Team Reports:

**U5 & U6 – Brendan O’Driscoll**

Number of Registered girls 55 Average at training/blitzes 40-43 Number of training sessions 23 Number of training sessions in Pairc Ui Chaoimh 4G pitch 1 Number of blitzes attended throughout the year 5

 Blitz venues ● Carraigaline X 3 ● Eire Og ● Ballincollig

Teams played against ● Carrigaline U7 ● Sars ● Crosshaven ● Eire Og ● Ballincollig

Camogie Skills learned ● Ready & Lock Position ● Ground Strike & Ground Block ● Dribble ● Shoulder to shoulder tustle

Other skills learned throughout the year ● Team work ● Fundamental Movement ● Enjoyment through playing games ● Working hard & Never giving up

 I would like to thank Carrigaline Camogie club for giving me the opportunity to get involved with the U5 & U6 camogie for 2019, especially Susan & Harry for their guidance throughout the year. I would like to thank ​Nicholas Murphy & Brian Foster​ for all their hard work throughout the year. Finally, I want to thank all the club coaches that volunteered their time throughout the year. Sarah O Connell, Alina Blyth, Caoimhe Ahern, Caoimhe Spillane, Ciara Daly, Laura O Flynn, Eva O Herlihy & Erin Gleeson.

**Under 7s – John Keohane**

**Coaches:** John Keohane, Noel Cooney, Ger Sheehan, Claire O’Flynn, Maeve O’Sullivan.

**U8 Registrations:**  31

**Weekly Attendance:** High 30

 Low 20

 Average 25

**Season Overview:**

Registrations

We had 25 girls come through the u6 from last year so manged to get another 6 new girls registered this year. The new girls picked it up quickly and were some of our strongly players by the end of the season.

Coaches

Ger and Claire joined John, Noel and Maeve this year. Both Ger and Claire got stuck in straight away and have been a huge addition to the team. I am delighted to say that all are staying on next including Maeve.

Coaching

Coaching this year focused on re-enforcing the skills that the girls had been learning last year. We still integrated the fun games but less often. One area that did work really well was one to one coaching. As a particular drill was happening one of the coaches may take a girl to the side of the group to give some tips on areas that she may have struggling in. We will be doing more of this next year.

We had more of an emphasis on matches as the season went on, 4v4, 5v5 or 6v6 depending on the numbers. We put more focus on positions this year which helped when we did get play blitz against other teams.

Highlights

1. March 19: St Patricks Day Parade – Great opportunity to kick off the season
2. May 19: Mini Blitz with u5/6 on the Astro
3. June 19: Caman Carrig.
4. June 19: Blitz v Eire Og. Extremely well supported by the parents putting on a massive spread for all afterwards in the club.
5. September 19: “Hurl with me” course. Really well supported by parents in the group.
6. September 19: Blitz with Ballygarvan and Ballinhassig – Unfortunately Ballinhassig didn’t travel due to the weather in the end but we kept going with Ballygarvan. Again very well supported by the parents.
7. October 19: Blitz again away to Ballygarvan
8. November 19: Final training session in Pairc Ui Chaoimh. We played a mixed blitz with the u8 which was a huge success.

Learnings

* It became evident as we played more blitz that striking wasn’t up the scratch. Too much messing with the ball instead of letting fly. We worked hard to improve this.
* We also worked hard at toughening the girls up a bit. Helping them deal with tough opponents which there were many. It was very pleasing to see this come through in our blitz’s. They didn’t stand off.
* We probably should have had them out on the grass a bit earlier.

It was a hugely successful and enjoyable year and the future looks bright for the club. The girls skill levels have really improved and they seem to really enjoy the Saturday mornings and make some new friends.

I would like to thank everyone on the coaching team, the Camogie club and parents for making this season so enjoyable.

**Under 8s – Úna Streete**

Under 8 camogie training commenced on Saturday 9th of March with 26 girls turning up on the first day.

We played our first match of the year against Crosshaven on Saturday 13th of April in Crosshaven pitch. We had three teams of 8 players aside.

We played our next blitz against Sliabh Rua and Valley Rovers on 28th of May in Belgooly. We had two teams playing 8 girls aside.

On Saturday 13th of July we played a blitz in Kinsale against Tracton and Kinsale. We had two teams of 7 aside and 2 subs on each team.

On Saturday 27th of July we hosted a blitz against Crosshaven and Ballinhassig. We had three teams  of 8 players aside. We enjoyed hosting the blitz and it was a very successful morning overall. We provided refreshments for coaches and players afterwards. We provided fresh fruit for the players and some parents made sandwiches. We are grateful to the camogie club for covering the cost of the fruit and refreshments and also to the parents who helped out on the day.

On Saturday 14th of September we attended a blitz against Courcey Rovers and Tracton in Ballinspittle. We had two teams with 8 players aside.

On Saturday 28th of September we attended the Carrigdhoun end of season blitz organised by Tracton camogie club. We had two teams of 8 aside with 2 subs on each team.

Our final get-together was on Saturday 2nd of November in Pairc Uí Chaoimh where we played the under 7’s in a match. This was a great opportunity for our players to play on the training pitch in Pairc Uí Chaoimh and they thoroughly enjoyed it. We are very grateful to Brendan O’ Driscoll for organising this and inviting us to take part.

Overall it was a successful year with large numbers of girls attending training each Saturday morning. We managed to train each week except for one week where it had to be cancelled due to rain. The girls really enjoyed the matches, the Camán Carrig day and the camogie camp during the summer.

The medals presentation and disco was a great way to finish off the year, the girls really enjoyed the afternoon, thank you to all the organisers of that event.

We welcomed some new coaches this year, namely Sharlene Minehane who came from the under 7’s group to help us out for a year and Áine Corrigan. We also got help from Ian Lehane and Noel Gubbins on an ad hoc basis.

Finally we would like to say thank you to all the camogie club officers and coordinators of the street leagues for your support throughout the year.

**Under 9s – Lorna O’Driscoll**

 The under 9s started the season on Saturday March 9th, with a fantastic bunch of 31 girls. We had an average of 25-30 girls training on a Saturday morning. We introduced a second training session this year, on Monday evenings from June 17th to September 30th. Averaging 20 girls at this training session. The girl’s skills went from strength to strength. Not alone did their skills improve, but the girls continued to bond and become a real team. We had 5 new players join us this season and all the girls registered continued to play through the season, we lost one team member who moved back home to the Canaries.

It was a tough start to the season for challenge matches, with large numbers I found it increasingly difficult to line up matches. We started the season with the indoor Riverstick blitz, which we always find a great boost to the girl’s confidence.

We attended 4 blitzes, Courcey Rovers, Tracton, Valley Rovers and the Carrigdhoun Blitz hosted by Tracton. We also then hosted our own blitz with 4 clubs attending, Tracton, Ballinhassig, Courcey Rovers and Ballygarvan. This was definitely the highlight of the season, as not only did we get to play on Pitch 1, but thanks to Jack McGrath who was fundraising locally in Crosshaven for Temple Street he visited our blitz with 3 of the Cork Intermediate Team, Stephanie Beausang, Aine Crowley and Ciara Daly with 2 very special pieces of silver wear, the Duffy and McGrath All Ireland cups.

We played 3 challenge matches, against Courcey Rovers, Sars and Ballincollig. Going forward to 2020, I hope to increase this and continue to contact clubs with larger numbers.

On Saturday 15th June, both Carrigaline GAA club and Carrigaline Camogie club put together an amazing fun filled day, Camán Carrig was enjoyed by parents, boys, girls and all coaches, this event really shows the community spirit in Carrigaline. Well done to all the organisers, for putting together once again a very successful event.

We ended the season with our last training session held in Pairc Ui Chaoimh, Thank you to Brendan for organising this. It was a fantastic end to the season and the girls loved it.

The girls have really come on with the introductory of air hurling this year, training sessions got that bit more exciting, and to be honest slightly dangerous, . It was amazing to watch the girls improve and show such enthusiasm.

Thank you to my fellow coaches, Trudy, Lisa, Laura, Jean, Grainne and Kay, for their support this year. New to the head coach role, I really didn’t know what I was getting into, and I couldn’t have got through the season without their help. I would also like to thank the parents and guardians of all the girls, for their continued support on the side-line, and for helping out at blitzes, discos and church gate collection.

The girls danced the season off, at the end of year disco, on Saturday 9th November. Where they received their well-deserved medals. They had a ball!! Thank you to Susan, Shirley and Patrick for organising.

Finally, thank you to Harry, Mairead and Susan for putting up with all my questions and for their hard work. The club wouldn’t be such a success, if it wasn’t for them.

**Under 10s – Shirley O’Mahony**

The U10s had another great season this year.  We started out this year with a panel of 28 strong and by the end of the year we had 31 Another 3 girls registered and 2 tried out!

We started out on the last week of February  when we played Sars on the 4G in Pairc Uí Caoimh which was a wonderful experience for the girls and a fantastic way to start the year.  We started training on Saturday 2nd of March on the Astro to begin with getting the girls back into the skills of camogie and delighted to have the Astro for this.  This year was a step up for the girls in terms of skills and determination but they didn’t leave us down in this regard.  We came up against a few strong  opponents but they went into every game and gave it 100% which is all we can ask of these young Camogie girls.  We had 29 Saturday morning trainings & 20 Monday night trainings which we introduced again this year on the 8th of April and the extra training definitely brings the girls further in terms of development and skill.

We played 6 individual games against crosshaven, courceys, cobh, ballygarvan, Sars and crosshaven again.  We also played in 4 blitz’s one in courceys which included Courceys, Bishopstown and Sliabh Rua. We played another in Bishopstown under lights against Bishopstown & Sliabh Rua another blitz we hosted ourselves and we played Sars, Ballinhassig, Kinsale and Tracton.  Our end of year Carrigdhoun blitz was played in tracton and we played Kinsale, Courceys & Sliabh Rua.

We played some fantastic games within those blitz’s and we would like to thank the girls we asked to ref for us too without them we could not have gone ahead.

On the 5th of October we brought the girls on an end of year trip to Waterford to play De La Salle Camogie team in a friendly game.  This was a fantastic day for the girls who travelled in strong numbers on the big bus to Waterford. The girls shone on the day in horrendous conditions that they will never forget.  We hope to have De la Salle next year and return the warm welcome they gave us.  We would like to thank the club for covering some of the cost that occurs on big days like this so much so for this magical memory the girls only had to encour a cost of €10 for the whole day so thank you to the club for the support and help on this day.

The girls also took part in the now annual Camán Carrig day with the boys and it all ran again very well on the day and everyone seemed to enjoy themselves.

This year was sussessful for us in the fact we lost no players had very few injuries and gained 3 extra players and lots of knowledge.

The only disappointment to the year was not being able to enter the Declan Corwley blitz in Ballinhassig.  There was a place for one Carrigaline team with a restriction on numbers, however due to the size of our panel and not been allowed enter two teams, we as a management group decided not to register any team in the competition.  At this age it is about player retention and by selecting 15 players from a panel of now 31 in the long run this would not of benefited the team or the club and would have been detrimental to the team.  We are the first group, with many coming behind us, with large player numbers and possibly the club should be looking to enter competitions within Munster that can cater for multiple teams from the one club or potentially look at hosting our own tournament at this age group going forward.

I would like to take this time to thank my fellow coaches Derek Cremin, Gerald O Riordan and Ross Harris for the support through the year.  We as coaches would like to thank the parents for there amazing support throughout the year which was incredible.

**Under 11s – Peter Prout**

Following on from last year, the number of U-11’s continued to grow and by the end of the season, we had 21 players registered, this is a huge leap from the 12 players that we had only 2 years ago.

Training began in February and continued twice weekly until the end of October, and we averaged around 15 players per session.

As per previous years, our aim again was to play as many matches as we could throughout the season and give each girl as much game time as possible.
I feel that we can be very satisfied on both counts. From our first game against Tracton on the 6th April until our final game with the U-12’s on the 22nd October we played 18 individual matches and 1 Blitz comprising of 3 matches.

We were very lucky to be involved in a well organised Carrigdhoun U-11 League where all 9 teams were willing participants.
The majority of the teams were of a similar level which makes the games very entertaining.

The highlight of our season has to be the performance of the girls throughout the League campaign.
We played 8 league matches, winning 6 and losing 2 and because of that we finished second and qualified for the Semi Finals.
Unfortunately we were beaten by a strong Sliabh Rua side in the semi-final but the girls can hold their heads high as the workrate and skills from each girl in every match was great to see.
Our expectation before the league started was to finish as high as we could but we never dreamed that we would make the semi-finals!!
More importantly we managed to give each player at the very least a half in each game during the league.

We held a Blitz in Pairc Ui Chaoimh on the 09th October, inviting Glen Rovers, Tracton and Bishopstown. It was a wonderful opportunity for the girls to play in one of the best venues in Ireland. The performances under the floodlights on the night were outstanding!! We finished the evening in McDonalds Douglas where all the girls enjoyed a well-deserved treat!!

Year on year the girls are improving in every aspect of Camogie. The striking from the hand and the willingness of each player to try and pick the ball during games was great to see.

Being one of the smaller groups within the club, the girls have formed a strong bond both on & off the pitch and the on field encouragement  between them is brilliant.
Also a word of thanks to the parents. Again having the league games coming thick and fast, it offered a chance for parents get to know the other players on the team.  Their support of all the players was fantastic to see.

I must also thank the U-12’s for playing a number of matches with and against us during the season and hopefully we can continue doing this next season. We feel these sessions are a great benefit to the girls.

A big thank you must especially go to Avril, Michael & Tim for all their hard work & enthusiasm throughout the year. Their love for the game really rubs off on the players. With the growth in numbers I think it is important that we get more coaches/parents involved to help out & this is something we intend to work on over the next few weeks.

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. Their work ethic and never give up attitude is something to be admired.

All players and coaches associated with the 2019 U-11 squad are really looking forward to the 2020 U-12 Camogie season.

**Under 12s – Aisling Barr**

Our U12s had a busy year! We kicked off with 3 cluster blitzes to qualify for the U12 league. We hosted 1, Glen Rovers and Ballygarvan hosted the others. It was great practice for the girls to get them back into the swing of things.

We then went straight into Round 1 of the league where we found ourselves travelling further afield than normal to the likes of Newtownshandrum and Ballyhea. I have to say thank you to all the parents and families who never let us down and travelled in their numbers to support the girls. We won 3 out of 5 games and felt we had made a really good start.

We entered Round 2 of the league but unfortunately didn’t fair so well. We were for the most part evenly matched with our opponents but we really struggled to get scores on the board. Another difficulty we found was with 22 to 23 girls committing to play each game, and only being able to play 13 a side, it was hard trying to get 9 and 10 players on and off without disrupting play all while maintaining a strong team throughout.

But this didn’t deter our girls. They have a “never give up” attitude which is pretty special. They fought hard in every game until the final whistle, and even though final scorelines didn’t side with us, their spirits never faded. They learnt from every game and improved along the way.

Coinciding with our own league, some of our U12 girls played up for the U13 Garda Blitz, the U13 SE League and the U14 league and championship.

They really stepped up to the bar and were so committed to the extra training sessions and matches. For some, at the start of the season, who were very nervous to play up, to see how far they progressed by the end of the season, was just amazing. Their skills and confidence increased every week and I have to say a special thank you to Tracy and Ger for looking after them so well and giving them the opportunity to play.

One massive highlight for us as U12s this year was to receive an invite to attend the Caman to Munster in the Gaelic Grounds in Limerick on 10th August. Teams from all over Munster travelled to the Gaelic Grounds to play a series of matches. We played Limerick, Waterford and Tipperary. It was an unreal experience for the girls, they absolutely loved it. Because we attended this event, we are now in a draw to attend Caman to Croker where teams from all over Ireland will meet in Croke Park for a similar event.

Another highlight to our year was when we invited Lauren Andrews in July to talk to our U12 and U14 girls about the 20x20 initiative. She spoke about encouraging girls in sport, promoting STEM and linking it all through the 20x20 movement. One of the aims of the 20x20 initiative is to showcase the importance and positive influence sport and physical activity has on girls. 27 girls turned up for the talk and to hear Lauren speak and be such a positive role model within our own club was a great way to expose the girls to the opportunities that lie ahead for them. We would like to say a massive thank you to Lauren for this.

Even though the league was finished for us, we played a number of challenge matches, and were invited to some blitzes. At the Nora Brady Blitz in October in Ballygarvan we were victorious against St. Finbarrs and Douglas and made it to the final, to contest the Shield where we came up against Eire Og. The girls fought hard but unfortunately it wasn’t to be ours on the day. It was a huge achievement for the girls to make the final and they thoroughly enjoyed the day.

We wound down the season with a trip to the G4 pitch at Pairc Ui Chaomh where we played against Valley Rovers, Ballygarvan, and Douglas. And to officially finish up, we made a trip last Saturday to Ballincollig cinema, followed by an end of season blitz in Glen Rovers on Sunday.

The future is bright for these U12 girls, of that I have no doubt. They are a pleasure to coach and mentor. All 6 coaches are returning next year which I think is testament to the group of girls and parents we have.

I would like to thank all the U12 coaches, Kieran, Geoff, Patrick, Rory and John for all their help and support this year. I would also like to thank Harry, Mairead, Susan and Rory for all the time and dedication they give to the club.

Bring on 2020!

**Under 14s – Tracy O’Connell**

We started off the season playing the 1st round of league with St.Fanahans at home then went on to play Laochra Óg away,Blarney at home and the Barrs away, this year there was no U14 grading across the board  so we were up against the strong A/B teams in our group so before we played the championship games and 2nd round of the league we put it to the girls what did they want to do regarding the games whether they wanted to go forward or pull out of it as it wasn’t a good season for us score wise and fair play to the girls the majority of them wanted to continue on and play games,we went onto to play 2 championship games and then went onto play Ballygarvan in the 2nd league and we pulled out after that then as we felt the girls were hard done by at that time but we have to stressed that these girls are fantastic they kept their heads up all the way through every match and kept fighting no matter what and I think they deserved unreal credit for this.

\*We also played in the U13 Southeast league which the girls really enjoyed as most of the games were more level and you could see the girls were thriving on this.We won 3 games in this league which was a great bonus for the girls!

\*We Would like to give a huge thanks the U12 girls and coaches for coming up playing with us as without them we wouldn’t have been able to field a team they were great bunch and I wish them all the best going forward I want to say a special thank you to Aisling Barr as she was a brilliant help to us this year both on and off the pitch..

\*We would also like to thank Ger Cooney and Graeme McIver for giving few training sessions coming up to the championship it was good for the girls to hear a different voice rather than listening to me and Ger all the time!!

\*A big thank you to Therese Ahern and Deirdre Blythe for helping out on the Wednesday training sessions and for stepping in as female for the matches aswell.

\*We finished up the season on a win with a challenge game v Passage it was like winning the All Ireland to us coaches and the girls so hopefully we’ll be able to carry that through into the next season!

\*We would also like to thank the GAA for the allocation of the pitches during the year for our matches.

**Under 16s Caimin Flannery**

Training commenced on Astro pitch on Feb 20th and continued until season ended in September.

League

Section 1 of the league commenced in April in which we were placed in a group with Fr O Neills, Ballygarvan & Inniscarra (a mixture of teams from B grade to Premier)

In Section 1 of the league we opened with an encouraging performance away to Fr O Neills on 12th April which we lost conceding a number of late scores

May 11th we lost away to Ballygarvan after probably best performance of the year.

We lost very heavily with a depleted team against Inniscarra on 26th June. Inniscarra are U16 premier

Section 2 of the league saw us placed in a group with Bishopstown, Aghada, & Killeagh (on paper all teams at same level). This Section commenced in August away to Aghada where we suffered a very demoralizing defeat (albeit with a very understrength team). We were beaten very heavily away to Bishopstown on 28th Sept after which we decided to concede our final game to Killeagh as both teams were out of the running

Douglas Tournament

May w/end we had annual outing in Douglas tournament. A very enjoyable day where we beat Courcey Rovers, Douglas & Brian Dillons to qualify for the final against Douglas.

We put up a brave performance where were beaten by a Douglas team hell bent on revenge. Unfortunately our cause wasn’t helped by injuries to some of our players.

As a consolation Zoe O Herlihy was chosen as Player of the tournament in recognition of her outstanding displays en route to & including the final.

Championship

Our championship campaign commenced with a home game versus Killeagh on 31st August where we earned a hard fought victory (1-14 to 2-9).

Unfortunately we were comprehensively beaten by Aghada (away) on 11th Sept.

Summary

Results wise a disappointing season however at seasons end we still have in excess of 20 players willing to play and this has to be viewed as a positive. A number of outstanding individual displays throughout the year were noteworthy and a number of our players played minor & intermediate which is encouraging for the clubs future. In addition we gave debuts to a number of the U14s which will be of benefit to these girls.

We would like to thank the committee, club & Mairead for their support & assistance throughout the year. We would also like to thank the parents for their assistance & support throughout the year also.

Tricia, Alan & Caimin

**Minors – Joanne O’Keeffe**

We had around 20 to 25 on the panel. A lot were the under 16s. We were graded A for the leagues where we played 3 matches. For the championship we were graded B where we played 3 matches and reached the semi final. We would like to thank the committee for the support throughout the year and thank the girls for the commitment throughout the year.

**Intermediates – Joanne O’Keeffe**

We had around 25 to 30 girls on the panel for the year. They started with 6 weeks fitness training in door in the maritime. We went to hurl golf for a team bonding session before championship. We played 5 league matches, 3 challenge matches, 3 summer cup matches. In championship we played 7 matches including a play off and a reply to reach the semi final where we lost out to Enniskeane. On behalf of the intermediate management team we would like to thank those who helped out with training throughout the year. We would like to thank Harry and the camogie committee for the support throughout the year and we would like to thank the girls for the commitment and spirit shown through out the year. It was a pleasure to deal with them.