**U5/6 team 2023**

**Coaches Junior Coache**

|  |  |
| --- | --- |
| **Coaches** | **Junior Coaches** |
| Paul Holland | Lizzie O’ Riordan |
| Grant O Brein | Emily Prout |
| Kevin O’Donovan | Rebecca Caffrey |
| Jan Foster | Kacie O Driscoll |
| Paul Allen |  |
| Craig Neville |  |
| Patricia Rice |  |

**Registered players in 2023: 34**

**Team report**

The year was a great continuation from last year’s U5’s who moved to U6 and the addition of 10 new U5 players. Training numbers were continuously high each week and we had a steady addition of players registering through out the season and as late as October. The girls showed great progress throughout the year with a noticeable improvement in their skill levels in the later part of the year.

We were fortunate to have a large and diverse coaching team this year which made organising and running training quite seamless. The junior coaches were a great help and were on hand each week

and we would like to thank them for their efforts. A huge thanks to the coaches, all worked well and supported each other and all plan to return next year.

**Weekly training sessions**

Training sessions were a mix of foundation level skill-based activities, fundamental movement and

fun activities. From a coaching perspective, the main emphasis on the first half of the year remained on making sure the girls have the correct grip, swing and strike. We purposely started and finished training with “fun games” to try to keep the girls engaged and ensure they wanted to come back each week. Once this was established on the second half of the year we were able to add more skill drills and move into matches with them.

**Selected highlights for the year**

* Continued strong attendance at every training session throughout the year and

the girls genuinely enjoyed each session and had real fun while developing their skills.

* As the quality of the training matches progressed we decided to run an internal blitz. The girls really enjoyed the blitz style and it was great to see the girls enjoy themselves. It was noticeable after the blitz the girls looked forward to the training matches more each week.
* The end of year disco & medal presentation was a great success and it was great to see the girls enjoy themselves.

**Date**

**U7 team 2023**

Carrigaline Camogie Club Annual Team Report for U7s

Coaches:

1. Timmy Higgins
2. Fintan McKenna
3. Laura Coso
4. Emma Crowley

Junior Coaches:

1. Fiona O’ Callaghan
2. Niamh Harrington
3. Aoibhinn Allen

**Team Report**

At the start of the year there were 13 girls registered. Numbers grew throughout the year and we finished with 21. We added three new coaches which ensured training ran smoothly during the summer months. Weekly numbers were very high with regularly having 18 or 19 at training.

This year we began by reinforcing the skills learnt in the U6s. We moved on to introducing “air hurling”. The girls practiced striking the ball in the air and the roll lift and jab lift. These were introduced gradually and will continue to work on next year. The junior coaches were a massive help in this regard. All junior coaches are very knowledgeable and demonstrated these skills clearly and with great patience.

We took part in a number of blitzes this year. These were a huge success. The girls enjoyed the competition and acquitted themselves very well. We took part in a mixed blitz with the U8 which went very well.

The focus of the coaching group was to ensure the girls enjoyed themselves so they wanted to come back the next week. As the year went we saw a huge improvement in the girl’s skill levels.

The coaches would like to thank the club, junior coaches and the supervisors/helpers for their help throughout the year.

**Highlights**

1. Hosting our first blitz. A lot of work setting it up but it was worth it and a great experience for the girls.
2. Increasing our numbers from 13 to 21 and high numbers every week at training.
3. End of year disco and medals was a huge success.

**U8 team 2023**

|  |  |
| --- | --- |
| **Coaches** | **Junior Coaches** |
| Padraig Curran  Peter Kirwan  Padraig O’Driscoll  Sylvia O’Keeffe  Ciarán Ó Séaghdha  Gerard Sheehan | Ruby Harris  Jessica Cox  Zoe Gardner |

**Registered players in 2023: 37**

**Team report**

The year was a great continuation from u7 and the girls did really well in training and in matches. As a coaching group, we set out at the start of the year to have at least 10 matches to give the girls as many opportunities as possible. We achieved that target and it was great to see the girls develop their skills and friendships over the course of the year. Weekly training sessions were very well attended and the girls showed great progress as the year developed.

Training sessions were a mix of skill-based activities and drills, fundamental movement, challenge and fun activities. From a coaching perspective, emphasis early in the year remained on making sure the girls have the correct grip, swing and strike. Later in the year, we further developed ground striking drills and also introduced some hand-based drills such as lifting, striking and hand-passing.

Aside from developing skills, training sessions continued to have a strong emphasis on fun and making sure the girls were enjoying themselves, strengthening friendships and looking forward to training each week. The strong attendance through to the end of the year was testament to this and it was also great to see a number of new girls register during the year also.

The coaches would like to acknowledge the support of the club, committees, junior coaches and supervisors/helpers for the help and support received in managing the u8 team during the year. The year was a great success and thoroughly enjoyed by all. In particular, the ongoing support provided by the street leagues committee to organise and manage training each week was excellent during the year.

**Selected highlights for the year**

1. 4 new joiners during the year and continued strong attendance at every training session through to the end of the year. The girls genuinely enjoyed each session and had fun while developing their skills.
2. The girls loved the various blitzes and matches throughout the year and did extremely well in every one of them. It was great to see the girls enjoy themselves and look forward to the matches but also try their best.
3. Finishing on a high – the end of year disco was again a great success and it was great to see the girls let their hair down after a busy year on the pitch.

**Appendix: List of matches in 2023**



**U9 team 2023**

**Coaches:** Brian Foster, Grant O Brien, Avril Cooney, Karen Driscoll, Aoife O Neill, Anthony O Leary, Eoin Dunne, Dave O Brien & Claire Gordon.

**Underage Coaches:** Jess Barr & Caoimhe Ahern

**Registered Players:** 38

**Matches Played:** 8

**Average Training Attendance:** 25 -30

We started back training on Saturday 18th Feb. Our focus this year was to improve on the skills the girls had already developed and also put a big emphasis on striking from both the ground and hand. The introduction of the additional Monday night sessions greatly helped the girls. We used these sessions to focus on skill development whilst also trying to keep an element of fun in play.

**Highlights:**

* We took the girls to Pairc Uí Chaoimh at the start of the season along with the u10 and u11 players to watch the Cork v Galway camogie league game. This appeared to really motivate the girls to work harder in training and all really enjoyed the experience.
* The All Ireland Camogie Final trip to Dublin was a fantastic day out for the girls, coaches and parents. Thankfully Cork got the result they deserved which made the journey home all the more enjoyable. A big thank you to Susan , Niamh, Amanda and Karen for organising a fab day out.
* The final highlight of the year was the playing the street leagues with the u10s. It was great to see the girls competative nature coming out. Due to the weather we played our finals on the 4G pitch in Bishopstown. Despite the downpour it was still a fun afternoon for all involved.

The focus for next year , while still working on skill development will be to organise more matches for the girls, to test their developmet against other teams.

Finally I would like to thank my fellow coaches,Jess and Caoimhe for turning up week in week out , Niamh and Amanda for organising the street leagues, Michael, Padraig and Mairead for all their continued hard work and the biggest thank you is to the girls themselves for making the sessions so enjoyable.

Brian Foster.

**U10 team 2023**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | |  | **2023** | **2022** |
| Teams played in 2023 | |  | **23** | **13** |
| Vs Blackrock  Vs Crosshaven  Vs Courcey Rovers  Vs Ballinhassig  Vs Kinsale  Vs Eire Og  Vs St. Vincent’s  Vs Erins Own  Vs Passage  Vs Sars  Vs Na Piarsaigh  Vs Ballincollig  Vs Tracton | Vs Sliabh Rua  Vs Ballygarvan  Vs Bishopstown X 2  Vs Douglas  Vs Nemo Rangers  Vs St. Finbarr’s  Vs Killeagh  Vs Youghal  Vs Dungorney  Vs U11’s  Street Leagues with U9’s | **Number of training sessions** | 32 | 38 |
| **Numbers of players registered** | 43 | 44 |
| **Max & Min number of players at training/matches** | Max 35  Min 14 | Max 44  Min 18 |
| **Players gained and lost since the start of 2023** | Gained 1  Lost 1 | Gained 4  Lost 4 |
| **Number of Coaches** | 10 | 10 |
|  |  | **Number of Supervisors/Parental helpers** | 7 | 11 |

**Highlights of 2023**

1. 35 players attended a ‘bonding trip’ to Perk’s in Youghal
2. Our trip to the Cork vs Galway Camogie league game in Pairc Ui Chaoimh with the U9s and U11s
3. Maintaining our registered numbers from 2022. While we lost 1 player, we also gained 1 throughout the year
4. Our players’ development and performances in games throughout the year

**Concerns from 2023**

1. The clash of Soccer training and Camogie training on Monday nights. Number dropped massively. Needs to be looked at.
2. The volume of training girls are doing between Camogie and LGFA (4 nights alone). Players are beginning to choose sessions. Needs a discussion between Camogie and LGFA.

**Thanks**

* Nicholas Murphy, Sarah Spillane, Pat Moloney, Hayley Fitzgerald, Caoimhe Spillane, Caoimhe Buckley, Eva Kissane, Alanna Dillon & Aine Barrett
* Niamh Finn and the Street Leagues Committee
* Mairead Buckley (Secretary)
* Camogie club committee

Brendan O’Driscoll

**U11 team report**

U11 Camogie

End of Year Review

**Coaches:** John Keohane, Claire O’Flynn, John Goggin, Cian Finn and Liam O’Leary. We also had lots of help from Lauren, Sarah, Aoibhe Finn and Chloe Cremin.

**U11 Registrations:**  37

**Weekly Attendance:** High – 37. Average - 32

**Training Sessions**: 80+

**Blitz’s:** 20+

**Season Overview:**

Registrations

Registration in March ran well for us. No delay from the parents which was an encouraging start. We had 6 new girls join this year. All doing well already. We lost 3 girls this year for various reasons. I think it is likely that we will lose 2 or 3 again in 2024.

Coaches

Luckily, we have managed to hold on to the core of the coaching group this year. Lauren, Sarah, Aoibhe Finn and Chloe Cremin helped coach the girls at various stages throughout the year, they have been a great help.

A huge thanks to the coaches, all worked well and supported each other. As far as I am aware, all will be returning next year. Robert O’Doherty has also started the process of joining us for 2024.

Coaching Highlights

1. Preseason training in KJ S&C. Two blocks pre and post-Christmas. Most girls attended.
2. Promoting extra practice at the wall ball - parents drove this also texting the group.
3. Tailored our training sessions based on ability for a few weeks during the summer.
4. Huge support from the parents again this year. So many of the parents took it in turns to help at the games.
5. St Patricks Day parade well attended and enjoyed by the girls.
6. Cork Senior Camogie league game v Galway in PUC. Well attended by u11s and parents. All had a great day out.
7. Played a huge number of games again this year. We entered 2 teams in all competitions. Mixed games v u12s and u10s were very successful again in 2023.
8. Camogie All Ireland Final Croke Park. Well attended by the u11s and parents. It was a great day out. Thanks again to the organisers.
9. End of year event organised by the club…greatly appreciated by the girls, parents, and coaches.
10. The u11 team raised the largest amount of funds for the Wallballathon.

Learnings

* The girls started back at training earlier than usual. We used the Astro from the 18th Feb. This gave us a good start to the year and the girls got in a lot of practice before the games started.
* The u11s got no chance to play up u12s this year as the u12s entered only one team. However the standard at u11 is quite high and most games we played were competitive and the girls were well challenged.
* U11s competitive blitz were cancelled early in the year. In hindsight it was not such a bad thing for our group. We organised plenty of games, there was less focus on winning and all girls got plenty game time.

We have a great group of girls at u11. They showed great teamwork and dedication all year. They worked hard on their skills, and we have seen massive improvement. They are good to organise meet ups at the wall ball on Wednesday evenings in particular when maybe their brothers are playing Carrig Og.

I would like to thank everyone on the coaching team, the committee and parents for making 2023 a hugely successful and enjoyable year.

Kindest Regards

John Keohane

**Calendar of events 2023**

* + Started back training on the 18th of February – Monday evenings and Saturday mornings
  + 11/03/2023 – Blitz v Sars
  + 17/03/2023 – St Patricks Day Parade
  + 25/03/2023 – Erins Own and Eire Og Blitz
  + 26/03/2023 – Cork v Galway Camogie Senior League PUC
  + 07/04/2023 – Blitz v Douglas
  + 15/04/2023 – Blitz v Ballygarvan
  + 23/04/2023 – Carrigdhoun Blitz – Ballygarvan and Courcey Rovers
  + 13/05/2023 – Challenge v Carrigaline u12s
  + 20/05/2023 – Blitz v Tracton and Valleys
  + 21/05/2023 – Blitz v Crosshaven and Courceys
  + 17/06/2023 – Blitz v Valleys, Ballygarvan and Ballinhassig
  + 18/06/2023 – Blitz v Sliabh Rua and Courceys
  + 24/06/2023 – Wallballathon Fundraiser
  + 08/07/2023 – Blitz v Ballygarvan, Kinsale and Crosshaven
  + 09/07/2023 – Blitz v Valley Rovers and Sliabh Rua
  + 15/07/2023 – U11 and U10 mixed tournament
  + 22/07/2023 – U11 and U10 mixed tournament
  + 29/07/2023 – Blitz v Kinsale, Courceys and Valleys
  + 30/07/2023 – Blitz v Crosshaven and Ballinhassig
  + 06/08/2023 – Camogie Senior All Ireland Final Croke Park
  + 13/08/2023 – Blitz v Erins Own
  + 20/08/2023 - Carrigdhoun Blitz v Ballinhassig
  + 26/08/2023 – Blitz v Newcestown
  + 03/09/2023 – Blitz v Aghabullogue
  + 17/09/2023 – Blitz v Clonakilty and Newcestown
  + 23/09/2023 – County Blitz v Sliabh Rua, Sars and Carrigtwohill
  + 07/10/2023 – County Blitz v Brian Dillons, Cobh and Kilworth
  + 04/10/2023 – County Blitz v Inniscarra, Ballygarvan and Newtownshandrum
  + 05/11/2023 – End of Year Medals and disco
  + 10/11/2023 – KJ S&C – start of 6-week block

**U12 team report**

Aim for the year:

1. Develop players

We identified 6 players that required extra attention to develop their skills set. These girls were picked as they showed commitment with attending training and willingness to learn. These girls have showed improvement in all aspects of their game and one has shown leadership that any team would be proud of.

2. Retained players /new players / injured players.

We currently have 31 players registered 5 new players and no leavers, which we are very proud of.

We have 1 player with an injury that ruled her out for the season and potentially for next year.

We also have a girl with a stress fracture in her leg, we are hoping they will both be back next.

3. Playing time based on training attendance:

We have 21 players with 60% attendance or higher (60%=11 players, 70% 5 players, 80% 5 players)

These girls were prioritized as starting for league games.

Players with an attendance of 50% or lower were rotated, therefore everyone got adequate game time based on their training attendance and ability.

For the newer girls and our development players we organised challenge matches giving these girls priority.

Games played:

We played 10 games in the league.

In phase 1 we won 2/3 games losing the game by 1 point. Therefore we were seeded in group 3 out of 10.

In phase 2 we beat Blarney/St Vincents/ Clonakility.

We lost to Bride Rovers / Fermoy/ Mallow by either a point or a goal. These matches were extremely competitive and we were unlucky with the results.

Valleys came out on top and won our group. Valleys were extremely strong for each team in our group.

Challenge matches:

We played 18 Challenge matches including blitzes, which we found it extremely hard to organize as you can't play challenge matches during the league. We had 4 matches organized but the opposition  pulled out for various reasons.

In the matches we did play we did very well.

We also played a challenge match against the U13 team, which was very competitive.

We had a few players playing up with the U13 team when required, this experience will stand to them next year as the team will go to 15 players, full pitch and size 4 sliotar.

4. Periods/sports bra

We as a coaching group came together, with permission from parents to talk to the girls about body development. With many girls beginning their menstrual cycle at his age, we spoke to them about how if they get their period while at training/matches they may not feel 100% and their coordination  may be off.

We made up a period pack which we keep in the medical bag. Pads/wipes/bags/underwear. The girls are more than encouraged to use these products if needed. Support and discretion from coaches is always a priority.

Sports bras: to avoid back pain and muscle injury we highlighted the importance of being fitted for a proper sports bra. We emphasised the science around damage to ligaments due to unsuitable bras.

Concerns:

Our main concern is different sports that are affecting our player through injury and having to choose what sport to pick.

Our girls are a talented group with most of the team playing soccer, Gaelic football and Basketball

We are in contact with coaches from all teams to avoid clashes as much as possible. We have cancelled challenge matches as girls are expected to play two games on the same day with the latter sport been affected. We don't want the girls having to choose one sport and have done our utmost to accommodate and support our players.

Overall we had a successful year with the development of our players.

I would like to thank Alison, Aine, Mary, & Ross without their help and dedication our team would not develop the way it has.

A special thank you to Úna for her help throughout the year as it has been invaluable.

Best regards

Dee on behalf of the U12 Coaches

**U14 team report**

Training sessions for season began in January, 2 a week, over 70 sessions to date.

49 registered, gained 2 U13s during the season, lost 1 U14 after the summer, 2-3 players very low attendances over season

U14 leagues kicked off in earnest under time pressure in April. In County league U14B2 played Sars on April 10th and won, played Aghabullogue on 30th April and lost, played Inniscara on 7th May and lost. U14B did not progress from group.

The U14 P1 had a pre league challenge against Midleton. We had 2 wins over Newtownshandrum & Inniscarra and lost to Killeagh. We progressed to the semi-final where we lost to a very good Aghabullogue side.

Over the summer we played P1 challenge games against Douglas, Sars, Inniscarra and St Finbarrs.

U14B2 Championship, first game v Valley Rovers on 29th Aug, tough loss, 2nd game v Clonakilty on 31st Aug another hard loss. Fr O Neills pulled out from group and St Catherine's conceded. No progression from group.

U14P1 championship did not go well for us. Between injuries and players not available we suffered a heavy defeat by Killeagh in the first round and while a little more competititive lost both our other games to Aghabullogue and Newtownshandrum. We did not progress from the group.

Challenges games for B2 team pre-season and during long gap between league and championship against Nemo, Aghabullogue, Kinsale, Carrigaline U12s, Inniscara, Douglas, Carrigaline U16s.

U13s Southeast League began 6th May

Carrigaline beat Courceys and beat Crosshaven and lost to Tracton in group to progress to Plate final, losing to Valley Rovers 4, 6 to 0, 1 on June 14th.

U13s participated in Garda Blitz hosted by The Barrs in May and invited back to Ballinhassig for the Declan Crowley blitz in Aug, delighted to attend both and keep on invite list for future events.

6 U13 players currently attending Carrigdhoun development.

10 U14 players currently attending Carrigdhoun development

Overall it was a very mixed year. For the Premier team the positives that were gained out of a good league campaign were negated by the way our championship went. We struggled after the championship to get challenge games and the way the weather affected pitches it was a very frustrating end to the season. For the B2 team, I felt that this group of girls who are a pleasure to coach and work with, got very little out of their season. They worked hard all year and stayed very positive overall but had very little reward for all that. I think we need to look at how we split the two teams going forward. I would like to acknowledge the effort of all the girls over the season. I thoroughly enjoyed working with them as a group and again acknowledge their effort and commitment amidst some very disappointing days. Thank you to the coaches in the group for your hard work and effort over the year. It takes a strong commitment to hold over 70 training sessions and manage to play over 25 games in a season. Finally I want to thank the parents for their support throughout the year.

Ricky O Callaghan

Trudy Caffrey

**U15 and U16B2 Teams 2023**

We began training in late January and the numbers have been consistent throughout the year. The U15’s competed in the Carrigdhoun League and Feile while the U16B2’s were involved in the U16B2 League and U16B2 Championship.

U15’s

In early March we were invited to play in the inaugural Marie Santry in St. Finbarrs. This was a good competitive tournament, with some close games. Next came the Carrigdhoun League. Due to Valley Rovers pulling out we were in a league with just Sliabh Rua. Eventhough, we got hammered by them, we qualified for a B final. Unfortunately, we were unlucky to be beaten by Tracton. We would rather have played more teams in the division instead of playing a final. The format of the league was very poor. The U15’s took part in Feile in late April, in Brinny. We played 3 games (Nemo Rangers, Blarney and Valley Rovers) losing 2 and winning 1. There were no more U15 fixtures for the rest of the year as the girls were involved with the U16B and U16B2 teams. At registration this year we lost 4 players, so our numbers reduced from 20 to 16.

U16B2

In the U16B2 league we played 3 games against Cobh, Douglas and Inniscarra. We had a good match with Cobh but lost out in the end. We were well beaten in our other 2 matches. Throughout the season we played Challenge matches against Passage and Inniscarra. In the U16B2 Championship we were in a group of 6 teams Sarsfields, Ballincollig, Eire Og, Cobh and Douglas. We were comprehensively beaten in each one of our 5 games. There is no enjoyment for players, coaches or parents when you are being beaten by so much. In the B2 Leagues and Championships we were competing with teams whose first teams are playing at Premier level or their entire team was made up of U15s (including Cork players). Our girls were up against it from the outset. This has been the case with our B teams over the last couple of years & I feel as a club this needs to be addressed asap.

One positive that can be taken from this year is that despite results not going our way the girls showed great strength and determination till the end of each match. They continued to show up week on week with a positive attitude despite the enormous battle they faced & massive credit has to go to the girls for this.

Another positive from the year was the amount of game time the girls got. While they were up against it in every match hopefully the match time will stand to them for next season.

A big thank you must go to Chris, Aisling, Geoff, Michael and Una for all their hard work & enthusiasm throughout the year.

The biggest thank you has to go to the girls themselves. I feel that we have a great group of girls who are willing to make an effort and try their best in everything they do. We now look forward to next year’s U16’s season in 2024. There are new and exciting challenges ahead, but this can only be a positive.

**Minor team 2023**

We had 11 minors registered most of which will be eligible for minor again next year,included it that group was one new player

We depended heavily on the u16 panel to help us field a team throughout both the league and championship so a big thank you to those girls for rowing in with us

The results didn't go as well as we would have hoped but to their credit the girls kept turning up any time they were called on

We played 3 league  and 4 championship matches without a win and had to give a walkover in 1 match as we couldn't field a team

Training was a bit hit and miss as again we needed the u16s to bulk up our numbers and they had plenty of their own games to concentrate on

A big thanks to all on the committee for their help throughout the year and to Geoff Dillon for falling in with us for matches /training etc

Overall a disappointing year results wise but the girls kept coming back and seemed to enjoy it so we'll take that

best regards, Tracy, Hayley Deirdre Gerald and Ger

**Intermediate team 2023**

**The Intermediate Camogie Team started Strength and Conditioning training on January 10th. The Management Team had met the panel in December to reinforce the need to commit earlier in the Season and the work required, with the belief that with the panel of players we could achieve success in 2023. A number of players had returned to Camogie and a number of Minors also joined the panel, so it really looked promising. Unfortunately, as the Season progressed, we lost 10 starting team players for various reasons including other sports, travel, exams, work and pregnancy. Added to this serious injury ruled out two more players. Whilst the results didn’t go our way there were plenty games organised and hopefully this will keep the players interested as well as allowing them to develop.**

**Looking back at the year and the highlights for me:**

**We played 4 League, 11 Challenge and 4 Championship matches in 2023 and so every girl got lots of game time throughout the year.**

**The performance of the whole team and the “never say die” attitude to the final whistle certainly shows their potential for the future.**

**The comradery within the team on and off the pitch especially between the older established players and younger players joining.**

**The enthusiasm of all involved to develop and succeed whilst being able to enjoy it as well.**

**They are very hardworking.**

**Really good to see those injured still coming to training.**

**Great to see ex-players coming back**

**The Minors gaining confidence and developing as players.**

**Thank You to:**

**Caimin Flannery – from the outset he said that he would not be able to commit fully but certainly when he was available, he always brought great knowledge and experience and proposed alternatives at training and during matches.**

**Shay Coleman brought a new energy and personality to the Management Team. Being a goal keeping coach as well as a selector was a huge asset. His work in preparing the training sessions meant that his training drills were interesting and varied.**

**Harry O’Sullivan for all the work he does on and off the pitch is amazing. The organising of pitches, matches, attending meetings, etc.... really shows his commitment to the Team and Club. A true Club Person.**

**All the Committee members for all the work behind the scenes for Carrigaline Camogie Club to enable the girls of Carrigaline and surrounds to enjoy this great sport and to make the facilities available for those directly working with the players.**

**The Players for their commitment, hard work and respect which wasn’t reflected in the results in 2023. It has been my pleasure to be involved with such a great bunch of players on the field and people of the field for the past 4 years. I wish them the very best for the future and hope that with support and new Management in 2024 brings them the success they deserve.**

**Frank Barry**