

Cruinniú Bliantúil Cumann An Chloighí CLG Cluain Dolcáin 2022



Bunaíodh 1884.

Clár

1. Minutes of Annual General Meeting December 2021
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 2022

Number of meetings held: 10

Andrew Cronin	10
Alan Milton	8
Dean Alford	5
Sharon Jordan	9
Damien Murray	10
John Ryan	4
Barry Quinlan	7
Michael McAdam	10
Liam McLaughlin	9
Willie Kennedy	10
Padraig MacCarthy	8
Aaron Douglas	8
Niall Connaughton	4
Simon Breslin	8
John Hoolan	10

Nominations for the Executive Committee 2022-23
Aimniúcháin don Coiste Feidhmeannaigh 2022-23

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

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.

Motions and Recommendations

None

Chairman's Report 2022 **Tuarascáil an Cathoirleach**

A Chairde,

2022 has thankfully seen Covid restrictions in the rearview mirror with a return to a full playing programme and club activities.

Special mention and congratulations to our championship winning teams, the Ladies Football Senior and Minor teams.

Extra special mention goes to Aoife Robertson (captain) and Rebecca Nolan who achieved All-Ireland success with Dublin Under 16 against Cork.

Maith sibh!

The Adult Games teams had a quiet year in general. Thanks to the outgoing management and especially Mark Healy for leading to Junior 2 championship success last year. I would like to welcome the new management teams already in place for next year thanks to Barry Quinlan and Mick Broderick.

The Juvenile section is definitely on an upward trajectory with the many successes detailed in the Secretary's report. Thanks to Willie Kennedy for his ongoing stewardship and Liam MacLaughlin with a huge workload rolling out the Long Term Athletic Development (LTAD) plan.

Towers Óg continues to go from strength to strength and regularly breaks record attendances.

This year saw the continued rollout of the Towers Abú initiative where we continued to engage with members through further surveys and workshops. I would like to thank Barry Gavin and the various groups he has led in continuing to progress the overall high performance framework and development of the club's 10 year strategic plan. I would also like to thank Fred MacCarthy and his group for their work on the culture rollout which resulted in culture charters being developed for Adults & Juvenile Coaches and the Executive Committee.

The Dermot Earley Youth Initiative which saw all 18 students graduate was a tremendous success and the second group have now commenced the course. Well done to all involved.

I would also like to remember our former members who went *ar shli na firinne* during the year and a special mention for former club president John O'Malley.

I'd like to take this opportunity to thank the Executive and subcommittee members for their support and incredible work-rate throughout the year. I would like to wish Alan all the very best as incoming Chairperson and look forward to working with and for him over the coming year.

Go raibh míle maith agaibh,

Aindriú Ó Cróinín

Towers Abú!

Secretary's Report 2022 **Tuarascáil an Rúnaí**

Firstly, I'd like to extend a warm welcome to our members returning to our clubrooms for our AGM 2022, the first AGM not held remotely in three years.

2022 has seen a return to a normalised, playing games calendar, restrictions lifted and our social activities around the club return to great aplomb. Some times you need some time away from something to understand just how much you appreciate it, enjoy it, or need it in your life. It was great to be able to attend matches, interact at training sessions around our facilities in Monastery Road or catch up in the clubrooms.

On behalf of the Executive committee, I would like to thank all our members for their contributions to our club during the year. A club is only as strong as it's membership and our members are a resilient group who continue to strive for improvements on and off the playing fields.

I wish to acknowledge the work of all the clubs' sub committees for your efforts throughout the year. The positive growth-path with which our club is on, could not function with just an Executive Committee to carry out all the jobs and tasks done throughout the year.

I had to take a bit of a sabbatical from the day to day duties of secretary during the half way point of the year, due to family and work circumstances. I appreciate the understanding and assistance of the Executive Committee members during this period, both with club matters and non-club matters. It's a true marker of what makes our club special, a quiet word or gesture to check in and make sure someone is ok. Non-

members and visitors are also afforded this out-reach, hospitality, and generosity as has been showed by our membership to the refugees from Ukraine, for whom, Clondalkin has become a home or stop over during the crisis.

I alone could not carry out my duties without inputs from my executive colleagues, namely Aaron Douglas, Damien Murray, Pdraig MacCarthy and Niall Connaughton for assisting regarding ladies football secretariat, finance, communications and membership matters. I would also like to thank Dawn O'Neill and Fiona Coy for their assistance with Camogie and Juvenile Boys secretariat matters. 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.

My own workload throughout the year has been greatly reduced by the support I have received from all above, but a special note of thanks to the Leas-Rúnaí Sharon Jordan. Sharon has been an immense help in ensuring a smooth running of secretariat matters since June. She really stood up to the plate and I cannot wait to return the assistance and support I received and assist Sharon in the Secretariat committee next year.

A note of thanks to our Chairperson, Andrew Cronin who is stepping away from the role but not away from the Executive Committee in the coming year. A sincere thank you for the support and help you have provided to me, not just this year but in previous roles we've served over the last few years. I appreciate the counsel and discussion on any matter I would present to you, whether it be big or small, a one-minute call or 30 minute discussion after a meeting.

Many thanks Andrew and I wish our Vice-Chairperson Alan Milton the very best of luck returning to the Chairperson role this year after a number of years serving in other committee roles.

Club Administration

Sincere thanks to all members who serve on the various sub-committees within the club and represent the club as delegates to the County Boards and Leinster Council. A lot of unseen work behind the scenes, countless meetings and hours at evenings and weekends, a big thank you for your dedication throughout the year.

Towers Abú

Following on from the club wide survey and workshops held in 2021, the steering committee of Towers Abú provided to the Executive Committee, a collated table of 84 actions items arising from this consultation with our membership. Over the past twelve months, the steering committee worked with the various executive sub committees to implement these changes. This process is still ongoing but very good progress has been made in a number of areas including Facilities, Coaching & Games, Juvenile Games and Adult Games. The Steering Committee have now passed over their work to the Executive Committee to continue with the implementation of the outstanding actions items.

We followed through on our commitment to undertake a follow-on survey of our members in 2022. A summary of the key findings will be presented at the AGM and a full presentation to members will take place in early 2023.

There was further Cultural Workshops held with various groups within our membership. Our club culture is built on four pillars: ***Respect, Integrity, Excellence & One Club One Identity***. Our own club members identified acceptable behaviours, unacceptable behaviours, and accountability, across the entire club spectrum. These behaviours and actions are aligned to our club values and will enhance our club culture and will form a pillar on which we can build upon to help us fulfil our club mission to ***‘Create an environment where success is inevitable’***.

By establishing a ***‘New Towers Way’*** in the form of best-in-class culture, we will lay the foundation stones to achieve our goals. There was a great showing from our membership groups in the clubhouse for the launch of the Cultural Plan, with our thanks to Jim Gavin and the Steering Committee of Towers Abú for the presentation on the evening. The Executive Committee have launched the outputs from these Cultural Workshops with the implementation of a Cultural Plan. The Cultural Plan booklet was distributed to our membership recent and will be reviewed on an ongoing basis by the Executive Committee, Juvenile Committee, Adult Games Committee and Coaching & Development Committee.

This year, the club also launched its strategic goals for 2032. The five Strategic goals to be delivered in the next ten years are as follows:

1. **Playing** - Adult teams in the four codes are playing at the top level.
2. **Facilities** - Facilities & Infrastructure are sufficient to meet the clubs drive for excellence
3. **Finances** - Financially robust & Sustainable
4. **Membership** - Diverse, Gender Equality & Representative of our area.
5. **Philosophy** - Aligned with our Values and enjoyment for all.

The plan/strategy to deliver the “Playing” Goal has been presented to the Executive and our *New Coaching Philosophy* will be rolled out to our coaches on the 12th of December. We are now embarking on the next phase which will be to design and agree the strategy/plan(s) that will be required to deliver on the remaining strategic goals. The next stage will be to put the necessary structure, process, and resources in place to deliver the plans.

As the saying goes “A lot done, but a lot more to do”. On behalf of the Executive Committee, I would like to extend a sincere thank the members of the Towers ABU committee, the members of the various working groups, all our members who participated in the workshops or any aspect of work with the Towers Abú Steering Committee over the last three years.

Juvenile Officer Report

2022 has been another successful year at Juvenile level. As last year, 36 teams took to the field in both codes to represent the club from U8 to U16 Boys & Girls. It's great credit to the Boys & Girls themselves who train week in and week out, and of course, our valued mentors who facilitate the training and match days - a huge thank you, your tireless work and efforts is very much appreciated.

Notable success this year has been:

U16 Boys Hurling Shield Winners
U15 Camogie Shield Winners
U15 Boys Football League Winners
U14 Camogie League Winners
U14 Girls Football Shield Winners
U13 Girls Football Shield Winners

Well done to all teams throughout the juvenile section for your participation to Gaelic games this year.

There has been many players who have had run outs with Dublin Development Squads over the year. Too many to mention individually. A great achievement to get the opportunity to develop their skills and enjoy the experience.

A special mention goes to our All-Ireland winners Aoife Robertson and Rebecca Nolan, who won the Ladies U16 Football All-Ireland. Aoife was also the captain of the team who got to lift the cup. It was a proud day for the club and supporters but also a very special day for their parents and mentors. Well done all.

A thank you to our Referee Co-ordinators Brian Douglas and Carol Cryan who organise our refs for our Go Games and other matches throughout the year. A difficult task but they manage it somehow.

A special thank you to Betty Ward who assists in the purchasing of equipment and clothing for our Juvenile teams. A very busy woman but has always helped me without a fuss. Thank you Betty.

I'd like to thank our Club GPO Shane Treanor who does great work in the club and community. Every year Shane and his crew in Towers Óg always gets our U7s Boys & Girls ready to handover to the Juvenile Section for entering Go Games. Every Saturday Monastery Road is buzzing with Boys & Girls all learning the skills of Gaelic Games and the numbers reflect the work that is put in by Shane and his team.

Overall our Juvenile Section is thriving and it's great credit to the kids themselves but as always it's our Club Mentors and Members who work tirelessly throughout the year to provide the opportunity for teams to train and play to try to be the best they can be. The Juvenile Committee work closely with the Coaching and Development Committee and the Facilities Committee to make this happen and it's a real team effort across the board. Let's keep it going - Towers Abú!!

Lastly I'd like to thank fellow Committee members who share the workload and who have worked tirelessly in the background;

Liam MacLaughlin
Mark Casey
Michelle Walsh
Dawn O'Neill
Meabh Milton
Fiona Coy
Niall Reilly
Anthony Davis

Yours in sport
Willie Kennedy

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. A big effort was made at the start of this year to ensure all juvenile mentors were Garda Vetted and completed the Child Safeguarding

courses. A special mention also to Fiona Coy for her tireless work to endeavour to collate and manage the endless spreadsheets. This ensures all mentors complied with the requirements of all three associations in this regard. 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. A note of thanks also to our Designated Reporting Officers Willie Kennedy and Amy Clifford.

Towers Óg:

Sponsor: Ciaran Carr Foundation.

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

2022 has been another busy year for the Towers Óg section which deals with girls and boys between the ages of 4 and 7. We meet every Saturday morning and our numbers continue to grow. We average 165 children every week and reached 180 on one occasion. The children are divided into age appropriate pods with their own designated pitch and equipment.

A lot of work goes into the organisation and coaching, and this is carried out by the above named volunteers and the many coaches, particularly from our Juvenile Section, who turn up every Saturday. During September & October, Shane arranges a series of matches for our Under 7s in preparation for the following year when they graduate from Towers Óg to Go-Games. A special word of thanks to Liam Mc Laughlin who helps with the setting up of the pitches.

Camps:

We held very successful, popular and safe camps at Easter and in July for children aged 4 to 13. This year the Dublin County Board insisted that registration for the annual Cúl_Camp must be done online. This led to its own challenges which we overcame. The success and popularity of our Cúl Camp can be seen in the fact that all 250 places were filled within 19 minutes of registration opening. We had to re-open it for a limited period so that another 20 of our Juvenile members could register, thus giving us the largest number ever at a camp.

Our Towers Club Camp, which followed the Cúl Camp, proved equally popular and successful with 250 children participating. The success of our Camps was due to the hard work of the Towers Óg organisers and Coaches who worked with the children.

Coaching and Games Committee

The Coaching and Games Committee in 2022 was made up of representatives from the various sections and codes across the club, Paddy Morris (under 16 Boys Football Mentor), John Quinlan (U10 and U 12 – Boys and Girls Mentor – Hurling Camogie and Football), Veronica Morris (Girls U16, Minor Girls Football and Camogie Mentor), Willy Kennedy (mentor Under 12 Boys Football) Tom Curran (Adult Player), Greg Waters (Parent U12), Anthony Davis and Niall Kelly (Boys U13 Football and Hurling) Keith Bracken (Ladies Minor Football), Dave Whelan (Former Adult Player), Ciara Devaney (Camogie), Mark Healy (Adult Coach and recent addition to U15 Boys Football) Niall Byrne (Adult Player and recent U15 Mentor) Liam Mac Laughlin (Chairperson).

The Committee has been strengthened further by the recent additions of Conor English (Hurling Coach) and Angela Downes (Ladies Juvenile Football).

Aim of Coaching and Games

The overall aim of the Committee is to provide mentors and coaches with the best education, resources, support from own experienced coaches and by utilising our Games Promotion Officer (GPO) Shane Treanor, the GAA Coaching Pathway for technical proficiency and Armoured Performance Team (AP) for athletic development to ensure we have the best trained coaches looking after our teams and our players ongoing development.

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

The Committee fully endorse the Towers Abu Initiative and the rollout of a “Towers Way”.

We hope that this will facilitate and enable coaches to **develop** the individuals on their team, as **people and players, creating a Safe Environment** where players can reach their full potential and **be the best that they can be**, in a way that that is enjoyable, supportive, and challenging.

We are encouraging mentors and coaches across all codes to embrace the current opportunities to grow and develop as coaches so that they are equipped to realise their own potential and be the best that they can be.

Planned Activities 2022- Current Status

Thankfully, 2022 saw us have a more normal existence with games resuming and finding ourselves able to work closely with the Juvenile Committee to plan a Coaching and Games Programme. The main items, workshops, and activities we concentrated on were as follows.

In-House Coaching by Club Mentors and Coaches

- Presentation to Juvenile Coaches 28th March setting out the role of Coaching and Games
- In house workshop May 16th introducing use of Annual Coaching and Individual Session Plans
- This was followed by detailed workshops for CCC1 in Clubhouse on 24th August followed by pitch sessions on 2nd September – organised by Keith Bracken, Anthony Davis, Niall Kelly and supported by the C&G Committee.
CCC2 in Clubhouse 31st August and pitch session in September organised by Mark Healy, Paddy Morris, and Niall Byrne and supported by Coaching and Games Committee.
- CCC 1 individual teams support meetings by Anthony Davis, Niall Kelly and Keith Bracken took place over this week.
- CCC2 individual support meetings to take place with Mark Healy, Paddy Morris, myself and Niall Byrne in coming weeks
- January Psychology Workshop with U17 Boys and Mentors with Jason Murphy, year-end review being arranged
- Ladies Football Coaches Workshop being delivered by Derek Murray and Paul Casey is fixed for Monday 5th December Monastery Road
- Monday December 12th Juvenile Games/Towers Abu Workshop for all Juvenile Coaches introducing the Towers Way – our new coaching philosophy Clubrooms at 8.30

Coaching Work Shops from External Speakers

- Camogie Coaches Workshop with Niall Williams 29th April
- Juvenile Football Coaches – Defending and Transition to Attack by Colm Nally 29th October organised by Mark Healy with support of C&G
- Juvenile Football – Games Based Approach to Coaching for Girls and Boys Coaches U8 to U12 – Shane Smith organised by Mark Healy with support from C&G
- Health and Wellbeing for Youth Players delivered by Jigsaw on 7th and 14th November organised by Keith Bracken

GPO Led Coaching Courses

Coaching training is provided through the 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. The following were run in-house in 2022 by Shane Treanor.

- Award 1 Child Jan/February
- Foundation held 25th and 26th March
- Foundation just ran 25th and 26th November
- Award 1 Child is planned for January 2023

Long Term Athletic Development Programme

During 2022 Conor Clifford and his Team in Armoured Performance supported all Juvenile Coaches from Under 11 to Under 16 with age-appropriate testing, and recording of results

- CCC1 - U11 to 12 squads who were in the programme in 2012 were retested in 2022 and all squads are now being introduced to age-appropriate Gym sessions.
- CCC 2 squads from 2021 (U13 to U16) were also introduced to the Gym and teams such as this year and last year's U16 squads given individual sessions and programmes.
- Data recorded is currently being collated and compiled by Mick Hallows with a view to establishing benchmarks which will help coaches and aid players in their development going forward.

Conor's report beneath makes for very interesting reading and highlights the road we have to go on Athletic Development at both Juvenile and Adult if we are to achieve strategic goals of competing at highest levels in all codes.

Other initiatives

- Coaching Corner was updated and refreshed by Tom Curran. This is a very useful resource available to coaches giving access to age-appropriate rules, skills, drills, and games as well as Session Training Templates. In addition, Coaches are directed to the various GAA Coaching Websites operated by the various codes with lots of useful coaching materials. A forthcoming development will be a forum for sharing of information and discussion.
- Link to Secondary Schools in the Centre of village was established
Colaiste Chillian – Wednesday after school Camogie being run by John Quinlan with other club members – Football will be run by Niall Reilly in New Year
Moyle Park – Blitz being organised for 25th January and plans for September 2023 in train – Anthony Davis and Niall Kelly available for coaching.
Colaiste Brid – K Bracken and GPO looking at Foundation for Transition Year students
- Co-ordinating work of the Games Promotion Officer and Long-Term Athlete Development personnel is ongoing

- Developing 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 - % dropout at what stages etc. was not progressed during the year but is a particularly important initiative requiring input from all sections and is to be progressed in 2023)
- In conjunction with Towers ABU, we tried to recruit internal Coaching resources for the various codes to collaborate with individual teams but regrettable were unable to source anyone. It looks like we may have to consider an additional GPO Resource or part time personnel to fulfil this role.
- Work is currently in progress in developing a Player Pathway to enable coaches to check on skill development and track progress.

Coaching Survey

A coaching survey was devised and issued by Keith Bracken on the usefulness of workshops and the Annual and Individual Session planning workshops. It was completed by 30 coaches with a response from all age groups ranging from U8 to U21. The survey results suggested that coaches were extremely happy to have support from a Coaching and Games Committee. The coaching workshops from external providers in the last quarter of 2022 were well attended which demonstrates good engagement with the Committee and we believe that we can build on this in 2023.

Summary of Main Points of Coaching & Games Survey	
Response	Proposed Actions
Ninety-four percent of respondents found the Planning workshop helpful	Provide further workshops in this area in 2023
Respondents requested workshops on various areas of the Football, Hurling and Camogie	Provide workshops regularly by renowned coaches throughout 2023
Twenty percent of respondents were not sure how to create an annual Plan	Engage with coaches and share annual plan templates to allow coaches to plan accordingly. This process has already started in 2022.

Conclusion/Next Steps

Whilst we were able to complete and commence a considerable number of initiatives we recognize that much more needs to be done in the following areas

- Continuing to increase Coaching Qualifications and expertise across teams – particularly more advanced Child and Youth/Adult Courses
- Develop relationships with all teams in the Club to agree annual Coaching Plans, identify what success looks like for individual groups and ascertain the level of support needed to attain – great progress to date with CCC1 and to be undertaken with CCC2
- Recruit/Develop internal coaching resources to support existing coaches
- Continue the rollout of 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 others to develop Metrics on targeted Numbers of players/teams per age group per code, Standards to be achieved, % player retention to adulthood.
- Get to a stage where we have grown our own coaches to coach and manage our Adult Teams on a consistent basis.

Finally, I would like to express my personal thanks to

- All the coaches and mentors who give of their time in working with the respective teams – they, along with their players are so important to the future of the club and we are deeply indebted to them for their time and commitment.
- Members of the Coaching and Games Committee for their cooperation and commitment and in particular the subgroups mentioned above who have done magnificent work during the year.
- GPO Shane Treanor for his dedication and ongoing work in Schools, Towers Og, Camps, Workshops and Coaching Courses. We are extremely fortunate to have such an initiative-taking 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.
- A particular thanks to Sean Mc Namara who is always there for us, willing to support and give advice when requested.
- Conor, Andy and Lee and Sean from Armoured Performance who having made a very impressive start in laying foundations for the

Athletic Development of our youth and adult teams are now building on same.

- Barry Gavin, Caimin Keane, Greg Waters from Towers Abu for their advice, encouragement, support, and challenge.
- Our Juvenile Games committee who collaborates closely with us in supporting mentors and coaches and in particular Chair Willy Kennedy and Secretary Fiona Coy. Fiona does an enormous amount of work in communication with Teams on our behalf and the Juvenile Committee.
- My Executive colleagues for their support, encouragement, and assistance during the year

I personally believe that the Towers ABU initiative, the growth in Teams and successes emerging across all codes (highlighted in the Games Sections which is a credit to all involved), shows great progress, that we are on the right track and long may we continue to travel that path.

Liam Mac Lochlainn

Games Promotion Officer AGM Report 2022

GPO Areas of Work

- > Primary Schools Coaching
- > Coaching Education
- > Towers Og
- > U-7 Development Teams
- > Club Camps
- > Running of Club & Primary School Blitzes
- > Dublin County Board Inservice

Primary Schools

Primary aim in schools

- > Maintain and develop existing links 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
- 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 that have engaged with the GPO programme in 2022

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

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 1st & 2nd classes.

Primary School Initiatives Completed 2022

- Afterschool Gaelic Football Gaelscoil Chluain Dolcain
- 4th 5th & 6th Girls school football blitz Jan 2022
- 4th 5th & 6th Boys school football blitz Jan 2022
- 5th & 6th Hurling school blitz April 2022

- 5th & 6th Camogie school blitz April 2022
- 5th & 6th Boys Gaelic Football Blitz Sept 2022
- 5th & 6th Girls Gaelic Football Blitz Sept 2022

School Teams 2022

- Cumann na MBunscol Gaelic Football & Hurling Camogie resumed in Jan/April 2022
- Held successful school Gaelic Football, Hurling & Camogie blitzes
- School teams utilizing Monastery Rd -School/Club link

Future Planning

- Hurling/Camogie school programme confirmed for Jan 2023
- Maintain and develop an existing link with schools re delivery of lessons plans & recruitment
- Maintain and develop the running of blitzes in schools
- Continuous school reports which are submitted on a monthly basis
- School/Player recruitment day to take place in early Jan 2023

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 2022

- Towers Og continuous coaching development training current coaches
- Towers Og Parents coaching workshop (March 2022)
- Award 1 Child (Jan/Feb 2022)
- Foundation coaching course (March 2022)
- Foundation coaching course (Nov 2022)
- Towers Og adult coaches course (April 2022)
- Niall Williams Camogie Workshop (April 2022)

Coaching Education Plan for 2023

- Towers Og - Parents recruitment & coaching workshop
- Foundation Course x 2 TBC
- Award 1 Child Course Confirmed Jan/Feb 2023
- Towers Og coaching workshop for coaches x 1 TBC
- Award 1 Youth/Adult Feb/March/April. Coaching committee to contact relevant coaches (Nominated only)

Camps 2022

- Organising & running of Easter camp 2022
- Organising & running of Cul camp 2022
- Organising & running of club Summer camp 2022
- Camp coaching workshop for coaches x2 (April/June)
- The highest ever number at camps has been recorded this year 2022

- Continuous training and development of coaches who work at all camps

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

U-7 Team Development (2015)

- Boys Team- 25-30 Boys & 6 Coaches
- Girls Team 25-30 Girls & 6 Coaches
- 4 blitzes have been organised for each team Sept-Nov 2022
- Graduation from Towers Og will take place in Nov 2022

Areas for improvement U-7 Team

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

Towers Og

- Monastery Rd attendance has been excellent with the highest attendance 174 which included the U-7 teams.
- At present, there are 39 teenage coaches and 10 adult coaches who consistently volunteer with Towers Og

Other

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

I would like to thank Sean Mac Namara, Catherine Moran, Liam Mac 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

Report on LTAD from Armoured Performance

Progress from Dec 2021 Onwards

In December 2021 having completed our initial season with Towers and submitted our report for the 2021 AGM, we began working on engaging with more teams on a collective basis through the gym. We offered out gym sessions to as many teams as possible from U15s up in the hopes that we could create good consistent training habits among the playing population of the club as well as integrating ourselves into the annual training plans with as many managers/lead mentors as possible.

We had good engagement from most teams at the start. This disappointingly trickled to little engagement from most teams as time went on. Save for a few juvenile teams, no team managed to stay committed to weekly collective gym sessions for their entire season. The Round Tower Physical Competency (RTPC) assessments resumed in February, and we made good progress on that front in the first half of the year. There is now a good data set there for Stage 1 of RTPC to set norms for teams of various age grades and to set targets for those teams.

Adult Games

Gym Attendance

From Dec 21 to Oct 22 there were 60 collective S&C sessions. The highest in any month was 18 sessions during the month of January. For the remainder of the year the average sessions per month was 3.5, where 3 of those months had no collective sessions at all. These figures are slightly skewed as we had 1-2 cancelations in some months. So, the overall number of completed collective sessions is likely closer to 50-55. On an individual player basis, we saw gym attendance numbers tick slightly up when we look at year on year comparisons. There was a low of 132 attendances by adult players in February with a high of 254 in October. There were four months where we had over 200 individual gym sessions completed by adult players during the period. The average monthly attendance was 177.

Juvenile Section:

Athletic Development Session Attendance

From Dec 21 to Oct 22 there were 218 collective AD sessions. The highest in any month was 27 which was achieved in both July and August. The average of the whole period was 20 sessions per month. These figures are also slightly skewed as we had 3 or more cancelations in almost every month. So, the overall number of completed collective sessions is likely closer 195-200. On an individual player basis, we again saw gym attendance numbers improve when we looked at year on year comparisons.

There was a low of 52 attendances by juvenile players in January with a high of 178 in August. There were three months where we had over 150 individual gym sessions completed by juvenile players during the period. The average monthly attendance was 106.

Round Tower Physical Competency

We re-engaged with juvenile teams to continue the RTPC assessment battery. We had 12 sessions with teams in May and 1 session in June. We also completed many assessments with some teams alongside our collective AD sessions in the gym. We've recently began Stage 2 of the RTPC with some of the mid-age juvenile teams (U13-U14) and we've started Stage 1 with this year's U11 girls. We plan to continue Stage 1 with both sets of U11s as well as expanding further into Stage 2 with all teams that have been fully assessed on Stage 1 twice.

A table of current progress on the RTPC can be viewed below.

Grade	Initial RTPC Date	Approx completion rate	2nd RTPC Date	Approx completion rate2	3rd RTPC Date
U11 Boys	N/A	0%			
U12 Boys	Aug-21	100%	May-22	100%	Nov-22
U13 Boys	Sep-21	100%	May-22	100%	Jan/Feb 2023
U14 Boys	Sep-21	100%	May-22	100%	Jan/Feb 2023
U15 Boys	Oct-21	100%	May-22	100%	Jan/Feb 2023
U11 Girls	Nov-22	50%	Jan/Feb 23		
U12 Girls	Oct-21	50%	Jan/Feb 23	0%	
U13 Girls	Oct-21	50%	May-22	75%	Jan/Feb 2023
U14 Girls	Sep-21	100%	May-22	100%	Jan/Feb 2023
U15 Girls	Sep-21	100%	May-22	75%	Jan/Feb 2023

Recommendations to Continue Improvements

The main challenge we face is a lack of commitment by most mentors, teams and players of all ages, codes and genders to a continuous, consistent, and diligent S&C programme. There are certainly *some* who train very diligently, who are very dedicated to improving their physical performance for GAA. Those same players are also conflating the gym attendance numbers, perhaps making it seem like there are more individuals completing their S&C programmes when in fact there is a small number of players who come to the gym 2-4 times per week every week.

For us to have the success we want with Round Towers and for players and teams to reach the lofty targets being set by the club; there needs to be an expectation placed on mentors from a committee/executive level that a majority of their players will engage in year-round S&C with AP. Likewise, players need those same expectations placed on them by their mentors.

We have had too many collective sessions where less than 10 players show up, too many overly eager starts during the pre-season with a rapid dwindling once games begin, and too many mentors and players viewing their S&C programme as a necessity in the off-season and pre-season period only.

It needs to be understood that the strength, power, and speed gains made from S&C will not linger once the S&C programme ceases. To maintain them, these qualities all require frequent doses. Furthermore, to maximise physical potential, a long-term, multi-year commitment needs to be made by all players.

Positives from the Year

During the Summer we decided to engage with younger squads by providing AD sessions during the middle of the day. These were completed on the pitch or in the gym depending on the squad and the weather. We had great engagement and enthusiasm from the players from U12 & U13 girls and boys. We've also recently offered Sunday slots to these teams as we hope to keep building on their enthusiasm and the encouragement of their mentors.

There is great uptake on the individual gym memberships from U15 players from both girls and boys. This follows a similar trend from last year's U15s and points to a bright future for these squads.

Conor Clifford
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 Football and Camogie

Mentors: Breda Fitzsimons, Stuart O'Connor, Eimear McGrath, Sandra O'Connor, Myra McDermott, Phil Duffy, Emma Bailey, Dan Ralston, Rob Murphy, Paul Gilson

League: Go-games

Sponsor: Summit Scaffolding

We kicked off our season in late February. When we started, we had 30 girls on our panel and 9 coaches. We trained twice a week and worked on drills that gave the girls the basics they needed to get started out for our matches

which commenced at the end of March. Our 1st matches were football match against St. Olaf's and camogie against Thomas Davis, both at home. These were as competitive a club that you will meet in both the codes, so we hit the ground running. The girls were excited to get playing and gain achievements as a team on the way. We trained right up until the end of June and the improvement in our girls was amazing.

Summit Scaffolding sponsored us during the year, the girls and coaches received tops, hats and socks. We would like to thank Keith very much for this offer. We would also like to thank the U14 football girls who came up to do fun training session with our girls. And a few of the U12 boys did demonstrations on occasions where we were coaching new skills to our girls, mainly Harry Fitzsimons and Kyle Johnston.

After the summer break the girls were back at the end of Aug and enthusiastic to get going. The numbers had grown to 35 at this stage and we gained 1 extra coach. They really practiced hard and learned to work as a team during the training sessions and this became very evident on the pitch. We often had to help the opposition with substitutes to make up numbers and our girls were always willing to play for them without any argument which shows a great love for the sport regardless of who you play for. The girls' parents were always on the sidelines cheering them on.

We finished up just before Halloween with a final match against Thomas Davis where the girls really displayed their hard work for everyone to see. And finally, we had a Spooky Walk with the U9 girls at Monastery Road on 28th Oct where the girls finished up with a party night.

Under 8 Boys Football and Hurling

Mentors: Brian Chapman, Colin Creagh, Frankie Croly, Declan Duke, Daire Errity, Paul Gallagher, Derek Grant, Eddie Grogan, Tom Joyce, Jonathan O'Brien, Gillian O'Sullivan, Bernie Wall.

League: Go Games

Sponsor:

Our first year was a great experience for both coaches and boys. All our coaches have contributed and developed significantly. We have noted a significant improvement in both codes, compared to when they finished in Towers Óg. We've aimed to keep sessions fun based. Currently we have 36 boys. The emphasis from the Club re coaching sessions is welcome. As a group we felt a bit 'left at it' in January. More support at that stage would have been welcome, however we note this is something the Club is pursuing.

We would consider the U8s to be important for the future of the Club, it is about Identity, Community and Spirit of Round Towers. Feeling a part of something special. Some of the difficulties we have faced are: Training in the Commo early this year, rarely the same slot and often on treacherous surfaces. Again, no Club Identity there. Kids should ideally have been given the Monastery Road Astro. Opposition teams not having adequate team numbers which left our kids at a loss in terms of game time.

Having a regular time slot for Monastery Astro throughout the Summer months only for this to be taken from us and being provided with a potentially unplayable pitch and having to make arrangements for Moyle Park at short notice. We lost several boys due to uncertainty of training sessions. Our facilities are a credit to the Club and it's really inspiring for our lads to have access to play on them. Thanks to all in the club who have helped us during the year. We look forward to what the future brings. Towers Abú!

Under 9 Girls Football and Camogie

Mentors: Eiméar McGrath, James Mullins, Ciarán Gallagher, John Quinlan

League: Go Games

Sponsor: Loxam Ltd.

2022 has been an excellent year for the U9 Girls across both codes, training and playing games across the full year, bar the summer break in July and August. We maintained a core panel of c. 38 girls across the year with new additions joining throughout along with some natural attrition. We continued to train on both Tuesday and Friday nights with games each Sunday morning. The panel numbers maintained at these levels is excellent and is testament to the enjoyment the girls have for both codes.

The mentor group has remained in situ from the previous year bar one volunteer stepping back due to work commitments – this has left us with a core mentor/volunteer group of 10. The dynamic within the mentor team has been excellent and the high number of mentors available has given the team a strong sense of continuity - even in holiday season we always had a high number of mentors available for training & games thus progression was not slowed within the team. Three of the mentor/volunteer group undertook the Award 1 Child Coaching Course in March 2022 and same has allowed for new training/drill ideas for the team across the year.

The skillset within the girls has progressed significantly throughout the year with more challenging drills being introduced whilst always incorporating the fun element in each. The girls all seem to enjoy each training session and arrive in a very positive mindset, showing that they are really enjoying their times in Round Towers. Game days each Sunday show that the girls

love the competitive element of the sports, and this bodes well for the team moving into the future – whilst having the competitive element they are also a very sporting group and same is clear each game day and their parents should be very proud of same.

We were kindly provided sponsorship from Loxam in early 2022, via a parent of a panel member, and same allowed us to purchase training tops and hats for all panel members and matchday jackets for the mentor group. The girls were delighted to get their personalised gear and have been wearing same with pride across the year to both training and matches.

The mentor's group are all fully supportive of the new Towers Abú initiative and would be very confident to say that they have always instilled these values from day one with this team. Overall, this has been another excellent year for the Under-9 girls across both codes and we look forward to more fun times across 2023 and into the years thereafter with this excellent group of girls.

Under 9 Boys Football and Hurling

Mentors: Colin Lawler (Football), Wes Brien (Hurling) (16 mentors in total)

League: Go Games

Sponsors: Castle Vets, AID electrical & Aqualine heating and plumbing

We are currently competing in the Go games. We're in a 3 and 2 team league for football and a 3-team league for hurling., with a total number of players being 55, 44 of which are dual players. 10 play football only and one plays hurling only.

Our hurling team performed brilliantly at the Sean Bowden memorial tournament @ St. Mark's GAA in July, and it was a bonus winning the tournament too. Clubs represented were:

Round Towers
St. Mark's
Stars of Erin
St. Anne's
Lucan Sarsfields
Good Counsel
Commercials

We're continuing to make good progress in both football and hurling. We managed to retain and recruit more players despite the draw of other sports (i.e., soccer, rugby etc). Our mentors are highly motivated and committed to the team and to club activities/courses. We have built up a very good rapport with the players and their parents and hope to build on this in the future. Tower's Abú!

Under 10 Girls Football & Camogie

Mentors: Sandra O Connor, Philip Duffy, Paul Kavanagh, Thomas Cullen, Méabh Milton, Alan Milton, Bernie Wall, Jonathan O Brien, Rachel Johnston & Willie Kennedy

League: Go Games U10

Sponsor: Husqvarna

The panel for 2012 girls started the year with 36 across both codes. There are now 49 girls on the panel for Football and 44 for Camogie. We completed the year with 3 teams across both codes for the Go Games. This was the first year the girls had a full term of matches. Our mentor team also grew to 10 mentors. On the 18th of June 2022 we held our first sponsored event where the girls and mentors all completed a Solo Mile to raise funds for the team. This was held in Monastery Road and was a great success. As a team we also had the privilege to play at half time in Croke Park on 25th June during Dublin-v-Cork against Dunboyne. The girls were quite nervous before and at the start of the match, however after the first 2 minutes the girls came into their own and not a point or goal was scored in Towers side. This was an amazing experience for the girls and mentors alike and they did the club proud with their performance and behaviour. As a team we cannot wait plan and see the progress next year has for our girls as U11s teams.

Under 10 Boys Football and Hurling

Mentors: William O' Connor, Brian Costello & 12 others

League: Go – Games 3 team

Sponsor: Darius

County Representation: N/A

It has been great for the players to have their first full season concluded. The team has competed well every week in both codes and are a formidable force who fear no opposition. Their skills levels have improved dramatically over the year. This has been helped by the number of parents who have taken up the role of mentor.

Next year, we begin playing 11- a- side and we are looking forward to it.

We would like to take this opportunity to thank our sponsor Darius, for supplying our training tops and who has fed the team on two occasions.

Under 11 Girls Football and Camogie

Mentors: Dermot Breslin (lead for both), Emmet Rogers, Fergus Byrne, Brian McDermott, Lisa Russel, Tricia O'Connor, Fergal McDonagh

League: Football- 3 team, Camogie- 2 team

Sponsor: Jardine's, Cedar Craft Carpentry

County Representation: N/A

The girls football team has grown from 42 to 57 in the past year which is amazing. I think we are one of the biggest, if not the biggest team in the club. In camogie, the numbers have remained steady, losing a few and gaining a few, with 30 players currently.

As our player numbers grow, the number of mentors doesn't follow suit. We usually have just 3 mentors dedicated to our team. The others are affiliated with other teams so are not available for all training sessions, matches etc. As lead mentor I find that the training sessions are dictated by how many coaches are available and therefore difficult to plan. I find that the training sessions suffer because of this. On average its usually 1 coach per 12 to 15 kids on a weekly basis. The girls 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. There are opportunities for parents to come on board.to help.

Progress and development are coming along well and are one of the strongest teams in our 3-team league. More support and participation from parents and other mentors could allow this team sore to greater heights. We trained in Corkagh Park all year. The introduction of the new portable goals and nets are great. A 3rd set of goals and nets would be of benefit to allow the teams with greater numbers of players play in this location. I would appreciate some assistance or advice from mentors who have previous experience with this transition so that we are well prepared.

Under 11 Football & Hurling

Mentors: Paul Goff, Rory Fitzgerald, Eddie Tuite, Ger McCormack, Siobhan McElroy, Aidan McClelland, Sam Walsh, John Groarke, Stephen Rogers, Donal Ryan, Niall Cassidy, Mick Ryan

League: 3 team all-county Football, 2 team all-county Hurling

Sponsor: Specs Savers and Flower Factory from the Mill

The core objective for the management was to continue skills development and keep it FUN. We maintained a panel of 45 players and dropped to 29 for Hurling. We worked hard with the panel to ensure they played to the best of their ability.

The improvement in boys' skill level was encouraging to see as the year progressed. The Hurling team have performed to a very high standard in their go games, and we continued to work on basic skills at every training session. The football 3 teams worked hard and put in some good performances during the year. We continued to focus on the basics in both codes.

Thanks to the players and their parents who continuously support and attend the matches regularly. The passion and support from the side-line was brilliant and long may it continue.

Finally, a special thanks to the Juvenile committee/facilities team for their continued support and encouragement throughout 2022. We look forward to continuing playing a role with the boy's development as they move into U12 grading and hopefully encourage more boys to join our team. We had more boys joining late in 2022 which is great to see. The coaching workshops also helped with some new ideas and was well supported by the team's mentors.

Under 12 Ladies Football

Mentors: Gerry Courtney, Ossie Murphy, James Doherty, Liam Gleeson, Hughie Mc Gonnagle, Anto Davis, David Taylor, Jennifer Smith, Joan Gleeson

League: Group 3 (grading year)

Sponsor: Super Valu, Rowlagh

Setting out at the start of the year our objective was to perform well in our grading year. While trying to give all the girls playing time and seeking the player to do their best, at the same time, throughout the year, earned the team 10 wins out of 12 games, which is a great return from the girls.

We look forward to hopefully playing in Division 2/3 next year with one team and Division 8-10 with our other team. Finally, a special thanks to the Juvenile committee for their continued support during 2022.

Under 12 Camogie

Mentors: Fergal Mc Donagh, Liam Gleeson, John Nolan

League: (grading year)

Sponsor: Greenlight & Supervalu

This year 2022 we fielded 23 girls in Camogie working closely with the under 12 Girls football team. Our final year of Go Games was very successful in setting the girls up for their next year of competitive leagues. The girls played 5 games before the summer break and 4 after and we incorporated several challenge games. With a lot of new girls taking up

camogie this year we streamed most of the games with an A & B team and we're very successful.

The attendance at training and matches was excellent and the improvement in the girls has been clear to see. The hope is to enter one team into the camogie league and championship next year.

Under 12 Boys Football and Hurling

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

League: Hurling Divisions 1&12. Football Divisions 2,12 &16.

Sponsor: Tradehire Recruitment Ltd.

County Representation: N/A

Within the region of 45 boys on the squad this was a year of development for both mentors and players as we moved from Go Games to playing in leagues. It was the first normal year we've experienced since 2019. Restarting training in January saw us getting ready for grading games. These went well but it quickly became evident that we needed an extra team in football to accommodate our numbers and to maximise game time for our players. This increased pressure on mentors as there was now an extra game to attend. Over the Summer the lads went to the gym and the feedback from this was very positive.

All our teams were very competitive in their leagues, and we would be hoping to play at similar levels next year. We will be going 15 a side on a big pitch next year so it's important that our players adjust to this. With our teams playing at different levels the gap between teams can be significant. Mentors will be working on narrowing this gap. Ideally, you'd like to only have a few divisions between your teams so that players can easily step up. This should be a long-term goal for the club.

Under 13 Ladies Football

Mentors: Janette McKenna, Mark Casey, Alan Milton, Peter Caffrey

League: Division 2 and Division 8

Sponsor: Mill Centre and Pandini's Restaurant

County Representation: N/A

Our first year in competition with 2 teams and it's been a great year for the girls. The Green team ended their season, defeating Cuala to win the Division 2 Shield. The team worked hard during the league campaign securing promotion to Division 2.

We worked on developing the skill level on the White team, and the girls showed remarkable abilities and willingness. They were narrowly defeated

by St. Sylvester's, in their Division 8 championship semi-final. With our growing numbers, we've had to adapt our training sessions and introduce the fundamentals to develop the new players.

The girls were treated to a trip away to Mayo, to the Connacht Air Dome, a well-resourced monolith in the heart of rural Ireland. It would be an experience the girls would never forget. They played a challenge match against a team from Limerick, Monaleen CLG, which presented a display of super skills from both clubs.

Many thanks to the coaches for their hard work and dedication throughout the year and to the players and their parents/guardians who continuously support and attend the matches regularly. Also, thanks to all the Round Towers members who travelled and supported us in our home and away matches throughout the year. Support from the side-line was brilliant and long may it continue. To finish the year with some silverware is always a bonus but this group deserved it for all the effort that they put in throughout the year.

Under 13 Camogie

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

League: Divisions 2 (Greens) and 6 (Whites).

Sponsor: The Mill Centre / Pandini's.

County Representation: N/A

In another step forward at juvenile level the club fielded two full camogie teams at one age group outside Go Games for the first time ever thanks to the support of a handful of U12 players and their parents.

The Green team competed well in the second tier winning three and losing three to earn a place in the second-tier championship. Early wins over Naomh Bríd and Castleknock and a narrow defeat to Na Fianna earned a semi-final spot where St Vincent's ended a hugely encouraging campaign.

The White team won four of their five grading games from divisions six and seven and beat Tyrellstown and Na Fianna and lost to Ballinteer in Division Six of the Championship before Faugh's ended their run, also at the semi-final stages. It was the norm to have more than 30 girls training once or twice a week (depending on the code week) and The Mill Centre and Pandini's ensured they were well togged out well for match days.

Thanks to the girls' parents for their ongoing support ensuring great attendance at training, clean jerseys for matches and well-presented pitches for games and to Dawn O'Neill and the Juvenile Committee for their sterling work. Thanks also to Mick McAdam and Gary Behan for their flexibility and their creativity in the allocation of facilities and finally to our

coaches for their commitment and dedication to keeping a hugely promising group enthused and engaged.

At the time of writing the group plans to travel to the Connacht GAA Dome in November to play Monaleen of Limerick to round off a great year for the panel. They are already looking forward to playing camogie at U14 level engaging further with the club's Long Term Athletic Development Plan and many more year's involvement with the club.

Under 13 Boys Football and Hurling

Mentors: Anthony Davis (Lead), Niall Kelly, Stephen Homan, Dave Costello, Brendan Meehan, Tom Ward, Adam Carberry, Chris Kavanagh, Lorcan Downey, Connie Ryan, Davey McCarthy and Darren Gilligan.

League: Division 1 & Division 8 in Football, Division 1 in Hurling

Sponsor: Portakabin Ireland Ltd, AR Systems, Colette Brocklebank and Secure Facility Services

County Representation (Hurling): Multiple players participating in Dublin development squads

The boys had a very successful season in 2021, when our A side finished the year in joint first place in the hurling grading level A group, and in third place in their football grading level A group. Our B side had a strong showing in grading level D hurling, finishing the season 6th in the 16-team group, and 8th in the group in level D football. The strong showing had our A side graded Division 1 in football and hurling for the 2022 season, a notable achievement, and our B side graded Division 8 in football (with the fall-off in players playing both codes, unfortunately a B side for hurling wasn't viable for 2022). Naturally, the shift to full size pitches and 15-a-side games has been challenging for our teams. This is particularly so when we are competing with clubs who have deeper squads and numbers to call upon, including off the bench in very competitive matches.

Our A side came out the right side of many tightly contested matches in the 2021 season (e.g., by 1-2 scores), and have found themselves coming out the 'wrong' side this year on several occasions, but still competitive and within 1-2 scores. Our A side finished 6th of 10 teams in Division 1 hurling and 6th of 9 teams in Division 1 football. Our aim was to retain Division 1 status in both codes, and this has been achieved. Our B side in football has been competitive in Division 8 with the boys finishing joint 6th of 10 teams in the Division. We retained our Division 8 status and hope to ensure we retain a second team, which is important for the boys and the entire U13 squad going forward.

The boys have showed immense commitment all season and put in the effort at training sessions and at matches. There is a genuine team spirit and indeed leadership within the squad. They have been encouraged to give constructive feedback on training and matches and to support each other. Some availed of gym sessions over the summer months and availing of

suitable team gym training next season will be valuable for the squad, as evidenced by the current U14 squad.

Sponsorship this season coupled with a successful fundraising drive, allowed us to kit out the team in new tracksuit gear, t-shirts and kit bags. This has further cemented the sense of team amongst the boys.

Over the course of the season, our mentor team has been expanded with the addition of former and current club senior hurlers and footballers, which have added greatly to the team, training and matches. We are very grateful to all the mentors in giving of their time over the season, and to all the players, parents, guardians and our fundraising team for their invaluable support and encouragement, including on cold and rainy side-lines.

Under 14 Ladies Football

Mentors: Robbie Downes, Gary Behan, Shane Maher, David Wilkie, Angela Uí Dhubhain, Tricia Kelleher, Andrea Bassett, Alan Forde

League: Division 2 - 20 girls, Division 7 - 20 girls & Single Code - Division 1 Equivalent 24 girls, beginning and finishing the season with 40 girls.

Sponsor: None

County Representation: None

The core objective for the management has been player development both on & off the pitch, improving friendships & a culture of respect. Feedback from the girls is that they enjoy training and matches and as coaches we are proud to see how they are developing their proficiencies as players, but more importantly us mentors are delighted to see what good friends the girls have become and how they support each other. Since U9 we have always promoted a culture of respect within the team for the girls themselves, their teammates, mentors, referees, and opponents. We have also an "encourage only" side-line and we are lucky to have mentors and parents who are on board with this. The starting selection for matches has always and still been based on attendance and attitude at training and not on ability, but we strive to ensure that every girl including subs play at least a half. Having just been involved with a successful fundraiser across the 4 codes played in our club at U14, we are looking forward to the team's development at U15 and the opportunity to participate in Féile 2023!

Under 14 Camogie

Mentors: Angela Quinlan, Paula Swayne, Paul Swayne, Shane Maher, Val Kennedy & James Sullivan

League: Division's 3 League and Division 2 Championship.

Sponsor: N/A

County Representation: Kitty Quinlan, Ruby Swayne and Molly Fennelly

This was another year of great progress for the girls. Following on from our promotion to division 3 we were operating at a higher level this year. With

the league running up to the summer break, the first half of the year concentrated on that. Our girls performed very well, winning all their matches, and achieving a second league success in succession. This will see them move up to division 2 in the league next year,

Following on from the league success the girls were promoted to division 2 for the championship. With several injuries impacting on what were already tight numbers the girls didn't enjoy any success here. It was however great exposure to operating at a higher level. While numbers were tight and having to on occasion use players from younger teams the team put in competitive performances. The experience will benefit the girls as they continue to develop as players.

Under 14 Football and Hurling

Mentors: Niall Reilly, Paul Wisely, Ken Coy, James Kenny, Shane Franks, Mark Ward

League: Division 1 – Football, Division 2 - Hurling

Sponsor: CORE Builders Providers

County Representation: Multiple players participating in Dublin developments

The objectives for the players and mentors of this group for 2022 was to resume competitive Football and Hurling with as many players (new and existing) as possible and push to compete at the highest level in the County. We started the year with 2 Football teams and 1 Hurling team with a total panel of 31 players. For the first phase of 2022 our Football team went unbeaten in Division 2 and got promoted to Division 1 where they qualified for a shield final and were narrowly beaten by a strong Castleknock team after extra time. The highlight for the season was securing their Division 1 status for next year's U15 Féile league competition.

In hurling after being promoted from Division 3 to Division 2 at U13 they remained very strong only to be beaten in the Cup quarter final and will look forward to a Division 2 U15 Féile league competition next year. A hugely successful fundraising Race Night was organized together with the U14 girls' teams within the club which allowed the teams order a full set of new club tracksuits and training tops for their 2023 season which will see them all well kitted out for 2023 and beyond.

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 2023 as they grow and follow in the footsteps of great Round Tower juvenile teams who have gone before them.

Under 15 Ladies Football

Mentors: Alice Dodrill, Austin Gaffney, Will McCabe, Amanda Gilsenan

League: Division 4

Sponsor: Peter Marks

County Representation: Aoife McCabe

The main objective for the management of our U15 girls was to bring home wins for both a league & Championship at the start of the year. We worked hard to keep our strong squad of 20 girls together for the year.

We had another good year in 2022 with the U15's. We reached the Division 4 Feile Final and were unfortunately beaten narrowly on the day by a good Cuala team. We went on to play in the Division Shield Final and again we lost marginally to a strong St. Margaret's team.

Aoife McCabe represented our team and her club proudly at the Dublin Development and we are hopeful to have another few girls go forward in January in the Dublin trials. We have a great bunch of girls with some real characters. We are looking forward to another good year and hopefully delivering all 20 girls on the panel to minor football.

Thanks to the players and their parents who continuously support and attend the matches regularly and bring girls to all their training sessions. 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 were brilliant and long may it continue. Finally, a special thanks to the Juvenile committee for their continued support and encouragement throughout 2022.

Under 15 Camogie

Mentors: Bernard O Sullivan, Eoin Ryan, Susan Greene

League & championship: Division 5

Sponsor: Sky Electrical Engineering Ltd.

County Development: Ella O Sullivan, Emma Gilvarry, Éabha Brady, Katelyn McKiernan, Shónagh Byrne, Katie Keegan

The core objective for the management of this team was to target League Féile and Championship this year 2022. Our League campaign was a great success as we won our League Division 5. Our girl's skill levels have improved with Bernard and Eoin working together with this great team of girl's.

On the 30/4/22 we hosted a Féile in Monastery Road, which was a huge success, due to everyone pulling together and enabling this great Event. Thanks to all club members and parents that helped with this event in such a short time scale. The panel of 24 girls, our under 15's and under 14's reached the final on the Sunday in Santry but unfortunately lost. We are

super proud of their achievements showing courage & determination and not giving up. A big thank you to Angela Quinlan and the under 14's girl's support to us through this campaign & this year.

The girl's championship campaign started the end of August 2022, and although we were knocked out in a semifinal, we went on to win a Shield Final in Corkagh park against Naomh Olaf's. It was a great achievement to have finished the year on a positive note for the team. In true Round Tower's form never giving up, we are very proud of all achievements this year & would like to acknowledge their training in the gym also for strength and conditioning Lee Sean & Andy, AP's Gym instructors, it's been a great bonus in team building also.

Thank you everyone, especially Gerry Coady who sponsored the girl's this year for Féile (Sky Electrical engineering Ltd) and, Bernard O Sullivan, Eoin Ryan & Veronica Morris for all the hard work and support this year with training. Special thanks to Val, Dawn & Jessica for the support and hard work. We have a great team in the under 15 Camogie team, they are growing in strength skill's & confidence with club and mentor's support they will continue to go on & achieve great things for our club, we have no doubt. Tower's Abú!

Under 15 Boys Football

Mentors: Mark Healy, Niall Byrne, Barry Quinlan, Robbie Waterhouse, Tom Gilvarry

League: Division 5

Sponsor: SpecSavers/Green Day

County Representation: Aaron Waterhouse

The objective for the management was to do well in Féile & gain Promotion to Division 4. Feile didn't go the way we would have liked & we bowed out at Semi-Final stage. We have had a very successful league campaign coming out as winners & therefore gaining promotion to Division 4.

We have a panel of 25 players, which can sometimes cause challenges in relation to game time. We are trying to work with the panel to ensure they can all play to the best of their ability. Our goals for next year would be to challenge for the Division 4 title & for a good Championship run.

Thanks to the players and their parents & grandparents who continuously support and attend the matches regularly. Also, thanks to the parents that help with pitch set up, umpiring etc. Also, a special mention and thank you goes to Paul Lindopp and Frank McKenna, in particular for all their years dedicated to this team.

Under 15 Hurling

Mentors: Paudge Byrne, Tim Greene, Philip Quinlivan, Barry Quinlan

League: Division 4

Sponsors: Specsavers Clondalkin

County Representation: Sam Mulvaney has recently been added back into the development squad training panel.

We have a small but committed panel of 17/18 players and have had back-up during the year from the U14 team. In our Féile this year, the team performed well and were Beaten by 1pt in the shield final after extra time.

The team was very competitive in Division 4 (6 team League – Won 2 from 5) including a 1 pt. loss to the eventual league winners. The team has shown a notable improvement this year and we are looking forward to competing at U16 next year. Special thanks to senior hurler Gary Quinlivan who has done some coaching with the team during the year.

Under 16 Girls Football (2 teams)

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

League: Division 2 & Division 7

Sponsor: N/A

County Representation: Aoife Robertson, & Rebecca Nolan

The year began with the 2 teams playing in Division 2 & Division 7 and both teams were very competitive in both leagues. The division 7 team were runners up and got promoted to division 6 with only 1 loss in the entire league campaign. The division 2 team had a mixed league campaign and finished mid table.

During the summer our 2 Dublin players (Aoife Robertson & Rebecca Nolan) won the U16 All Ireland with Aoife the captain of the winning side. Both girls represented Round Towers with pride and dignity. After the summer the girls competed in the Division 2 & Division 6 Championships and the division 2 team were beaten finalists in the shield final, which is a great achievement, and unfortunately the division 6 team were knocked out in the Semi-finals.

We finished the year with 32 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 and gym session.

Under 16 Camogie

Mentors: Aidan Robertson, Eoin Ryan, Veronica Morris

League: Division 5

Sponsor: N/A

County Representation: N/A

This is the first year these players have played at their own age group in camogie. We gained some new players who previously had only played football which gave us the opportunity to put in an U16 team this year. Numbers remained tight with a panel of 17 girls but with the support of the U15's we were able to field in all our games.

We came runners up in the league only beaten by a very strong St Finian's team. As we write this, we are in the Championship Final. These are huge achievements considering a lot of these players have not played a lot of camogie having only started 12 to 18 months before. The improvement was so good they were subbing up to the minor team.

I would like to thank the players for their dedication and commitment and the U15 players who subbed up. You are a credit to your families and to the club. I would also like to thank the parents and all the rest of the towers members who supported us at our matches and the various committees who made it possible for us to play these competitions.

We want to thank all the players for their dedication and hard work all year and their parents & families for their support and travel to the matches throughout the year. We wish them all best of luck as they move up to Minor Football.

Under 16 Boys Football

Mentors: Paddy Morris, Gary Behan, Ray Donnan, Sean Flynn, Lorcan Downey

League: Division 2

Sponsor: Hairlough Barbers

After a productive pre-season under lights in Moyle Park we began our division 2 campaign with a home win against Fingal Ravens. We finished the league in fourth place with 4 wins and 3 loss record. We were very competitive in every game and felt comfortable in Division 2.

After the summer break we began our B championship with an away win to Thomas Davis but then suffered back-to-back defeats which put us into the shield's competition. Away wins against Bridget's and Cuala have us in the shield's final against Oliver Plunkett's on November 26th.

As a group of mentors, we have taken on board a lot from Towers Abú and have attempted to create a positive attitude and positive culture within the group. We have held several team meetings and encouraged the boys to take control of the group, to be involved in how we train and how we prepare for matches.

The boys had team sessions with AP in the first part of the year and have been using the gym for individual sessions since. Conor, Andy, Lee and Sean have been a great help and there is a great welcoming atmosphere in the gym. Also, Lee has made the effort to come to some of the matches which as a senior player means a lot to the boys and us.

Lastly, I want to play tribute to the amazing bunch of boys we have. I started in the nursery with them in September 2011 and it's been a pleasure to watch them grow and mature into young men and I look forward to helping them represent towers for many years to come.

Under 16 Hurling

Mentors: Lorcan Downey, Ray Donnan, Paddy Morris, Gary Behan, Sean Flynn

League: Division 3

Sponsor: Hairlough Barbers

County Representation: Cillian Downey & Donnacha Desmond

We started 2022 with a panel of 17 players. Our focus for the first part of the year was a strong start in our league campaign in March and potentially push for league honors before the summer break. We also planned to introduce some of our U15 hurlers into our training sessions to increase overall numbers for match days and strengthen the overall squad.

We have witnessed the players overall skill level, tactical awareness and physical ability improve immensely. The allocation of team and single gym S&C sessions in the club gym with AP contributed considerably to this as well as our competitive league matches in our final year in CCC2.

We enjoyed a successful league campaign, finishing runners up, and our only loss was to the eventual league winners. Our league position put us into the 'B' Championship which commenced in September. At the time of writing, we have progressed through to the Shield Final. As a group of mentors, we wish to extend our thanks to the players for their commitment shown throughout the year at training and matches and their parents' continuous support.

Finally, thanks to Fiona and the Juvenile committee and the coaching games committee for their continued support throughout 2022. We feel privileged to have been part of this group of players since their first competitive match at U8 in 2014 and we wish them every success and enjoyment playing Minor hurling into 2023. Towers Abú!

Referee Coordinator Report

Juvenile Hurling, Camogie & Football

Another busy year for our match officials. A total of 312 games were covered both on our home pitches and away at u12 level. We also brought new Refs on board. 5 new Level 1 refs (u8-u10) and 4 level 2(u10-U11).

Our referees continue to be praised for their application and the quality they bring to the games. Our ethos is to make sure that the players have fun and referees are there to enable the enjoyment and the learning elements. I want to thank all the referees for their dedication this year and for those that have stepped away due to education and work commitments a huge thanks for your contributions over the years. To our mentors again a big thanks for your positive interactions. I know at times it can be disappointing, because not all games get covered but we do try to facilitate every game on the schedule.

Is Mise

Brian Douglas

Adult Games

Adult Games Committee

AGC met regularly throughout the year, thanks to Val Kelly; Veronica Morris; John Hoolan; Billy O'Connor; Michael Broderick and Martin Corrigan. The AGC is working with the Executive and it's sub-committees, Barry Gavin and co. and Armored Performance to develop and implement the Towers Abú strategy. In particular, the AGC is working to put management teams, player and team strategies in place to work towards Club goals and objectives.

Adult Team Reports Received:

Adult Ladies Football Team

Management Team: Frankie Roebuck, Ken Barry, Stephen Halpin, Pdraig McCarthy

Competitions: Division 9 League, Division 9 Cup, Junior G Championship

The Adult Ladies Football team enjoyed a great year of success on and off the pitch, with a panel of 30 players and averaging 20 players at each training session. The management team ensured all players felt welcome and a valued member of the panel throughout the season. The team won the League title and remained unbeaten in the league campaign. The Championship was the main aim of this team for the season. The players committed to their goal and were successful in securing an Adult Ladies Football Championship. The team followed up this victory with a successful Cup campaign. From three competitions the ladies secured three victories – a very successful season. A small note to thank all club members and the wider community for their support of the ladies football adult team this season, it did not go unnoticed and it is greatly appreciated.

Adult Mens Second Football Team

Management Team: Mark Healy and Niall Byrne

Competitions: Division 5 League, Junior 1 Championship

It was a successful year for our group with lots of positives to be taken. We maintained our Div 5 status which was not the season goal but in a challenging season became our main concern. Covid / injuries to players / holidays were all factors. We called upon our U19s to help the team and also develop those players for adult football and we'd have being in trouble only for them. Great lads with good attitudes. We got Team sponsorship with Woodfired & Wings and hopefully this partnership is maintained. New Jersey's were got and we got Match Day / Training gear for over 50 junior players from junior 1 & 2 teams. Everyone in the one top was very important. One club One identity. Championship, we got into the junior 1 -

1/4 final only to be beaten by Ballinteer St Johns. In a higher championship now so maintaining that is very important. There are over 35 players on the junior panel now, built over 2 years. Hopefully the new management will maintain this high standard we set and push it onto the next level of success.

It was a great honour to manager and win a championship and it's something down the line I hope to revisit again and maybe gain more success. For now a new challenge was needed and I'm very excited about it and looking forward to what will come in the months and years ahead. Many thanks for your continued support and backing in the club. Mark Healy.

Minor LGFA

Management Team: Ken Byrne, Keith Bracken, Kevin Condon, Wayne Melia and Ciara O'Brien. Female Liaison: Veronica Morris. Stats: Jake McGuirk.

League: Div 3 – Seventh

Championship: Div 5 - Winners

Sponsor: Impact Engineering Plastics

A bi-monthly report was submitted to the Chair of Adult Games highlighting areas that required attention from both the team and the Club's perspective. An annual periodisation plan was utilised by the mentors along with a 4 weekly training plan. This was communicated to the team via the Spond app in advance of each session.

Armored Performance supported the team with the following between October and November 2021:

- 9 Strength and Conditioning sessions
- 1 90-minute Speed and Agility test
- 1 Counter movement jump test

Due to the increased risk of Covid Omicron transmission it was agreed to postpone the weekly S&C session. This was less than ideal from the players S&C perspective; that said, it allowed the team more time to improve cardio and basic skills by holding a 2nd weekly session with a focus on fitness with a football.

The mentors facilitated 73 training sessions during the season with a focus on improving the fundamental skills. The Club Facilities Committee supported the team by including our home games in the Monastery Road pitch rota. The U16s supported the team by making 15 players available for the Championship: 6 per game.

Key takeaways:

- We are supportive of the Towers ABU philosophy i.e., ensuring that the technical pathway is coached from U8s to U12s. This will support each player reaching their true potential thereby providing a stronger base for the minor teams to be competitive at.
- Supportive of an emphasis on having at least two teams at every level to accommodate players at the various skill levels.
- Supportive of the Towers way i.e. players fulfilling their training and match day obligations with their own team before being facilitated to play up.

Under 18 Minor Camogie

Mentors: Veronica Morris, Val Kelly, Aidan Robertson & Eoin Ryan

League & Championship: Division 4

The purpose of all minor teams is to have players continue to play against players of similar physical stature and prepare them for senior camogie. Many of the players this year, are already playing up to and supporting the senior team and in addition almost all of our players are also Minor footballers.

We had several discussions with minor footballer (Ken Byrne), and thanks to that positive relationship we agreed to reduce some sessions to mitigate player fatigue.

We allowed all the minors to attend senior training this year as many of them were playing senior. We intend to keep them separate next year as almost all are only out of U16 grade. In fact, we would not have been able to field a minor team without the U16's.

We have a steady league run and only commenced minor training as preparation for the championship. We did very well to reach semi-finals having a great comeback win over Kilmacud. Were it not for a clashing football fixture we would have been confident of reaching the final.

That panel is now about to commence an u21 championship and considering we were the winners of last years u20's, we are hopeful of a solid run and another final appearance.

Senior Football – First Team

Mentors: Kevin Leahy, Denis Kelly, Alan Milton and Mark Taylor.

League: AFL 2.

Championship: SFC B

After the excitement of a strong championship run in 2021 and a return to the senior ranks, 2022 proved to be a year of consolidation for our flagship football team. With the outgoing panel largely intact there was additional game time for some younger panel members.

A sluggish start to the league having operated with a depleted panel for some of our early league outings left the team with work to do with only a win against our namesakes from Lusk to show from the first five outings but the challenge thereafter was embraced. Four wins and a draw from the remaining nine games was enough to secure a midtable berth.

A welcome return to the senior B championship produced a defeat against St Sylvester's, a win over Trinity Gaels and a dramatic draw with St Brigid's – a result which denied us a passage to the quarter-final by virtue of scoring difference. It was the view of the outgoing management that a small improvement in application could lead to significant progress and the strategy work taking place in the club around culture and goal setting is to be welcomed.

A special word of thanks to Pádraig MacCarthy for his assistance in the area of statistics and to the facilities committee for their flexibility in helping to provide training slots and facilities. Thanks also to Louise Stynes for her support with the team gear, Conor Clifford and the AP team and to the officers and the Executive Committee for their support over the course of the season. Buíochas also to those who assisted by fulfilling the role of umpire or sideline official in games.

Best of luck to long standing team and club member Derek Murray in his ongoing role with the county senior ladies team. Finally, every best wish to the panel of players and the new management team for the 2023 campaign.

U17 Hurling Team

Mentors: Billy O'Connor, John Hoolan, Pat Lawless, Paul Whelan & Jimmy Coleman

League: Division 2

Championship: B Championship

Sponsor: Nyhan Wood

The U17 hurling team had a good year in terms of league performance and progression in championship. Overall the panel acquitted themselves

extremely well. They trained hard and everyone got plenty of game time throughout the league and championship. Using the league as an opportunity to develop some players a strong championship followed with progress to the semi finals. Although we did not manage to progress great credit must go to the players for the hard work and commitment shown throughout the year. A big thanks to the U16 management for their support with players being made available. Also a big thanks to all the parents for their continued support.

U17 Football Team

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

League: Division 3

Championship: C championship

Sponsor: Power Tool Hub

The U17 Football team had a challenging league but the performances improved as the year went on and could see a lot of improvement come Championship.

We had some fun along the way also as we did a team bonding day in the Curragh and we had a great trip to Lahinch in which we played Enistymon in a challenge game and they all enjoyed themselves and helped bring the group closer together.

Overall the team trained well and everyone got plenty of game time throughout the Year.

We got to the 1/4 final of the championship only to lose to Clan Na Gael by a small margin, a game the team felt we could have won. Although we didn't go through to the Semi the team should be proud of the efforts and commitment shown during the year.

Thanks to the parents for their continued support throughout the season.

Adult Camogie

Management Team: Brian Douglas, Mick O'Meara, Dawn O'Neill

Adult Cup: Junior 2

Championship: Junior 2 **

Following 2 very successful years and back to back promotion 2022 was a year of consolidation. The early part of the season covering the Junior Cup was an opportunity for younger players to establish themselves in the squad. The work underway at juvenile level is beginning to bear fruit and many of the current Adult squad have transitioned into Minor and Adult very well. We want to extend our appreciation to the Armour Performance team who worked with the squad in delivering an appropriate S&C programme.

Our Championship run started very well and we qualified for Championship semi final with a game in hand. We came up against a very strong Good Counsel outfit who went on to win the competition but who we gave a very strong test to and on another day the game could have gone our way.

We want to thank the players for their dedication to the cause and who make the management teams job a pleasure. Also want to thank all our supporters for their support throughout the year. A big congratulations to our Dual players on your football success and a call out to the football management team for your ongoing cooperation. 2023 looms and we are as ambitious as ever. We have some new talents joining for 2023 and some returning experience , so the future looks bright. Towers Abú.

Gaelic 4 Mothers

Numbers have fluctuated but steady 15 - 20 players. Not many matches this year (1 vs St Anne's) and represented the club at a charity blitz in St Pat's Palmerstown. Very welcoming bunch of ladies. Any newcomer made feel at ease regardless of abilities. Plan for 2023 - Get more involved with other clubs for matches and to prepare for national G4M+O Blitz.

Gaelic 4 Fathers

Over 40 members involved with the vast majority also coaching at juvenile level. Participation in the annual GFD's and Lads tournament in Abbotstown in June. Participation in St Anne's masters tournament in August. Games against Shankill, Robert Emmets, Geraldine Moran's and Thomas Davis throughout the year. 26 members travelled to Düsseldorf in Germany in September and played a friendly game against the local GAA team. Very successful and enjoyable trip. Always looking for new members, no previous experience needed so all welcome.

Referees

A big thank you to all our referees young and old across juvenile and adult games in GAA, LGFA and Camogie. There are too many to name, which is a great credit to the work that has been undertaken to increase our referee numbers in our club. A task that is not always fun or easy but deserves respect from all who attend our games, from players, mentors and supporters. Without the referee there would be no games and we will be distributing the updated Give Respect, Get Respect campaign information to our membership in early 2023.

If you are interested in getting involved and picking up the whistle, please contact Brian Douglas, Carol Cryan or Dean Alford.

The Dermot Earley Youth Leadership Initiative

The Dermot Earley Youth Leadership Initiative started in our club in November 2021. We had 18 young participants who took part in the programme and recently graduated from NUIG with a level 6 third level qualification in Youth Leadership and Community Action for their efforts.

During the programme participants will gain aptitudes in essential leadership skills in a safe and supportive environment. Module one focuses on the individual and their leadership skills, building their self-awareness, community skills, values, and communication skills. Module two focuses on their ability to lead as part of a team enabling them to cultivate their skills further. Module three focuses on the participant's individual leadership aspirations and offers the participants the opportunity to lead their own project within their community from conception to completion.

2022 saw 24 young club members across all codes sign up for the initiative. We are delighted to see that the programme has grown. We would like to acknowledge the contribution of our volunteer tutors who give of their time to deliver the sessions in this programme. It simply would not happen without them.

Oifigeach Gaeilge / Irish Officer

Síomón O Breaslain

Nóta ónár n-oifigeach Gaeilge.

Tá áthas orm a thuairisciú go raibh bliain thar a bheith rathúil againn maidir le cur chun cinn na Gaeilge ar bhealach spraiúil sa chlub. Ba iad na buaicphointí ná na himeachtaí a bhain le 'Seachtain na Gaeilge' agus úsáid na 'Cupla Focal' le linn na féile.

Bhí bród orainn go bhfuair muid duais ó fhondúireacht Seosamh Mac Donnacha. Sé an rud atá í gceist leis an fhondúireacht seo ná seirbhís tacaíochta a chuireann Glór na nGael ar fáil dó chlubanna ar mian leo an Ghaeilge a fheabhsú. Fuair muid an gradam cré-umha, beidh muid ag iarraidh an gradam airgead a bhaint amach an bhlian seo chugainn.

Bhain ár gclub agus an phobal áitiúil aird náisiúnta amach nuair a ghlac ár mbaili óga pairt sa sraith teilifíse TG4 C.L.U.B. Is í mí na Samhna a craoladh an clár sin agus léirigh sé cé chomh mhaith is atá an teanga í gCluain Dolcáin, sa chlub agus í measc an aos óg. Sa bhlian atá amach romhainn beidh muid ag cur leis an méid atá bainte amach againn cheana féin agus freisin ag cur leis an nasc atá againn le Áras Chrónain.

Beidh muid ag glacadh páirt arís í 'Seachtain na Gaeilge' agus an aidhm againn gradam airgead Seosamh Mac Donnacha a bhaint amach. Mar Chlub is é an príomhspríoc ata againn í 2023 na leanúint ar aghaidh le cur chun cinn na Gaeilge ar bhealach tarraingteach, cuimsíteach agus spraíúil.

I am delighted to announce that we had a hugely successful year promoting the Irish language around our great club in a fun and inclusive way. The highlights were some great events around Seachtain na Gaeilge and promoting the “cúpla focail” around the club over the festival.

We were proud to have achieved a Joe McDonagh Foundation award. 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. We received the bronze award and took steps to achieve silver.

Our club, community and young members then came to national attention with our participation in the TG4 C.L.U.B series. The program aired in November and was an outstanding representation of how the Irish language is thriving around Clondalkin, our club and with our young members.

The upcoming year will be all about building on these successes. We'll aim to keep building on our relationship with our friends in Áras Chrónáin. We will have some fun taking part in the Seachtain na Gaeilge festival again and we'll will aim for the Joseph McDonagh silver award.

Our main goal as a club for 2023 will be to continue promoting the Irish Language in an engaging, fun and inclusive way.

Facilities

Michael McAdam

This year seen the creation of a Facilities Officer position on an expanded Club Executive in line with the commitments under Towers Abú and the establishment of a Facilities sub-committee. The remit of the Facilities Team is to help ensure that the facilities and infrastructure available to the club are sufficient to meet the clubs drive for excellence.

A facilities team plan has been written identifying short-, medium- and long-term goals, which are being regularly reviewed and updated. As the plan is further developed, estimates and quotations are being sought to help financial planning and applications for grant funding.

Some of the key achievements this year include:

- Independent, professional pitch assessments carried out for Monastery Road, Moyle Park and Coláiste Bríde, and multi annual maintenance plans drafted. Significant works in all 3 venues were carried out in 2022 under those maintenance plans.
- The Facilities team engaged with Sportskey to develop a pitch and facilities booking application to enable booking requests to be made and for the use of the facilities to be tracked and managed in line with the maintenance plans.
- Initial CCTV pitch drainage assessment of Monastery Road pitch to help plan works.
- Clean and out refit of containers at Corkagh Park and Community Centre.
- Provision of keys to mentors.
- New green and white flags for all pitches and the provision of good quality mobile Juvenile goal posts for Corkagh Park.
- Retained access to 2 Council pitches in the Community Centre and 3 pitches in Corkagh Park. Significant drainage works on pitch 49 (the small pitch) in the Community Centre deferred by the Council until mid-2023.
- An agreement was reached with Coláiste Bríde for access to the school pitch as a future Centre of Excellence for the clubs' ladies and girls players, this agreement includes access to carparking spaces and toilets.
- A series of meetings were held with Moyle Park College during 2022, resulting in a formal agreement between the club and the College for the continued use of their GAA Pitches. The agreement includes a commitment to carry out a multi annual pitch maintenance and improvement programme and for the grass to be cut at a suitable level. The agreement will be reviewed every 2 years.
- The establishment of a cross club group to review opportunities for Artwork in Monastery Road resulted in the engagement of an Artist and grant funding for artwork to be carried out in 2023, initially in the dressing rooms and the skills wall.
- Discussions with “Trees on the Land” charitable group for the provision of trees in suitable spaces at Monastery Road.

- The commencement of work to create a club Energy plan to identify energy savings and to put the club usage on a more sustainable footing.
- The club purchased Portable LED lighting and have approved for the repair and upgrade of the high-level fixed flood lights in Moyle Park to enable access to grass pitches during winter months.

Communications

Communications Committee: Pdraig MacCarthy, Caitríona McGrath, Michael McGlynn, Aislinn McDonnell, Dermot Milton, Gillian Whelan, Martin Ryan, Alan Milton, Aaron Douglas.

The main function of the Communications Committee is to oversee communication within the club and with the public on behalf of the Club, presenting a positive image of the Club and Cumann Lúthchleas Gael within the club, in the local community and beyond.

Our focus for 2022 was

- a. New Website – In partnership with Club and County web developers, the communications committee designed and launched a brand-new club website in 2022. Our previous website had been corrupted, but we managed to save most of the material and place it in archive on our new website. We will continue to develop this new website so it can a) become the first point of information on all topics for all members b) Allow us to share events, successes, announcements etc c) Provide an information platform for all our coaches d) Promote our partnerships with businesses both locally and nationally and e) Host Galleries of all club events. We would encourage all members to use the website, particularly the download section, to search for information they need on club matters, and tell us what we may be missing.
- b. Member's handbook – Following on from the work of previous communications committees, in June, we launched the first club members manual. The aim of the manual is to provide new and existing members with introductory information to Round Towers GAA Club and the GAA in general. It is our intention to update this manual in 2023.
- c. Social Media – The club operates officially on 4 social media platforms: Facebook, Twitter, Instagram and most recently Tik Tok. Everyone should be familiar with our Facebook, Twitter, and Instagram accounts. In 2022, the communications committee increased the frequency of posts on these platforms in an aim to keep all our members and our wider audience up to date on all club affairs. Our Tik Tok account is a new venture, developed by one of

our DEYLI participants, Jake Murray. This a video sharing platform that we hope can be used in the main by Coaches to share skills videos and perhaps set some skills challenges.

- d. Email and Club Notes: In cooperation with the club secretariat, the committee generated a list of email address of all members from the Foireann system and use this list to periodically send information to club members. If any member is not receiving these mails, they should pass their details to a member of the Communications Committee. There were some monthly club notes sent and in 2023 we will have further discussion on this matter, perhaps with a view to developing a periodical newsletter.

The Communications Committee is indebted to our club photographers, Tommy Keogh, Matthew Lysaght and Paul Keegan and every other member that takes and submits photos that chronicle our sporting and social events. I need to say a special word of thanks to Caitriona McGrath for her enormous contribution in this area. Finally, I would like to thank all members of the communication committee for their valued input in 2022.

Looking forward to 2023 we would invite club members who may have an interest or skill set in web editing, journalism, photography, graphic design, social media, or any related media area to join our group.

Financial Position

Treasurer Damien Murray will give a detailed analysis of this year's financial figures.

- Met all day to day expenses as they fell due.
- Positive increase in membership subscriptions during the year.
- Improved bar performance due to reduction in restrictions.
- I would like to acknowledge the following for their work bringing in much needed income;
 - Lotto committee
 - Recycling crew
 - Croke Park Annual fundraising team
 - Sponsorship committee
 - Social Committee
 - Jimmy and the bar crew
 - Frank and the xmas draw committee.
- Affiliation fees for the year were €71k.
- We continue to invest in coaching and games with the first full year of our LTAD program.
- We have spent €54k on playing equipment during the year.
- We have invested €49k in fixed assets, including spend on our physio room, mobile floodlights and mobile goals.

- While we are operating at a satisfactory financial level further income and efforts will be needed to achieve our Towers Abu goals.

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. 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 the Communications Committee 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

2022 saw the launch of the GAA's new Foireann platform as the sole portal to function as a one stop solution for all membership, insurance and team registration capabilities. Having used a dual system vis ClubForce & Foireann for the previous two years, it was a welcome change. Whilst the system was launched still missing several major functionalities, the vast majority of members, mentors and stakeholders have embraced the new system. Moving to a digital platform for membership proved too large a hurdle for a small number of members however.

Following two disrupted years for the GAA season due to COVID, we had our first full year of normal scheduled operations since 2019 and we successfully accomplished all registration milestones for GAA players, non-players, LGFA & Camogie. To this end, my sincere thanks to Dean Alford, Sharon Jordan, Dawn O'Neill, Mark Casey, Aaron Douglas & Pdraig McCarthy – without whom the large body of work needed would not have been successful. Thanks also to all mentors who engaged with me all year and have enough work on their shoulders!

With one eye on next year, the incoming Registrar should look at implementing the *Teams* function which will enable mentors to log into Foireann themselves and have a transparent view on their teams around who has paid / what their registration numbers are etc.

Membership has increased from 2021, 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 30th each year in order that they 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.

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 were one of six clubs to be selected to take part in a Pilot Scheme run by SDCC and Repak. This scheme is to encourage and bring environmental awareness to members and supporters of Round Tower GAA Club to recycle their cans & plastic bottles. In doing so, for every bag filled, the club receives €5.00.

Every Wednesday our team is onsite at Monastery Road collecting bags from members and our community. This pilot scheme has been very beneficial to our Club financially. We would like to see more members dropping bags off. This year our aim is to put segregated bins in place near the dressing rooms and pitches at Monastery Road. Therefor allowing our members to recycle more after training and games.

We couldn't continue with this scheme without the hard work carried out over the past three years by Séan Mc Namara, Brendan Cronin, Gerry Banks, Valarie Kelly, Edward O Malley, Jessica O Malley, Damien Murray, Phil O Connor, Billy O Connor, Rónan Delaney, Colm Halpin and Linda Halpin. If you have an hour to spare once a month, please let us know, 'as many hands make light work'.

Social Committee 2022

Members: Linda, Valarie, Jessica, Amy, Caroline, Cliona, Joanne and Rachel.

Disco Helpers: Laura, Molly, Kendra, Aoife, Dermot Earley crew
Following the Covid restrictions, the Social Committee were able to begin arranging Live Bands in the Clubrooms in February 2022.

Social Events which took place this year:

- Bingo Loco
- Tea Dance
- Jack Whelan on St. Patricks Night

- Abba Tribute Disco on Mother's Day
- Garth Brooks Tribute
- Farmer and Friends
- The Two Liam's.
- Elvis
- Line Dancing every Thursday night at 8pm
- In April the Social Committee assisted the Junior Footballers Championship winners with their Medal presentation night. A great night of music hosted by our playing members.
- **Our Juvenile Disco** returned in May 22. This event has been very popular. Tickets were sold out for all discos this year. It was 'The hottest ticket in town'.

Events coming up:

- Sunday 11th December 6:00-8:00pm - **Easy Swing** – Jazz
- Friday 23rd December 8:00pm - **Farmer, Séan, Eoghan and Mick**
 - Following the Ciaran Carr busk in village
 - Mince Pies and Hot drinks served
 - All welcome
- 26th December 7:00pm-9:00pm – St Stephens Early Evening Gig - **Jack Whelan**

As a Committee it was great to get back to socialising and having live bands again. Some events were well attended and we appreciate all support from our members and the wider community. The social committee would like to acknowledge the help from John Weafer throughout the year.

If there are teams who would like to host an event, please feel free to contact our committee if assistance is required, or if members would like to see events happening going forward, please let us know. 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

I would like to thank Jimmy Lee, Lara, Siobhán, Aoife and all the staff for their efforts throughout the year. Thanks to Frank Sherwin for his assistance also. Thanks to Shay Clifford who looks after the smart card system and programmes our tills when needed.

Club Shop

The club shop in Monastery Road is open Tuesday from 6pm - 7pm and Saturdays from 10am - 11am.

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. We are very grateful to the Executive for their support throughout the year.

Conclusion

I would like to acknowledge all my executive colleagues and thank them for their time and efforts throughout the year. It's been a privilege to serve in the Secretary role again. After a long ten years since my previous outing, it has been fantastic to see so much great work being done and I can see more progress happening again into next year and beyond.

I would like to extend my deepest sympathies to all members who have lost a loved one during the year. I wish to thank the wider membership for its support over the past year and I would kindly ask that you afford the incoming Executive the same continued support and goodwill.

As always I would encourage anyone from our membership, especially our female members and young adult members, who would like to get involved in any shape or form, be it to help at camps, discos, recycling evenings, the club lotto, social channels, match days, the Executive or Sub-Committees, to reach out and get in touch– the skills learnt by a young person in these capacities transition so well into the real world, coupled with the experience and guidance that could be transferred from an older, mature member, can help influence and shape the direction of our club, for which we are just custodians of those before us and those after us.

I wish you all a Happy Christmas and Best Wishes in the New Year to all our members and teams.

Is mise le meas,

Dean Ó Alford

**Dean Ó Alford
Rúnaí**

03 Mí Na Nollag 2022