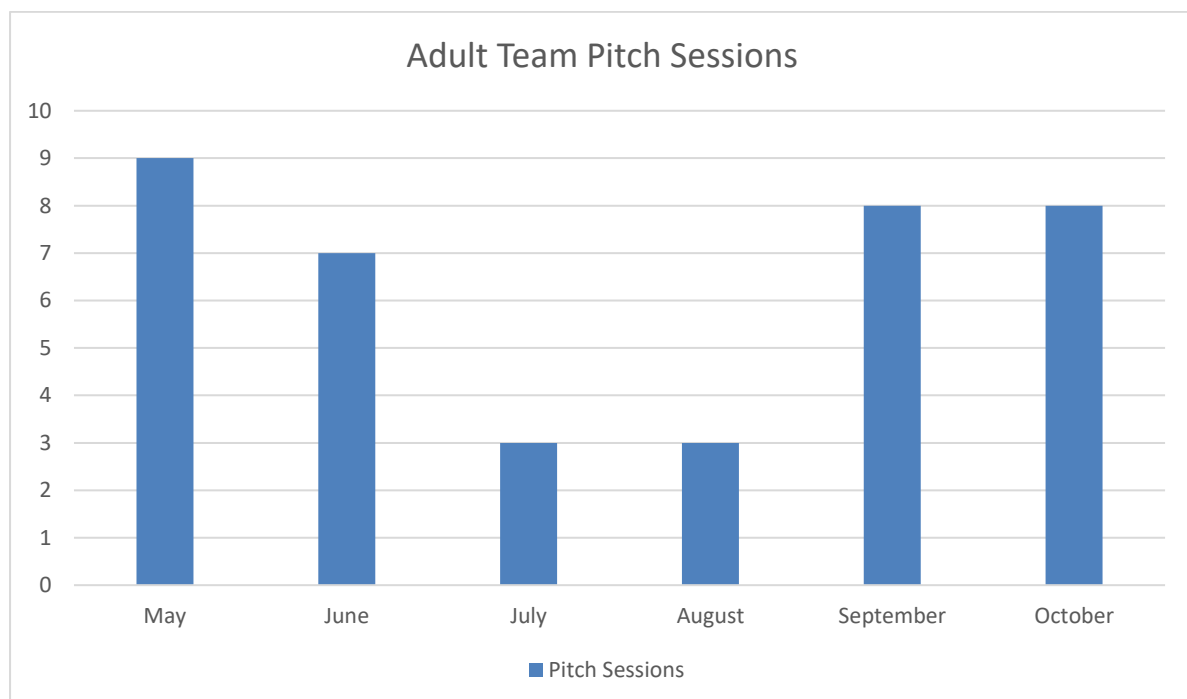
An example:

- A player has a hamstring injury, and the physio recommends 3 weeks with no training.
- Following completion of a full and proper rehab plan, overseen by a physio, that player will resume training (once the physio has given the go ahead) in the following format:
  1. Week 1- They will take part in ball drills that require no contact and no sudden changes of direction. Other than that, they will perform their own rehab running on the side of the pitch.
  2. Week 2 - They will take part in ball drills that require no contact or limited contact. They can change direction, only if it is pre-determined, unopposed and at their own speed. Other than that, they will perform their own rehab running on the side of the pitch.

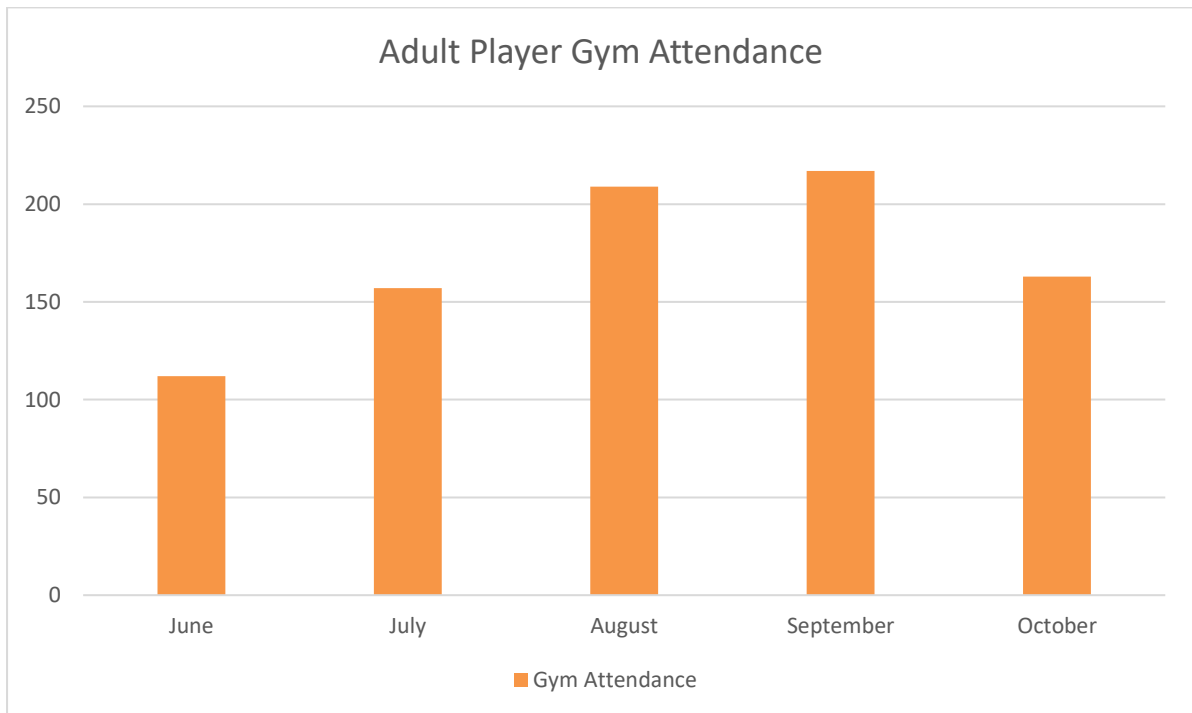
3. Week 3 - They will take part in all training but will reserve themselves in match-play drills and will perform limited time compared to the rest of the squad. If week 3 of training progresses with no pain or deterioration in symptoms, the player may play 15 mins at the end of the next competitive game.
  4. Week 4 - If, post-game, there is no pain or deterioration in symptoms, the player may return to full training. If, after a full week of training there is no pain or deterioration in symptoms, the player may play more than a half but less than a full game that weekend.
  5. Week 5 - If, post-game, there is no pain or deterioration in symptoms, the player may return to full playing and training as normal.
- If at any stage a player has a regression of symptoms or an onset of more pain they must revert to the previous stage.

A cohesive Physiotherapy & S&C team is crucial to the development of players in the club and requires consideration.

**Adult Games in Numbers:**



Cruinniú Bliantúil Cumann An Choilighí CLG Cluain Dolcáin 2021



## **Juvenile Section:**

### **July-November Synopsis:**

Having begun pitch sessions with juvenile squads at the end of June, we expanded on this with weekly pitch sessions with a team in July.

We also, began to roll out the RTPC assessments with squads, having completed three workshops with mentors from various teams in June. These took the form of an AP coach leading the assessment with the assistance of mentors who had taken part in the workshops.

We were approached by mentors, players, and parents from some juvenile squads with questions regarding gym memberships for juvenile players. As per the SLA with the club, of our available membership slots, 44 slots per day are reserved for adult playing members but no provision is made for juvenile members. We weren't comfortable charging a full membership to young players from Round Towers so we approached the club and asked if they could avail of free slots not being used by the adult players at off-peak times, which the club agreed to.

However, as there was exponential demand for gym membership by youth athletes, we decided to add an additional 36 slots per day that would be specifically reserved for juvenile players. It was agreed by the club that for this season, no contribution would be asked from these players, and they could receive this service for free.

In August we continued to roll-out the RTPC with squads from U11-U13. We also conducted two workshops with mentors from two teams that had missed the original dates. We also completed 6 pitch sessions with juvenile teams during this time.

The growth of memberships to the gym continued to increase and we saw continued steady growth in the number of attendances throughout August.

We used this time when players were using the gym on an individual basis to get baseline data on power profiles for several players. As this can be time consuming, the individual sessions served as an opportune time to complete these tests. This process is ongoing and will remain an ongoing feature of our work with adult teams.

In September we saw continued growth again in gym sign-ups and in attendances. We began to see increased uptake on the female side too, which was a big positive. We also carried on with RTPC work on-field with teams and pitch sessions with older juvenile teams.

In October we began to transition from pitch sessions to collective gym sessions for teams from U14 – U16. We also had 4 days of high-performance camps where we tested 5m & 20m speed and the 5-10-5 agility tests with all players that were present.

The take up on collective gym sessions has continued into November, whereby at the time of writing, all but one of the squads have begun collective S&C work with us. This is a very positive buy-in and we expect to have the final team with us on a weekly basis by the time of the AGM.

As a result of our interaction with squads at the camps and in collective S&C sessions over the last number of weeks, we've seen a big increase again in the numbers of juvenile player sign-ups to the gym, particularly from female players. This is a profoundly bright indicator for the future of the club.

Despite not forming part of the SLA, we believe the juvenile memberships are the single greatest contribution we're currently making to the future success of the club. The uptake, enthusiasm and consistency of the players involved has been remarkable.

### **Areas We See for Improvement:**

#### **Round Tower Way:**

We have been to many training sessions across almost all adult squads. There are vastly different approaches to training taken amongst the squads. There is no identifiable common quality that makes a Round Towers session that one could discern from watching training sessions. Noise level, intensity of training, structure of sessions, pre & post session briefing, warm up structure; are all easily recognisable qualities that should be common across all squads. These are all parameters of *a good training session* that don't require any level of skill and a moderate amount of training/coaching education, yet they can have a profound impact on the performance levels of teams. This is also applicable to most juvenile squads.

#### **Gym Memberships:**

The take up on gym memberships has been so good that we may have reached functional capacity. A solution will need to be formed between AP and Coaching & Games to ensure that each player receives adequate access, especially if the club plan to ask for a contribution from these players in addition to their yearly club membership fees.

#### **Maintaining a Long-Term Focus in the Face of Short-Term Goals:**

We have encountered one issue quite frequently. We often reached out to mentors to attend one of their pitch sessions (to take the warm up, implement speed work etc.) or to complete a batch of RTPC assessments. Many times, the mentors have requested a reschedule because they have a particular game at the weekend or because there won't be a full squad at the session etc. This short-term focus has not only prevented us from making more progress than we have, it speaks to a possible mindset within the mentoring group that they train with an emphasis on game performance, and that they prioritise weekly games over long-term development. This is an entirely inappropriate approach to take with juvenile teams.

#### **Players Training Up:**

The use of players who play up above their actual age-grade is left entirely up to the respective mentors of both teams. This has led to some instances where a player can be overloaded to a worrying degree. The club needs to take a proactive approach to this problem. Whilst overload in youth athletes rarely presents itself through acute injuries (muscle strains etc.) it can and does lead to chronic issues during their adult careers (hip impingements, knee joint issues, athletic groin pain etc.) and should be mitigated at all costs. A simple forced rule from the club for any managers involved with juvenile teams would help lessen pressure on the individual players themselves, help their managers plan more effectively for training and matches and help the overall development of the teams in the club.

For players who are playing up we would recommend that he or she will not play more than a half a game and will not play at all during the first half of the game.

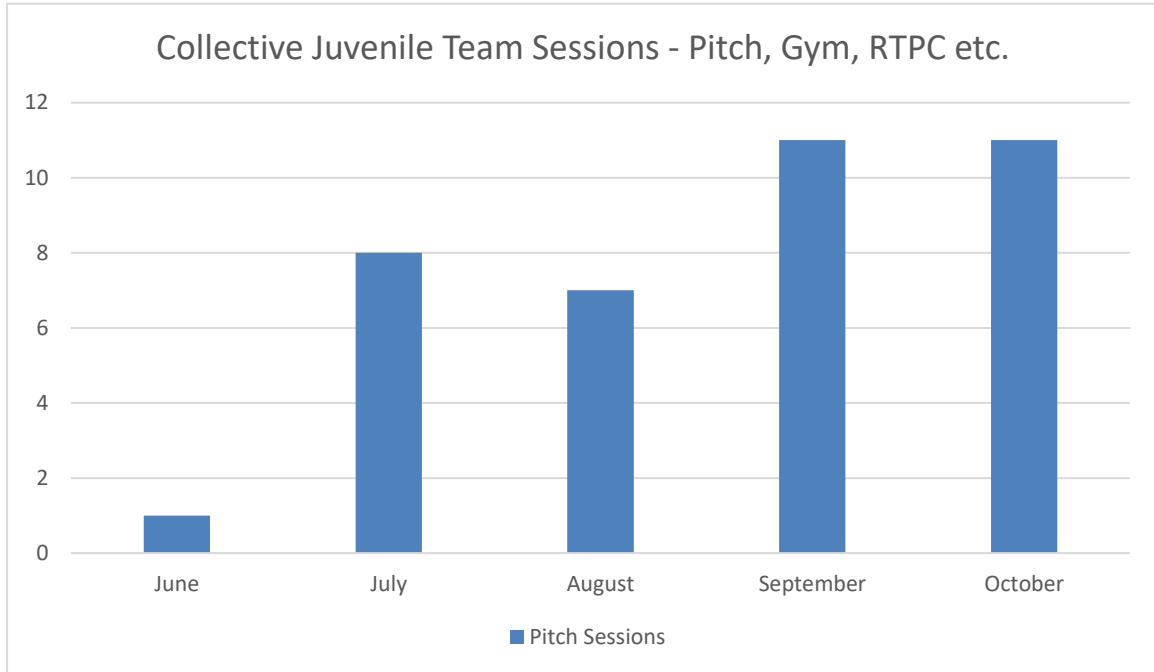
Not only does this strategy protect the player, the future success of the club (by ensuring future adult players are healthier) but it also puts an onus on mentors to develop their own players and ensure they don't give excessive game time to a player from a younger team whilst their own players are standing on the side-line, not involved in the game.

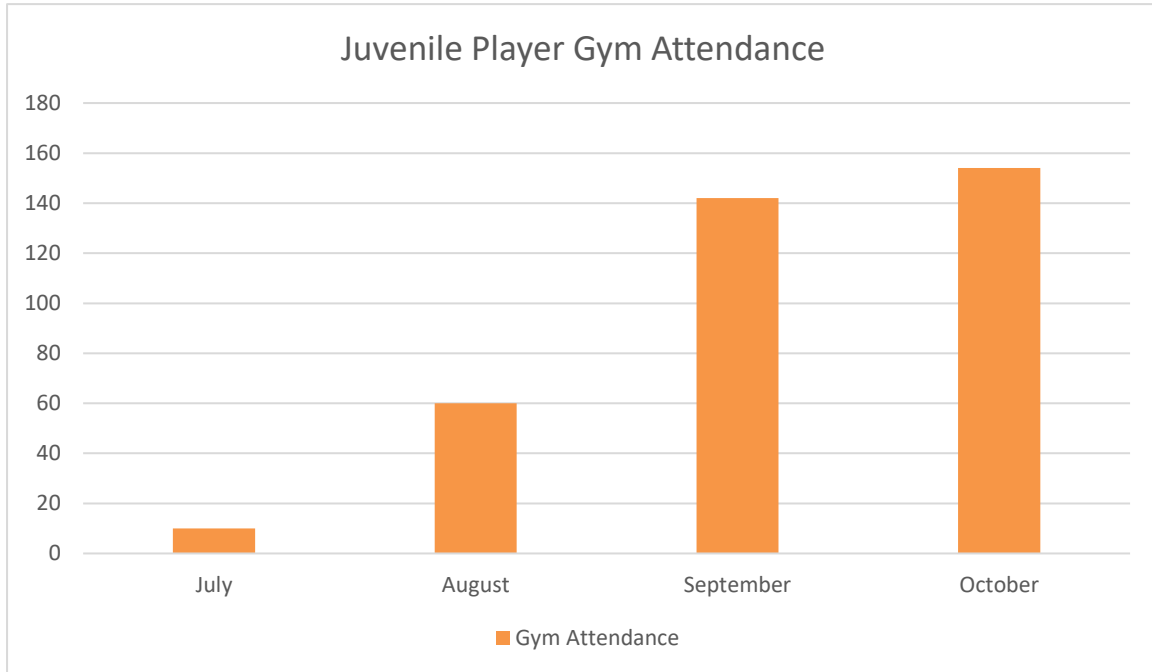


**Return to Performance:**

A proper, best-practice return to performance (RTP) protocol is also needed for injured juvenile players in the club and protocols outline in adult section should be followed.

**Juvenile Athletic Development in Numbers**





*Beir bua,  
Conor Clifford,  
Head Coach,  
Armoured Performance.*

### **Juvenile Team Reports**

Most team reports are covered under the report by the Juvenile Officer but some teams submitted individual reports and they are included below

#### **Under 8 Girls**

##### **Report Submitted by Eimear McGrath**

The season started well when we finally got the green light following the lifting of restrictions! We started out with 9 coaches and a panel of 24 girls. The girls were enthusiastic from the word go and the same can be said about each coach. We worked on the basics starting off and quickly advanced to more challenging drills and exercises for the girls. We trained twice a week and played our matches on a Sunday, alternating each week between camogie and football, which the girls enjoyed! We faced challenging opposition each week starting our season away against Ranelagh Gaels and playing our final match home against Clanna Gael.

Each week the girls took to the pitch with enthusiasm and pride as they represented the club. The improvement each week was a delight to watch, they displayed great teamwork always encouraging each other. At times we helped out the opposition as they were short of players, our girls facilitated this without any hesitation which was great to see, their sense of sportsmanship at such a young age.

During the summer we enjoyed the great weather at training and took advantage enjoying many a water fight which was enjoyed by everyone (maybe not so much by parents when caught

unaware!!). We took a break for the month of August and resumed training and matches in September.

The girls also displayed their skills and talents when performing at half time at both our Junior Ladies Championship semi final and Championship final at Monastery Road, to which they got a rousing cheer from the crowd on both nights, the girls were thrilled with the support and encouragement they received on both nights!

We had a "Sponsored Spooky Walk" in October which was great fun and we also had plenty of parents join in the fun. We have had a very successful season and start to this team, we now have 11 coaches having recruited 2 along the way, we have gained more players and now have a panel of 38 girls! We have a great group of players and very supportive parents who cheered on the team each week and ensured players were available when need be and taxied to the various locations of matches!

We were also ably assisted by some of our underage players during the season, in particular Holly Aherne, Kitty Quinlan, Finn Mullins, Cuán Keegan and Tom Quinlan. We would like to thank these players for helping us out! They are a credit to their parents and their mentors of their individual teams, always willing to help out when needed!

We are looking forward to next year and all the fun that it will bring as we compete at U9 level, there's great camaraderie within the team, we're all still smiling at the end of the season which is always a good sign!! All in all a very successful season full of fun, we look forward to next year and the many years to come with this team - the future is bright!

### **Girls Under 9s Camogie**

#### **Report Submitted by Sandra O Connor**

The girls Camogie team has increased from 24 to 36 across 2021 with all girls that started in 2021 still on the team. We have 3 teams for matches and this year the girls began lifting the sliotar in the second half of the matches. On the 10th of October the girls got to play at half-time during the Championship final. This was made even better by the fact that the girls on the winning Towers team referee our home matches, this gave the girls something to aspire to. Even though the games were delayed we got to play 7 fixtures and 2 challenge matches and the girls are buzzing for next year at under 10s.

### **Under 10 Girls Football and Camogie**

**Mentors:** Dermot Breslin (head), Emmet Rogers, Ian Heffernan, Fergus Byrne, Brian McDermott, Lisa Russel, Tricia O'Connor

**League:** Football- 3 team, Camogie- 2 team

**Sponsor:** None

**County Representation:** N/A

### **Football:**

The girls football team has grown from 34 to 42 in the past year which is amazing, although with all these new paying members, our equipment hasn't changed. The idea of having to ask around other teams for their hand-me-downs doesn't always produce the goods. We passed down all our out-grown equipment to the younger teams but got hardly anything handed down to us from the older teams. We are always struggling with footballs (and sliotars). The idea of having a central storage facility for training gear which was brought up at a recent Towers Abu workshop is a great idea.

## Cruinniú Bliantúil Cumann An Chloighí CLG Cluain Dolcáin 2021

The girls and parents are very willing and enthusiastic. We always have close to full attendance at both training and matches. The parents have a lot of respect for the mentors and we have never had to put up with any side-line antics of any sort. Progress is coming along very well, with a match success rate of around 90%, we were definitely one of the strongest groups out of a 3 team league.

We trained in Moyle Park at the beginning of the year but changed location to Corcagh Park due to the poor pitch conditions in Moyle Park. We thoroughly enjoyed using Corcagh Park, having a full pitch to ourselves and the grass was always very well maintained. This is where we really excelled in our training capabilities.

Like most teams we have been shifted to Monastery Road for the Winter where we share the all-weather pitch with 2 other teams. We have never had the pleasure of sharing with one team.

### **Camogie:**

The team has grown also, from 28 to 34. Our WhatsApp group and mentors are the same for football and camogie, there is no separation. We decided to keep it this way from day one, means that all parents are kept up to speed with both codes whether their daughter plays both or not. We've a good few examples where football only girls joined the camogie team because parents would see the updates on the progress of the camogie team.

Everything else regarding success, training equipment etc are the same as the football.

### **U11 Boys**

**Mentors :** Willie Kennedy, John Quinlan, Declan Fennelly, Camon Ryan, Fiona Coy, Declan Hurell, Stephen Johnston, Joe Ledwidge, James Rawl, Brendan Culhane, PJ Donohoe and Donal O'Brien.

Play in Go Games and Dublin representation n/a.

Sponsored by Kitchenworld.

With our lads once again playing in Go-Games this was a year of building on our core skills and putting them into use on the playing pitch be it hurling or football. We would have started our training later than usual due to the lockdown. Thankfully over the last 2 years we lost only a couple of players due to the lockdowns while we would have gained a few in the same period. Our numbers are in the region of 45 boys. There is a very strong core group of around 25 who will make every match and that has allowed us to enter 3 teams in both codes. Every match was fulfilled that I can recollect. As we were in a 3 team league our fixtures were generally of a high standard. This brings the boys on as they have to work hard in the stronger leagues than would be the case were we in a 2 team league. Overall, our teams were very competitive in their fixtures throughout the year. Not only were our A and B teams competitive but there were many great performances by the C team as well. This is a crucial group as while they may be a little bit behind their peers skillwise, there's no reason why their skill level can't be increased with the right approach. This certainly involves allocating time to this group but long term it will be worth it.

The group is looking forward to moving up to under 12 level which will see numbers on the pitch increase further to 13 a side. Overall 2021 was a successful year where our numbers of both mentors and players remained stable. Our skill level improved leaving us in a position where we have few issues making the jump to under 12.

### **U12 Camogie**

Division: Two-team Go Games

**Mentors:** Janice Flood, Liam Gleeson, John Hoolan, Fergal McDonagh, Sam Walsh, Alan Milton.

**Sponsor:** The Mill Centre

Our girls bounced back well from the inconveniences caused by Covid playing six competitive games since the end of June against Kevin's, St Pat's Palmerstown, Raheny, Ballyboden, Skerries and Erin go Breagh. Our games this year included matches against county-wide opposition and both of our teams stepped up displaying the skills they continue to learn in training in a match situation. With in excess of 30 players on our panel next year, we hope to field two camogie teams which we don't believe has happened at underage level for some time in the club.

Our league gradings for 2022 will be determined by the results of games in 2021 which for the first time were recorded and submitted to the board for consideration. A number of our girls were also exposed to an older age grade of camogie after assisting an U13 team that reached their championship final. A planned trip to play Monaleen (Limerick) in the Connacht GAA Dome in Ballyhaunis was cancelled because of the Covid situation.

A special word of thanks to Aoife Doyle, who managed our Covid compliance so well since our return. Thanks also to Gerry Mulcahy of the Mill Centre for his generosity in sponsoring a set of jerseys which are used by both the camogie and football teams and which carry both the Camogie Association and LFGA logos. Most of our players play both codes.

Jointly, the two teams ran a very successful sponsored run in Corkagh Park during the summer raising funds towards gear which will be ordered on their return after Christmas.

Thanks to the juvenile committee for their administrative support and to all involved in the allocation of pitch and training slots and to Brian Douglas for the appointment of referees.

Thanks also to all of our parents who support the ongoing work of the mentors by instilling values and behaviours that will stand to the girls away from the field of play.

Finally, a big 'go raibh maith agaibh' to our dedicated mentors whose work sees continued improvement in the girls and of course to the girls themselves for their enthusiasm and commitment to the team and to developing their camogie skills.

### **Under 13 Boys Hurling/Football**

**Mentors:** Niall Reilly, Paul Wisely, Stephen Homan, Ken Coy, James Kenny, Duncan Banks, Shane Franks, Mark Ward, Mark Matanes, Paddy Richards

**League:** U13 Grading Leagues (CCC2)

**Sponsor:** Clondalkin Builders Providers

**County Representation:** N/A

With no AGM report submitted last year this is our first report since 2019 when we were U11 and still competing in GoGames. In 2020 we were only getting up and running in our grading leagues when everything stopped. We made a big effort to keep in contact with all the boys over lockdown and had some fun along the way doing zoom calls etc. and even engaging the services of Dean Rock to help us make a fun video

In 2021 we managed to get back to playing matches at U13, the County Board graded us in Division 2 for Football and Division 3 for Hurling with our second team grading in Division 6 for both. After a busy league campaign which only started in July and playing 9 games in both codes we managed to maintain Division 2 status in Football and get promoted to Division 2 in Hurling

## Cruinniú Bliantúil Cumann An Chloighí CLG Cluain Dolcáin 2021

The league was a big challenge for the boys playing on a full-sized pitch with 15 a-side games which the lads embraced with open arms and really took to it well. After playing in the community centre on small sized pitches and goals for so long it was great to see them all finally play home matches in the community centre

With the transition into Secondary School for most of the lads we managed to find some new players and are currently able to maintain our First and Second teams in Football which is great for the group having between 30 – 35 boys at training

In early 2020 Clondalkin Builders Providers sponsored two full sets of jerseys for the teams which was very much appreciated, and we hope this sponsorship can continue with the team through our U14 – U16 leagues

I would like firstly to thank our fabulous group of Mentors for their massive efforts again this year, thanks to the parents who continuously support and attend the matches and training regularly and without your support the boys would not be where they are now. I would like to particularly thank Jim O'Brien who has worked with our goalkeeper Mathew over the past few months with fantastic success, thanks a million Jim.

Thank you to all our players who worked tirelessly over a tough year and reaped the rewards due to them.

Finally, we the mentors are all looking forward to working with this great group of players and parents in 2022 as they grow and follow in the footsteps of great Round Tower juvenile teams who have gone before them.

### **Under 10 Girls Football and Camogie**

**Mentors:** Dermot Breslin (head), Emmet Rogers, Ian Heffernan, Fergus Byrne, Brian McDermott, Lisa Russel, Tricia O'Connor

**League:** Football- 3 team, Camogie- 2 team

**Sponsor:** None

**County Representation:** N/A

### **Football:**

The girls football team has grown from 34 to 42 in the past year which is amazing, although with all these new paying members, our equipment hasn't changed. The idea of having to ask around other teams for their hand-me-downs doesn't always produce the goods. We passed down all our out-grown equipment to the younger teams but got hardly anything handed down to us from the older teams. We are always struggling with footballs (and sliotars). The idea of having a central storage facility for training gear which was brought up at a recent Towers Abu workshop is a great idea. One or two mentors looking after all the gear is ridiculous, if either are held up for any reason...there is no training!

The girls and parents are very willing and enthusiastic. We always have close to full attendance at both training and matches. The parents have a lot of respect for the mentors and we have never had to put up with any side-line antics of any sort. Progress is coming along very well, with a match success rate of around 90%, we were definitely one of the strongest groups out of a 3 team league.

We trained in Moyle Park at the beginning of the year but changed location to Corcagh Park due to the poor pitch conditions in Moyle Park. We thoroughly enjoyed using Corcagh Park, having a full pitch to ourselves and the grass was always very well maintained. This is where we really excelled in our training capabilities.

Like most teams we have been shifted to Monastery Road for the Winter where we share the all-weather pitch with 2 other teams. We have never had the pleasure of sharing with one team.

Camogie:

The team has grown also, from 28 to 34. Our WhatsApp group and mentors are the same for football and camogie, there is no separation. We decided to keep it this way from day one, means that all parents are kept up to speed with both codes whether their daughter plays both or not. We've a good few examples where football only girls joined the camogie team because parents would see the updates on the progress of the camogie team.

Everything else regarding success, training equipment etc are the same as the football.

### **Under 15 Girls Football (2 teams)**

**Mentors:** Aidan Robertson, Cathy O'Brien, Will McCabe, James Kenny, Shane Franks, Mark Ward, Maria Robertson & Ron Russell

**League:** Division 2 & Division 7

**County Representation:** Aoife Robertson, Rebecca Nolan & Muirinn Ward.

It was a challenging year for everyone with Covid 19 and the priority was to keep everyone safe and well. The year began with the 2 teams playing in in Division 2 & Division 7 and both teams were very competitive in both leagues. The division 2 team narrowly missed out on promotion and winning the league by losing just 1 match out of 7, which was the last game of the league. The division 7 team fought well in a hard group with a few new players adjusting to the game and team. They finished a respectable 3<sup>rd</sup> with only losing 2 games out of 7.

After the summer the girls competed in the Division 2 & Division 7 Championships and the division 2 team won the shield final, which is a great achievement, and unfortunately the division 7 team were knocked out in the Semi-finals.

This year we started with 33 girls involved in the squad and finish the year with 39 girls, which is a great achievement keeping this age group involved in sport. Our 2 teams improved their skills and their strength at well attended training sessions.

### **Under 16 Football**

**Mentors:** Martin Corrigan, Kevin Walsh, Mick Broderick, Jesse Doherty, Jimmy Coleman, Paul Whelan

**League:** Division 3

**Sponsor:** PowerTool Hub

The core objective for the management was to target both a league & Championship at the start of the year and to give them the coaching and platform to improve and excel and be ready for Adult football. We maintained a panel of 19 players which throughout the year was hampered by injury. We worked hard with the panel to ensure they played to the best of their ability. We represented the club in the B Championship this year which was a very high standard. We managed to get to a shield semi-final. Unfortunately, we were beaten but the progress made over the last year was evident in the performance.

Thanks to the players and their parents who continuously support and attend the matches regularly. Also thanks to all the Round Towers members who travelled and supported us in our home & away matches throughout the year. The passion and support from the side-line was brilliant and long may it continue.

Finally a special thanks the Juvenile committee for their continued support and encouragement throughout 2021. We look forward to continue playing a role with this bunch of lads and wish them every success playing U17.

### **Under 16 Camogie Report Submitted By John Whelan**

2021 has been an excellent year for this team. Having finished the previous year without losing a game but with no silver wear to show we entered 2021 with high expectation. Once training resumed we had a very high turnout at most training sessions. The team successfully navigated the League and despite one loss finished out as Division 5 League winners. This was followed up with the Championship which we also finished as Championship winners with the final being won against Scoil Ui Chonnaill. Best of luck to those players who will be graduating on to Minor Camogie next year and to those who will be competing at this age level again next year. Best of luck also to Aoife Robertson, Rebecca Nolan and Muirean Ward who will go forward to the Dublin under 16 Development squad next year. A big thank you for the Mentors of this team for sterling work over the past year, they were Veronica Morris, Mick O'Meara, Aidan Robertson and John Whelan. Finally thanks to all our Parents / supporters who helped throughout the year whether putting up nets / umpires / washing of Jerseys etc. We look forward to our presentation night in the club in the not too distant future.

### **U16 Girls Football Mentors: Aidan Robertson, Will McCabe and Veronica Morris.**

This team was not entered in the league due to low numbers and 2 minor teams were entered instead. A decision was made to enter a team in Championship with the help of the u15 players. They were unbeaten in the Championship and produced such a cricket score in the final against Oliver Plunketts in Monastery Road that the score board could not cope. Because the team was not entered in the league they put us in Div. 6 which was too low but was out of our control. These are a great bunch of girls who gel really well together and are very committed and work well together and the future is bright for girls football.

I would like to thank the parents for all their support with setting up pitches, umpiring and also for washing jerseys and their great support on the sideline.

### **Under 16 Hurling**

**Mentors:** Jimmy Coleman, Conor English, Paul Whelan

**League:** Division 2

**Championship:** B (Semi Finalists)

**Sponsor:** PowerToolHub Ltd.

**County Representation (Development Squad):** Craig Moore

A panel of 19 dedicated players was maintained throughout the year with c.25 training sessions from end-April.



## Cruinniú Bliantúil Cumann An Chloighí CLG Cluain Dolcáin 2021

This was the team's first year competing in Division 2 and while only one victory was recorded, we were competitive in most of the other 6 matches. This was a solid performance considering the year that was in it which stretched our resources to the limit as playing 2 games per week during the Summer months resulted in extra injuries, unavailability, etc.

The Championship proved more fruitful and we remain in strong contention at time of writing, having made it to the semi-final stage.

Thanks as always to our main sponsor and to all the parents who assisted during the year. We appreciate the support of the u15 mentors for making players available whenever needed and thank the minor mentors for the additional training and playing opportunities afforded to a number of our panel.

### **Adult Games**

#### **Barry Quinlan**

The Club's adult section returned to full action in May and the season was managed tremendously well by the mgt. teams and mentors. The Club fielded thirteen adult teams: four men's football; three men's hurling; one minor men's football; one minor men's hurling; one women's football; one women's camogie; one women's minor football; and, one women's minor camogie.

The year began with significant Covid restrictions in place. Players were training alone and using the available S&C App (from Armoured Performance) to provide a structured approach and regular challenges to keep everyone engaged. Team calls via Zoom and input from Conor & Andy in AP helped to build up to 11<sup>th</sup> of May and a return to the pitch.

The on-field highlight, so far (11<sup>th</sup> November) had to be our Camógs winning the championship for the second year in a row. The first two men's football teams reached their respective county football finals with the Club returning to adult senior football championship for 2022. Best of luck to both teams in the finals (at time of writing). Whatever happens both squads and mgt. teams have done the Club so proud.

We fielded a third adult hurling team this year and it reached its county championship final,

### **Adult Games Committee:**

**Membership:** Shay Clifford; Yazmin O'Neill; John Hoolan; Bernie Cronin; Ed O'Malley; Richie Harney. During the year John and Yazmin joined the AGC while Tony Delaney and Frank Cosgrove left, many thanks to both Tony and Frank for their contribution. It's planned to review membership of the AGC in the New-Year. It met on a regular basis throughout the year and communicated electronically between meetings.

I would like to thank the AGC members, management teams and players of all the adult teams for their efforts and work during the year. I would also like to thank the Clubs other Executive Committee members for all their support.

### **Equipment & Facilities:**

The Clubs treasury team responded promptly to any requests for required equipment etc. many thanks, to John and Damian.

The AGC liaised with Shay, Dean and Conor on the allocation of pitch, astro and gym slots. While this was managed throughout the year it is becoming increasingly challenging when all teams are active. Many thanks to the aforementioned for all their work and indeed to Gerry Banks who had looked after pitch allocations before Dean.

### **S&C/LTAD:**

The LTAD/S&C - Adult Club Programme and was reviewed regularly, in conjunction with the Coaching and Games and Juvenile Committee Chairs. The long-term strategy for adult athletic development and its intersection with juveniles transitioning was also discussed regularly with Conor Clifford. Given the impact of Covid the full programmes could only begin in earnest as restrictions lifted. AP is preparing its own Report.

### **Towers Abú:**

The AGC has welcomed the actions arising for it under the implementation planflowing from stakeholder feedback and will lead and co-ordinate on their implementation in the Adult Section supported by Caimin Keane and Greg Waters from the Committee. One of the most important actions will be improving communications and relationships with and between mentors. These actions align well with the issues that have arisen during the season and the forward looking programme of work to address same in 2022.

### **Work Programme 2022:**

A number of issues arose throughout the year, addressing these moving forward will also form an important part of next year's AGC Work Programme:

- Putting football panels in place sooner in the season
- Co-ordinating the transition of minors to adult
- Ensuring mgt. teams (particularly for adult women's teams) are in place
- Target setting across all teams
- Building the Clubs adult mentor pool

- Building on the excellent work already underway (e.g. between both male adult first teams in hurling and football) improving, co-ordination, communication and co-operation among mentors of dual players
- Gym slot, pitch and Astro allocations
- Mentor charter/handbook/training/pathway etc.
- Representation and interaction with County Board
- AGC make-up/representation

These issues will be the subject of the first all adult mentor meeting next year.

## **Adult Team Reports**

The reports for most teams are covered in the report by the Adult Games Officer but some teams submitted individual reports and they are included below.

### **Adult Team Reports Received:**

#### **3<sup>rd</sup> Team Football**

**Mgt:** Stephen Halpin; Bernie Cronin; Ed O'Malley and Richard Harney

The Junior B team started individual training in February 2021 with Covid restrictions in place. We organised and took part in a Pieta House Fundraiser "Run to 2021km" along with the Junior A footballers and Senior ladies football team.

We had a strong start to the league with high scoring wins recorded in the opening matches. Unfortunately our league form wasn't replicated in the championship in what was a tough group. Overall it was a solid year with great effort put in. With the Junior A and B football teams training together lads improved their fitness and ball skills and next season can't come quick enough!

#### **Adult Camogie - Adult Cup: Junior 3 - Championship: Junior 3**

**Panel Size: 28**

**Management Team: Brian Douglas, Dawn O Neill**

The year began early in January with covid restrictions in place. The girls were training alone and we utilized the available app with our S&C team to provide a structured approach and regular challenges to keep everyone engaged. Monthly team calls via Zoom and some input

## Cruinniú Bliantúil Cumann An Chloighí CLG Cluain Dolcáin 2021

from Connor & Andy in AP helped to build up to 11<sup>th</sup> of May and a return to the pitch. Numbers were good from the outset and continued strong throughout the year. 2021 saw a revamped competitions set up in Dublin with a Cup format replacing League. We used the Cup to bring on the younger members of the panel and competed well throughout. The intent from the start of the year was to push for back to back championship success following our win in 2020. When championship came around in late August we were as prepared as we could be, albeit with a few injuries to contend with. We also had on board a film crew from TG4 who were following us for the champo series for their Ár Club series to be broadcast in the new year.

Our run began with a narrow defeat to Kilmacud Crokes who we would see later. This was our second meeting with the Crokes girls this year and both games had been well fought battles resulting in tight wins for Crokes. We progressed to our second game where we overcame a strong St Vincents Team and delivered some strong performances across the team which would stand us well as the competition progressed to semifinal stages.

Cuala awaited in the Semi Finals. Again a team we had met earlier in the year during our Cup run. Cuala had high expectations going into this game and started well but our girls dug in after going behind by 6 points early and by half time we were ahead by a point. The second half saw us defend brilliantly and attack with pace. The final score of 5-11 to 4-9 was a great motivator heading into a final against Crokes. Having met twice already and having been beaten by a single score on both occasions this final looked great on paper. We were ahead from early and never looked back. The girls played as well as they have done in the past 4 years. There was no way we were leaving anything behind. A final score of 2:10 – 2:4 saw us crowned back to back champions for 2021.

I want to thank the girls, again, for a great work ethic this year. From 1 through to 28 ye all played your part and the progress made is a testament to the hard work you all put in. We have had great support this year and I would like to thank all those who have travelled far and wide to support the girls. The guys in AP have played a part this year and our run in the Championship was ably supported with some great sessions with Connor and team.

We couldn't get the show on the road without Dawn, between covid monitoring, referee coordination and match day logistics we would be lost without you.

### **SENIOR HURLING 2021**

**Mgt.** Fergal McDonagh; Ger Kessie; Sam Walsh; Paul Curran; Keith Murray

League results were mixed with small numbers toggging out for games due to personal commitments. Five games were played with 2 wins, 2 draws and a loss, which left us mid-table in Adult hurling League 3 South. It was an opportunity to blood new players just out of minor and expose them to senior adult hurling which in itself was a success.

Senior championship was unfortunately not as successful as we would have hoped for this year. A bad start to our first game against Naomh Barrog saw us having to recover in the next two games to secure a quarter final spot. Missed chances in these next games against Naomh

Fionnbarra and Na Fianna unfortunately left us fighting against relegation. In both of these games we struggled with injuries, togging only 16 players against Na Fianna, but yet should have got something from both of them with last minute chances to win both. We were then left with relegation playoff games against O'Tooles and Crumlin to ensure our senior status for 2022. Unfortunately we lost to O Tooles but had a good win away to Crumlin to secure senior status.

I believe the future of hurling in our club is bright and with the addition of more minors from 2021 to the 2022 senior panel with the right support the new management team could be very successful.

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## Cruinniú Bliantúil Cumann An Chloighí CLG Cluain Dolcáin 2021

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### **Ladies Football**

**Report Submitted by Catriona McGrath**

## Cruinniú Bliantúil Cumann An Chloighí CLG Cluain Dolcáin 2021

After not completing the 2017 or 2018 Season the Round Towers Ladies football team could not register a team to compete in 2019 and again in 2020. This was a real shame having no team for the graduating minors and forcing some of the experienced players to transfer away from the club.

A small group of girls got together in December 2020 with the hope of reforming the ladies football team. There was a meeting held in the club in January 2021 and there was a group of approximately 18-20 fully committed ladies who were eager to play and committed to reforming the team. Covid struck again so any pre season training or team activities were put on hold. Training then commenced in May 2021 and the interest in this ladies team grew from there. Retired players and departed players were approached and agreed to return and play for their home club despite no official management team in place. The girls got a great start to the Season in June, still no coaching or management team in place but Frankie Roebuck stepped in to assist on the line for the first game and lets just say once they got him in the door there was no escaping.

Competing in league and cup, both division 9, the girls confidence grew and the team really started to gel. Although they were competing in division 9 cup and league they were entered into the junior F championship competing with teams from division 7 and division 8. Championship brought some challenges but the girls showed great strength and resilience making it all the way to the County final only to be defeated on the night by a stronger Lucan Sarsfield team from Division 7a. The girls regrouped after August's championship final defeat and got the show back on the road continuing their undefeated streak in league and cup. Undefeated in both league and cup, they were crowned League Champions on 20<sup>th</sup> October and Cup Champions on 14<sup>th</sup> November.

Overall the girls achieved so much in their first season back and it is a real stepping stone for ladies football in round towers with a wealth of talent at the under age teams and lots of great coaching and hard work going on at ladies under age levels in Round Towers. Hopefully we can keep working with the ladies adult team so these talented young girls have something to progress to when coming out of minor.

### **IFC / AFL 2**

**Mentors:** Kevin Leahy (Manager), Denis Kelly, Alan Milton, Marc Taylor and Brian MacLaughlin.

**Sponsors:** Manguard Plus and the Maldron Hotel

Despite regrouping in December, under a new management team headed by Kevin Leahy, our return to the field was short lived as Covid intervened to send our planning and training online for the early part of the year.

As Armoured Performance bedded in, Brian MacLaughlin assisted in the S and C programme which was completed remotely before gymnasiums re-opened.

A number of online team initiatives were organised to complement this training plan before the team finally returned to the field in May.

Following an away challenge game against Carbury (Kildare) a competitive league campaign followed with wins over Scoil Uí Chonaill, Templeogue Synge St, Na Fianna and St Anne's and narrow defeats recorded against Kilmacud Crokes, Naomh Olaf (both by one point) and St Oliver Plunkett's Eoghan Ruadh.

Three consecutive group championship successes over St Pat's Palmerstown, St Brendan's and An Garda secured a quarter-final outing against Naomh Barróg, an encounter which will go down as one of the most memorable fixtures played on Monastery Road for many years. Level at both full time and at the end of extra-time (at 0-19 a piece) a dramatic penalty shoot-out followed which saw Gary Cleary save four spot kicks from eight before team captain Michael Hallows booked a semi-final ticket against Scoil Uí Chonaill with the final penalty.

Once again by virtue of being the first team drawn, we were handed a home tie which for the second time running went right to the wire before scores from Micheál Walsh and Conor Flannery secured a 0-13 to 0-12 win and a return to the ranks of senior B football for 2022.

The win also booked an IFC final meeting with St Pat's Donabate in Garristown. In keeping with the two previous encounters this too went right to the wire. Despite trailing by eight points at one stage, the team roared back into life thanks in no small part to the scores of Ian Ward, Eric Finn, Jack Halpin and Jason Joyce. However, the concession of a second goal and the failure to capitalise on three clear cut goal opportunities, including a penalty, saw Donabate seal a one-point win denying us a first Intermediate championship title since 1952, despite another hugely committed offering from our players.

A special word of thanks to Louise Stynes for her care and attention once again this year in the preparation our training and playing gear, to Conor Clifford, Andy Foley and our own Lee Moran (Armoured Performance), and Jason Joyce (Re-Joyce Physio) for their behind-the-scenes support. Thanks also to club secretary Pádraig MacCarthy, Barry Quinlan and Jack Quinlan for their work in providing statistics and to Ger Hickey and Jake Murray-McGuirk for recording video footage.

Buíochas also to Seán Hall of Manguard Plus and Rory Dunne for assisting with the provision of gear for the team.

The work of the club's facilities team, not least Ed O'Malley and Dick Keane, should also be acknowledged in the upkeep and presentation of our playing facilities. Similarly, the assistance of all of those who acted as umpires and sideline officials over the course of the year was also appreciated. Communication between the hurling section and other football teams has been open from the start and has helped with the movement of players and the role of Games Committee Chairperson Barry Quinlan should also be noted.

Thanks also to the wider club for its support in so many ways, not least vocally on match days. The presence of our underage footballers who played at half time in our fixtures was arranged to underline our One Club Model and to complement the progress being made with Towers Abú.

Finally, a word of acknowledgment to the players whose effort and commitment fuelled both the league and championship campaigns. We believe this season can provide a stimulus for brighter and better days for all our club's football teams and the recently earned senior status is an important steppingstone in that direction.

### **FL5 and Junior 2 Championship**

**Report Submitted By Mark Healy**



My first year managing / coaching the team with Niall Byrne , Ciaran o Dwyer & Stephen Shields turned out to be a very successful season which ended with us being crowned Junior 2 champions on Sunday the 21/11/2021. The league campaign was a good indicator for the type of players we had for championship. With 3 wins and 4 loses we were happy with how it went with everything going on.

We facilitated the training of both junior teams for the season which proved very useful and successful.

There is plenty room for improvements across the board but overall you can't not be happy with the year but from a management perspective you will always continue to find ways to improve. There is another championship in this group of players and that is the overall aim now plus promotion to Div 4 .

## **Oifigeach Gaeilge / Irish Officer Síomón O Breaslain**

Nóta ónár n-oifigeach Gaeilge.

An rud atá i gceist le Fondúireacht Seosamh Mac Donncha ná seirbhís tacaíochta atá curtha ar fáil ag an Chumann lúthchleas Gael agus Glór na nGael do chlubanna atá ag iarraidh an Ghaeilge a chur chun cinn. Í mí Mean fómhair 2021 cuidiú Glór na nGael linn suirbhé rathúil maidir leis an Ghaeilge a chur i gcrích. Bhí glacadh iontach leis ónár mbaill (174 a d'fhreagair) le ochtú faoin gcéad ag lorg go mbeidh ról níos lárnaí ag an Ghaeilge sa gclub.

Leis sin agus don bhliain atá le teacht beidh muid ag cur béim ar boinn Seosamh Mac Donncha a bhaint amach. Tugtar an boinn seo do chlubanna atá ag cur i bhfeidhm gníomhaíochtaí éagsúla maidir le cur chun tosaigh an teanga taobh istigh den gclub.

Is gradam gaisce suntasach an bhoinn seo chomh maith le aitheantas don obair leanúnach ar son na teanga. Nuair atá na gníomhaíochtaí atá molta críochnaithe againn beidh boinn ór, airgead agus cré umha le bronnadh. Beidh muid agus ár gcairde ó Áras Chrónáin ag obair as lámh a chéile ar chuid de na gníomhaíochtaí seo. Tá sé ar intinn againn freisin páirt a ghlacadh i Seachtain na Gaeilge chomh maith.

Sé an aidhm atá ag an gclub ná an Ghaeilge a chur chun tosaigh ar bhealach atá tarraingteach, spráíúil agus ionchuimsitheach.

The Joe McDonagh Foundation is a support service provided by Glór na nGael and the Gaelic Athletic Association to GAA clubs wishing to further the Irish language in their clubs. In September 2021, Glór na nGael helped our club carry out a very successful Irish language survey. We had a great response from our members (174 responses) with 80% those surveyed looking for the Irish language to have a more prominent role in our club.

With that in mind the focus for the upcoming year is working on the Joe McDonagh Medal. The Joe McDonagh Medal is presented to GAA clubs for implementing a certain number of actions with regards the promotion of the Irish language within a club. The medal is a noted sign of achievement and recognition for continued work on behalf of the language. As our club completes recommended activities, bronze, silver and gold medals will be awarded. We will look to work together on some of these activities with our friends in Áras Chrónáin. We also intend taking part in Seachtain na Gaeilge.

Our goal as a club for 2022 will be to promote the Irish Language in an engaging, fun and inclusive way.

## **Facilities**

### **Ed O Malley**

It was another busy year for the facilities committee. Apart from the day to day maintenance of our facilities we undertook a number of projects.

A great addition to our facilities on Monastery Road, is the introduction of a full-time coffee shop, Froth Coffee. It has proven to be very beneficial for our community as well as the club. This provides a regular income for the club and we wish Aoife & Christine every success going forward.

In the same week that the COP26 took place in Glasgow, Round Towers commissioned new water heaters in Monastery Road. We have replaced the 2 old energy-guzzling water heaters with new modern heat-pump heaters. The old heaters were not working well, were unreliable and were very costly to run. The new heaters will reduce the running cost by 75% and will also significantly reduce our carbon footprint. The 2 old heaters produced 18kg of carbon per hour each. The new heaters produce 0.5kg of carbon per hour. The club invests time and energy in all players and members of our club and it is important that we play our part in ensuring they have a clean and safe world to live in. We will continue to play our part in reducing carbon emissions into the future.

Another project, currently being worked on, is our Physiotherapy Room. This will be completed in early January. One of our Senior Footballers and long-time member of the club, Jason Joyce, will occupy this room when it's completed. Again, we think this is a great addition for the club and the community and we wish Jason every success.

I would like to thank Dick Keane who helps to keep Monastery Road in the pristine condition it is in on a daily basis. I would also like to thank the following for their unwavering support in keeping our facilities in top condition – Keith Graham, Rory Dunne, Frank Cosgrove, Frank Costello, John McInerney, Seán McNamara, Denis Kelly, Billy O'Connor, John Weafer, Pat Lawless, Mark Taylor and John McCormack. These are all dedicated club members without whom the club could not function.

If any other people want to get involved in the upkeep of our facilities, please do not hesitate to contact the incoming facilities officer.

## **Communications Officer Report**

### **Martin Ryan**

An array of platforms continue to be utilised to communicate and promote club news and activity to members, supporters and the wider community. In particular during restrictions, our club house being closed and limited attendances permitted at games there was a concerted effort of continued engagement with the membership. There is no doubt that communications can be evolved further and improved with recent workshop feedback from the membership as part of our Club Plan, Towers Abú forming the basis of a future club Comms Strategy as an overarching approach to a specific Comms Plan to implement these members suggestions. In order to achieve this an expanded club Comms committee will be required as this plan whilst ambitious has to be achievable and a diverse variety of skillsets will be needed. This is all running in parallel with other entities in the club striving for increased high performance and to this regard communications plays the key role in keeping all informed whilst attempting to

lead the way in excellence itself. If you feel you can contribute and assist in any way please put yourself forward for the Communications Committee.

Our weekend activity mailing issued at the end of the week communicates regarding fixtures lined up for the days ahead, the lotto and upcoming social events. The club website is updated on a regular basis and complementing it are our Instagram, Facebook and Twitter accounts which provide instantaneous updates regarding club activity. We continue to provide our local newspapers, The Echo and The Gazette, with match reports and pictures on an ongoing basis to ensure the club is prominently featured in their sports pages.

There are many people to thank in terms of the continued promotion of club activities both on and off the field. Caitriona McGrath and Aaron Douglas have diligently taken the lead on our most widely used Social Media platforms; Instagram and Facebook. From content creation to photography to engaging Instagram stories to responding to the many queries and messages they are to be highly commended for their dedication and interaction. In terms of twitter and in particular our matchtracker a special word of thanks to Hutch and his team for the live reporting of key fixtures in a most entertaining and informative manner. Special word of thanks to Dermot Milton for his professional productions throughout the year and in particular the member's booklet. Thanks to Gerry Banks who on a weekly basis is sifting through fixtures involving the club and sharing for promotion in our Weekend Activity email and on Instagram. Thankfully social activities have returned to the club house and thanks to Linda Delaney and the social committee all members are kept updated of upcoming events. And finally thanks to the many mentors and fellow Executive Members for their engagement to support in promoting the club.

The club has witnessed many success this year in particular on the Camogie and Ladies Football front. The continuous growth and participation of our ladies sections is a joy to behold and is reflected by the success on the field at both adult and juvenile ranks alike. Our Juvenile section likewise has had much success this year and of particular note is the level our teams are performing at continues to improve. As we go to print we have two Adult Football finals to play which will be promoted extensively. The buzz around the village is very noticeable and around the club itself is infectious and hopefully we will have celebrated Intermediate and Junior 2 Football championship success when you are reading this.

The club news cycle is continuous and Members interested in supporting us in communicating again as earlier are encouraged to step forward. More support can help the club enhance its capacity to ensure our Members, supporters and the wider community are engaged with.

## **Financial Position**

Treasurer John Ryan will give a detailed analysis of this year's financial figures.

Covid continues to impact the running of the club.

Bar profit was €17.9k despite a 36% drop in revenue due to forced closures.

Other income increased by €74k to €233k

Key Drivers:

Repak collections €25k

Microsoft Sponsorship €16k

Member Subscriptions remained strong at €94k

Lotto increased by €13k to €30k

SDCC Grants received €13k

We also availed of €16k from the wage subsidy scheme.

Overhead expenditure fell by €22.5k.

We Increased spend on Coaching and Games following the introduction of a full time Athletic Development Coach this spend was offset by a drop in running costs due to reduced activity.

There was a deficit for the year of Income & Expenditure of €28k but this was after non-cash depreciation charges of €82k. Total Accumulated Surpluses at year end were almost €2.05m and Net Assets were €8.95m.

Cash balances at the year end were €47k, up from €16k in 2020.

The club remain reliant on continued member support and that of our valued sponsors as we continue to invest in our facilities and games.

## **Lotto Committee**

**Members:** John Ryan, Ray Verso, Gerry Banks, Gerry McCabe, John Whelan, Bernie Cronin

The online lotto continues to be a successful fundraiser for the club. Since the reopening of clubhouse tickets are also available for sale there for those unable to access online. They are also available on Saturday mornings in Monastery Rd at Towers Óg thanks to Catherine Moran. Weekly sales now average at 600 entries. However there is still a sizeable minority of club members who rarely or never support the lotto. For the lotto to be as successful as it can be it needs the wholehearted support of all members of the club. Many thanks to Michael Mcglynn, Caitriona Mcgrath and Aaron Douglas for their help with social media promotion, to Jimmy Lee for his help in sales in clubhouse and thanks to all those who have supported the lotto in the last 12 months

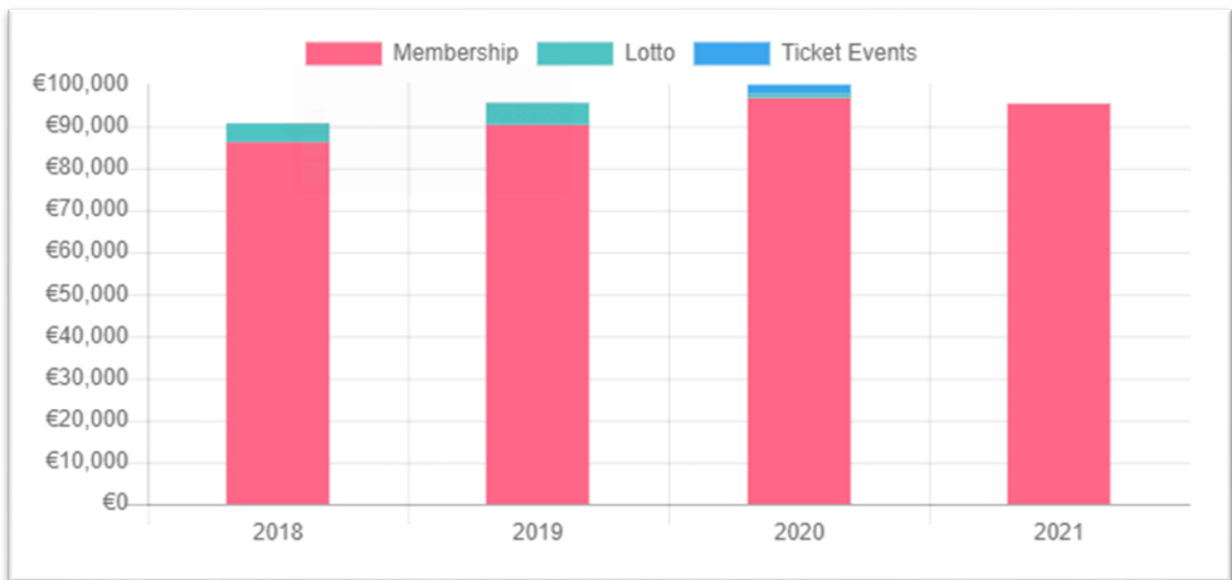
## **Membership**

**Niall Connaughton**

Late 2020 saw the launch of the GAA's new Foireann platform which was intended to function as a one stop solution for all membership, insurance and team registration capabilities. Unfortunately, the system was launched missing several major functionalities which were not addressed until several months into the season. Arising from this, we as a club Executive committee had no choice but to offer Clubforce as a membership platform, not least because the instalment payment option was not initially available on Foireann. The downside of this is that we had to administer two membership systems which created significant additional administrative overheads. As late as this week, there are still bugs in the system. We look forward to having a single membership platform for all stakeholders in 2022.

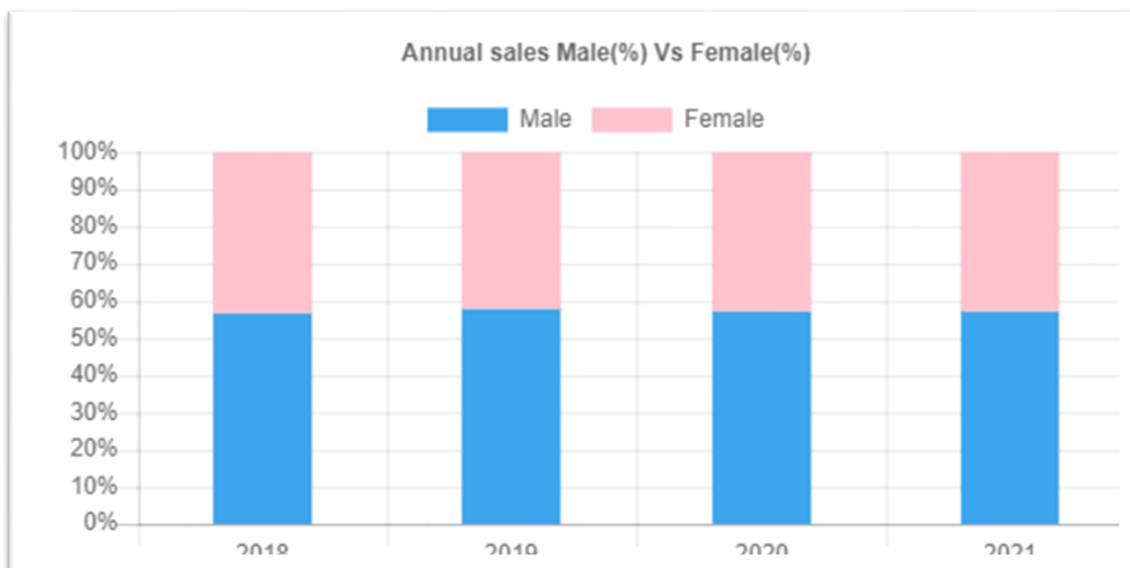
In what has been another challenging year for all, with a second disjointed season in a row, membership has remained consistent and the support of our members in this regard is greatly appreciated.

Figure 1 below illustrates the development in online membership registration, it should be noted however that 2018 was the first year where we insisted on online membership except in particular circumstances. Having all of our membership online allows us to quickly send registration information on demand to our team mentors, our Secretariat to ensure compliance, register members with Croke Park before March 30<sup>th</sup> each year in order that they are insured to play, can vote at our AGM and be eligible for roles at a county or central council level and in general allow us deliver a far more efficient administration function.



**Figure 1: Membership growth from 2016-2021**

The gender split in our club remains at 57% male and 43% female, I would expect this gap to be narrowed arising from the growth and successes of our Ladies sections



**Figure 2: Membership gender split**

In summary, adult membership for 2021 stands at 491. Our family membership remains ever popular and the staggered payment option is one availed of frequently.

Juvenile membership for 2021 is at 455 boys and girls

I would like to thank Club Secretary Padraig McCarthy & Ladies Football Secretary Jessica O'Malley for all of their support during the last year and look forward to hopefully getting back to a steady state of club operations in 2022

## **Remembrance / Na Mairbh**

To all club members and families who lost loved ones during the year the club extends its deepest sympathies and prayers. A special thanks to Tommy Keogh and Kitty Egan for their continued diligence in acknowledging bereavements on behalf of the club.

Ar Dheis Dé go raibh anamacha ár mbaill go leir a déag i rith na mbliana.

## **Go Green with Towers!**

Round Tower GAA Club is one of six clubs taking part in a scheme coordinated by Repak to encourage and bring environmental awareness to members and supporters to recycle their cans & plastic bottles. In doing so, for every bag filled, the club receives €5. This scheme has been a great success on many fronts and special mention to Seán McNamara and Brendan Cronin for their efforts on this scheme. Please continue to collect and drop off Plastic bottles and Aluminium Cans.

## **Social Committee:**

**Members:** Linda Halpin, Valerie Kelly, Phil O Connor, Amy Clifford, Margaret Leddy, Laura Delaney, Rachel Delaney, Caroline Tormey and Joanne Shiels

### Events for 2021

- Our Line Dancing have started back and the classes are well attended. Due to Covid restrictions we have had to put in place two hourly classes, to keep participants safe. Francene and the ladies are delighted to be back.
- Outdoor Gig Sept 9 th – Elvis – great entertainment an outdoor gig and well attended.
- Jack Whelan played Oct 9 th , well attended by our young members. This gig was the first gig of the year in the clubrooms.
- The Liamó's Played Oct 16 th , well attended event.
- Joey and Gerry Murphy played Oct 23rd. Another great success on a Bank Holiday Weekend and well attended

Events coming up:

- Sunday 4th December 4pm – 6pm Tea Dance Music by Billy Joyce

- Sunday 26th December 9pm – St Stephens Night - Jack Whelan

One final note: Events this year started in September after restrictions were lifted. We have booked events on a week to week basis to take into account Covid restrictions. The Social Committee have been very happy with the events which took place, All gigs were very enjoyable and well attended. We have been unable to run any juvenile discos due to Covid restrictions and we are not sure when these will return.

Going forward we will continue to host social events, our members support is greatly appreciated.

If there are members with a couple of hours to spare on a monthly basis and would like to join or help with our Committee we would be delighted to hear from them.

## **Bar Staff**

Obviously, our bar has been closed for much of 2021. I would like to thank Jimmy Lee, Aoife O Connor, Dick Keane and staff for their efforts throughout the year. Special thanks also to Frank Sherwin who is a constant support to the staff. Thanks to Shay Clifford who looks after the smart card system and programmes our tills when needed.

## **Club Shop**

The relocation of the shop to a custom fit location within our new premises on Monastery Road has been a great success despite the Covid closures and restrictions.

A big thank you to Betty Ward, Catherine Moran, and Jessica O'Malley who continue to stock the shop and provide members with an outlet from which to buy club merchandise. I would urge our members to use the club shop for their training, match day and supporter clothing and equipment needs.

## **Conclusion**

I would like to acknowledge all my executive colleagues and thank them for their time and efforts throughout a difficult year.

I would like to extend my deepest sympathies to all members who lost a loved one during the year. I again wish to thank the wider membership for its support over the past four years and I would kindly ask that you afford the incoming Executive the same continued support and goodwill. I would urge all members, particularly female members, to consider volunteering for a role on the Executive or any of the other committees in the club.

Looking forward to 2022 and beyond, Round Tower GAA Club is committed to implementing a High Performance Framework based on four core values; Respect, Excellence, Integrity and One Club One Identity. I look forward to this next chapter in the rich history of Round Tower GAA Club and I urge every member to get fully behind all associated initiatives.

**Is mise le meas,**

*Padraig MacCarthy*

**Padraig MacCarthy  
Runai  
04 Mí Na Nollag 2021**