**Under 5/6 Team Report**

End of Year Review

**Coaches :**Brian Foster, Eoin Dunne, Grant O’ Brien , Emer O’Connor, Aoife O’ Mahoney and Avril Cooney

 Underage coaches: Sarah O Connell, Alina Blyth, Caoimhe Ahern, Jess Barr.

 **Registrations:**   43

**Season Overview:**

After an unprecedented break from training following COVID-19  restrictions the year still turned out to be a success for the under 5/6 group.

We had a high turnout for our initial training session at the start of the season.  Our first session we were indoors and concentrated on building on the girls basic Camogie knowledge including how to position hands on the Hurley, the ready position and striking the ball.  We planned our training session around having fun while also building on the girl’s skill set. This was done so as not to over complicate the learning for the girls whilst also keeping their interest. Little did we know that this would be our last session for several months.

We returned to the pitch on the 24th of July after a 4-month break. The numbers that turned out weekly were high and a true reflection of the resilience of our girls in the face of a pandemic. While this year brought challenges regarding a significant period not being a position to train, we also celebrated success and fun both on and off the pitch.

Some of our highlights over the season included:

\*  The club organised a strike the ball and pass to your teammate game via video.  Each of the girls were recorded striking the ball and this was made into a video for the team to view and the feedback from the parents was great and really encouraged the girls to continue with practising during their absence from training .

\*  Another feature of the season off the pitch included when the club entered a friendly competition with the Moy club in a club step challenge.  It was very heart-warming seeing all the girls and families out walking in their club colours.  Carrigaline were narrowly pipped at the post by The Moy.  Well done girls.

\* Our main highlight this season was our trip to Ballincollig on the 26th of September to take on their under 5/6 girls in some friendly matches.  This was the girls first experience of playing against another team.  The girls appeared to really enjoy the experience, and this was further highlighted by the pride they showed wearing their Carrigaline match jerseys.

Shortly after our trip to Ballincollig new GAA protocols were introduced to reflect Government guidelines pertaining to COVID-19 19.  While we were permitted to continue training all sessions had to be conducted in a non-contact manner in groups no bigger than 15.

As a group we had to adapt our training methods and again this did not dampen the girls’ spirit as they were divided into their pods for non-contact training and games.

 Each girl showed up week after week eager to train and practise their skills and this is reflected in their continuous improvement.

I would like to take the opportunity to thank the parents who also dedicated themselves to bring their daughter to training each week and for their commitment to continue to do so even after the normal season ended. We continue to train and will finish up on the 12th of December. It really is a testament to both the players and their parents.

I have had a great team beside me for the year from coaches to underage players and appreciate them giving up their time to assist in the success of the team training. I would also like to thank Amanda Foster for volunteering to take over the COVID-19 Supervisor role.

I would like to thank everyone on the coaching team, Harry and Susan from the Camogie club, the players and their parents for making this season so enjoyable. The future looks bright for the club.

Kind Regards,

 Brian Foster

**Under 7 Team Report**

|  |  |  |
| --- | --- | --- |
|  | **2019** | **2020** |
| Number of Registered girls | **55** | **46** |
| Average at training/blitzes | **40-43** | **36** |
| Number of training sessions | **23** | **26** |
| Number of training sessions in Pairc Ui Chaoimh 4G pitch | **1** | **0** |
| Number of blitzes attended throughout the year | **5** | **5** |

|  |  |
| --- | --- |
| Blitz venues | * Carrigaline X 4 * Crosshaven |
| Teams played against | * Carrigaline U8 * Sars U7 * Crosshaven U8 * Ballygarvan U8 * In house U7 (due to a late cancellation) |
| 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 U7 camogie in 2020, especially Susan & Harry for their guidance throughout what was one of the strangest years.

I would like to thank **Nicholas Murphy, Sharlene Minehan, Hayley Fitzgearld, Sarah Spillane, Conor Ryan, Sean O Mahony, Amy Cambridge, Ciara O Keeffe & Croiona O Regan** for all their hard work and assistance throughout the year in their various roles (coaching, admin & Covid Supervision).

Finally, I want to thank all our young club coaches that volunteered their time throughout the year. **Caoimhe Spillane, Ciara Daly, Eva O Herlihy, Emily Wafer & Eryn Barrett & Erin Gleeson.**

Yours in Sport

Brendan O Driscoll

**Under 8 Team Report**

End of Year Review

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

**U8 Registrations:**  28

**Weekly Attendance:** High 28

Average 26

**Training Sessions**: 18

**Blitz’s:** 4

**Season Overview:**

Registrations

We had 31 girls with U7s last year so lost 4 but we did have a new girl join. I think out of the 4 we lost I think 3 will be back next year

Coaches

Joanne joined the team this year and has been a great help to the girls. A huge thanks to the coaches, all worked well and supported each other. 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, 6v6, 7v7 or 8v8 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. Started back on the 6th of March…on the all-weather pitch. We had one session before Covid.
2. Took part in the virtual stay together games over March
3. 3 Day challenge in June – 900kms completed by the girls and their families.
4. Training restarted on the 18th of July.
5. August 29th: Played a mini blitz v the u7s.
6. Sept 5th: Played Ballygarvan in a Blitz.
7. Sept 12th: Played a mini blitz v the u9s
8. Sept 19th : Played Tracton in a Blitz.
9. Oct 3rd: Planned blitz v Crosshaven but cancelled due to restrictions.

Learnings

* Striking had improved considerably but still room for improvement.
* The girls are certainly a tougher bunch this year…something that we had focused on from last year. It was very pleasing to see them grow in confidence in this area and not stand back. It was very pleasing to see this come through in our blitz’s. They didn’t stand off.
* We had the girls on Pitch a lot earlier this year and this helped their progress massively.

Considering it all I think we have made the most we could have of this year. It was very encouraging to see how eager the girls were when they returned to training in July. We plan to continue to keep training until the 12th of December as we are still getting good numbers and the girls seem to be enjoying it. It has been hugely enjoyable overall 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 are becoming a force to be reckoned with.

I would like to thank everyone on the coaching team, the Camogie club and parents for making this challenging year a successful and enjoyable one.

Kindest Regards

John Keohane

**Under 9 Team Report**

The under 9 camogie team commenced training Saturday 7th of March with 29 girls turning up on the first day. Unfortunately, due to Covid 19 restrictions that was to be our first and final training session for a while.

During the lock down we kept in contact with the girls and put together a video of all the girls virtually pucking the ball to each other.

We had the Moy Challenge on the weekend of 12th of July which was a great way to connect with players and parents and there was great community spirit shown.

Training resumed on Saturday 18th of July. We added a second session on Monday evenings from 5.30-6.30

Our first match of the year was Sunday 30th of August against Douglas in Douglas GAA pitch. We had two teams and played two games each. Douglas were a very experienced team who had been playing a match a week for many weeks and our girls found the pace of the match tough but soon got into their stride and started to improve.

On Saturday 12th of September, we played the Under 8’s on pitch 4. We had 3 teams and the girls really enjoyed the challenge.

On Friday 18th of September, we played a match against Passage West in Passage West GAA grounds. By this match we could see a big improvement in how the team was playing. Most girls were hitting the ball in the air and they were getting used to playing in their positions. We had two teams playing two matches each and both our teams were very strong.

On Sunday 27th of September we played Douglas again in Douglas. The two teams were very evenly matched this time around and we could see a massive improvement in our players in the short few weeks.

On Sunday 4th of October, we played our final game of the season against Tracton in Tracton GAA grounds. We had two teams playing and they put on a great display of skill and team work.

Our final training session was Saturday 24th of October.

It has been such as turbulent year for our club but there are many positives to be taken from it. We gained three new players, the girls learned new skills in particular how to hit the ball in the air, and we played some very competitive matches.

I would like to thank the executive for their ongoing support and to the organisers of the street leagues for running a very efficient operation. I would like to thank my fellow coaches Dee Donnelly, Alison O’ Donovan, Mary Cox, Áine Corrigan, Ian Lehane, Noel Gubbins and Gordon Streete for their time, enthusiasm and commitment throughout the year. Thanks also to Erin Gleeson for helping out on a number of occasions.

We are optimistic that next season will be a normal one and that our team will be able to go from strength to strength.

Úna Streete

**Under 10 Team Report**

Where to start… An extremely challenging season, cut short but jam packed full of fun, laughter and possibly a few of my tears.

When we arrived on the morning of March 7th, looking forward to the season ahead, little did we know, it would be the only training session for a number of months. But we kept the kids entertained, with at home drills, fun videos, and not forgetting the 3 day challenge, where the community spirit glowed throughout the town.

Finally restrictions were lifted and on Saturday July 4th, we welcomed back 28 fantastic girls. We trained twice a week, Monday evenings and Saturday mornings. We had an average of 22-25 girls at training every week.

With so much of the season missed, it was time to get some challenge matches on board. We had our first challenge match on July 18th against Ballygarvan. In total we played 9 challenge games against Ballygarvan, Ballincollig, Crosshaven, Tracton, Sars, Valley Rovers & Carrigaline under 11s. We hosted 5 of these games at home in Carrigaline. We had two other matches planned, but unfortunately, they were cancelled last minute.

Hosting a game at home doesn’t come all that easy, between extremely long grass, pitch inspections, and pitches being double booked on a number of occasions, my patience certainly was being tested, ( I hope I passed) lol! But it wasn’t all that bad, due to double booking, the Under 10 girls, got to play Sars on the Holy Grail that is pitch 1. And I have it on good authority that I am guaranteed the best pitch next season, isn’t that right Harry?? lol!!

On Saturday October 9th, we put the sliotars aside, and had a fun day & treats for the girls.

With Covid restrictions tightened, training was getting increasingly difficult to keep the girls entertained. Not being able to play matches, was very discouraging. So after much deliberation, we came to the tough decision to end the season, on Saturday October 17th.

Even with the season being so challenging, the girls' skills went from strength to strength. The girls gave 100% at every game and each training session. They made us very proud coaches, their enthusiasm for the game makes being a coach rewarding.

I would like to thank the parents of all the girls, for their support and patience, throughout the season, putting up with all text messages and paperwork.

I could not have got through the season, if it wasn’t for my fellow coaches, who are not only my coaches, but my friends. Their support gave me the determination to push past the stress and enjoy every game and each training session. I could not have done it without them, so a huge Thank you, Trudy, Laura, Jean, Kay & Lisa.

Lastly, thank you to Harry, Mairead, Susan and Michael. As always, ye have knocked it out of the park, and made Carrigaline Camogie Club a huge success. I look forward to the celebrations, even if that is a few cans, in the cabin, under Harry's disco ball.

**Under 11 Team Report**

This year we had a panel of 28 strong. We started out on our U11 Journey on the 22nd of February 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.

Obviously with Covid things were no sooner started when it all came to a halt.  We continued communication with the girls on the what’s app group encouraging them to go into the garden and practice their skills

We also created a team video of our team passing a sliotar to each other virtually which was great again just encouraging the girls to keep the skills up throughout lockdown.  The team got a great kick out of this.

Orla Cotter also sent the club a few encouraging words from New York which was lovely boost for the club.

The girls also took part in the CGSP program within the club which proved to be interesting.

We took part in the Moy challenge which was lovely to do a whole club Camogie, GAA & LGFA involved together as one team.

We resumed training on Saturday 4th of July getting ready for our U11 South East League games.

We entered two even teams into the South east league Team Blue and Team Yellow.  Each team performed superb.

Team Blue played Tracton (lost), Courcey Rovers ( won), Slibh Rua ( Won)  and Ballinhassig ( Won) And came runners up in there group

Team Yellow got a walk over from Kinsale, played Crosshaven (Won), Valley Rovers ( lost) and Ballygarvan ( Won) and came runners up in there group

We then decided as a group that we would leave it there for the girls instead of playing them off against each other In a final and turn team mates against each other instead we congratulated the girls in a wonderful South East league campaign.

We also played a challenge game Away in Inniscarra and a Home game against Sars.

We also teamed up with Peter & the U12s mixed the girls and played matches on one or the training sessions and it was a great success.

We had 10 [Saturday morning](x-apple-data-detectors://4) trainings & 5 [Monday night](x-apple-data-detectors://5) trainings.  The extra training On a Monday definitely brings the girls further in terms of development and skill.

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

Huge Thank you to Our Covid Officers Gerald O’Riordan and Helena Hunter who worked tirelessly to get our girls back on the pitch paperwork checked off, Sanitiser applied And washing equipment after training.  Thank you both for your hard work.

Thank you again to the Committee for the continued support throughout the year.

I think This year more than any we saw what true connections and friendships have been built up in our Club.  I for one am truly looking forward to next years season of camogie let it be the best one yet.

Many thanks,

Shirley O’Mahony

U11 Manager

**Under 12 Team Report**

Following on from last year, the number of U-12 players continued to grow and by the end of the season, we had 24 players registered, this is a huge leap from the 12 players that we had only 3 years ago.

Training began in early February and continued weekly until COVID-19 halted all activities at the beginning of March.

COVID-19 also hindered our opportunity to play in Croke Park. Earlier on in the year, and thanks to Aisling and the previous year U-12’s, we were invited to take part in a blitz in Croke Park which was to take place in April 2020. Obviously the blitz didn’t go ahead but the organisers just postponed the event, so maybe it might happen next year, fingers crossed.

As per previous years, our aim again was to play as many matches as we could throughout the season.  
While we didn’t manage to play as many games as we would have liked, we feel that we can be satisfied that each player was given as much game time as possible.  
From our first game against Tracton on the 25th July until our final game against Bishopstown on the 3rd  October we played 9 matches.

We were very lucky to be involved in a well organised Carrigdhoun U-12 League where all 8 teams were willing participants.  
The majority of the teams were of a similar level which makes the games very entertaining.

We played 4 league matches, winning 3 and losing 1 and because of that we finished third and qualified for the U-12A1 Final.  
The highlight of our season has to be the performance of the girls in the Final against Ballinhassig; what a match it was!!  
After an enthralling encounter, we came out on top on a scoreline of 4-08 to 5-04.  
It was so close that the girls had to ask the referee who had won at the final whistle. To see the joy on the girls faces when they realised that they had won was fantastic!

We met up that evening in the GAA club where all the girls enjoyed some well-deserved Pizza!!

Another fact that we are proud of is that we managed to give each player at the very least a half in each game during the league, including the final.

Year on year the girls are improving in every aspect of Camogie. Their willingness to work hard and fight for every ball was great to see. The girls have formed a strong bond both on & off the pitch and the on field encouragement between them is brilliant.

I must also thank the U-13 and U-14 squads and management for welcoming in a number of the U-12 girls for matches throughout the season. The experience that they gained from playing up really helped boost their confidence and skills. We look forward to working with next year’s U-14’s in 2021.

A big thank you must especially go to Avril, Michael, Tim, Jason & Chris for all their hard work & enthusiasm throughout the year. Their love for the game really rubs off on the players and their elation when we won the final was a sight to see!!

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 2020 U-12 squad are really looking forward to the 2021 U-13 and U-14 Camogie season.

**Under 14 Team Report**

This year began with our own 25 2007 born girls joining with 10 of Tracy’s 2006 born girls, and with 2 new girls joining this brought our U14 group to a total of 37 girls. The group gelled very well and it was very much down to business beginning with 8 weeks of strength and conditioning training in February at KJ Strength and Performance gym. This was a great way to start the season and work on building the girls strength and fitness.

Because of our large numbers, we decided early on, on two U13 teams for the South East League and two U14 teams for the Championship. Although this was a lot of work and a difficult job to name the 2 teams, it was worth it as it meant each and every girl got game time. It 100% helped in the development of each player and brought them on in leaps and bounds.

It also gave the U12s an opportunity to play up and we want to say a huge thank you to Peter and Avril Prout for all their help and support with this.

Our U14 Yellow team made it to the County Final and are due to play Banteer when restrictions lift. This is a huge achievement for them and we wish them the very best of luck.

We had 10 girls who played up with the U16s and again the challenge of playing up at this level definitely brought these girls on in confidence, strength and ability. We would like to thank the U16 coaches for looking after them so well and giving them this opportunity. A massive well done to the U16 team and Tracy, Ger and Graham on making the U16 County Final and we wish them the very best of luck.

We had 12 girls represent Carrigaline at the U13 Carrigdhoun trials. This was a great experience for each girl and every single one of them did their club proud. Unfortunately with restrictions, only 2 games were allowed to be played with Carrigdhoun winning both.

Thank you to all the parents and supporters for coming to all the games and supporting on the sidelines. It was very much appreciated.

A huge thank you to all my fellow coaches, Geoff Dillon, Kieran Kissane, Rory Mee, Patrick Nagle and John Wall, for all their hard work, time and dedication. Thank you also to our female reps: Claire Dillon, Ciara Barrett, Deirdre Blyth and Sarah Spillane.

All in all, even with 2 lockdowns, and multiple restrictions, we had a great season. This is a super group of girls who have a very bright future and they have been an absolute pleasure to coach and train.

Aisling Barr

U14 Head Coach

**Under 16 Team Report**

\*This year has been a strange year all round with the restrictions in place we went back training in January, and we had to stop in March for few months.

\*We had our 1st match V Blarney and we lost then Laochra Óg conceded to us and then we played Douglas and we won which saw us through to a semi-final v Barryroe which was one of the best games played in a long time by the girls who all played fantastic as a team (think it was the fact of playing on Pitch 1 and under lights drove them on!) after a game of point for point we won the game 3-9 to 3-5 and got through to the county final which we are still waiting to play v Castlelyons .

\*We played one U15 Southeast V Ballygarvan and even though we lost it was a great game and brilliant effort from the girls considering we got absolutely hammered the year before with them.

These girls are a brilliant bunch of girls and i will miss the girls who are going on to play minor best of luck to them all.

\*Would like to say huge thanks to Aisling Barr and the U14 girls for all coming up to play u16 without these girls we would not have been able to field a team and play these matches.

\*Would also like to say big thanks to Alan Murphy who I say dreads when he sees my name coming up on his phone! And also to the pitches co-ordinators for helping us out with the pitches through the year.

Thanks

Tracy,Graeme,Ger & Trisha

**Minors Team Report**

The 2020 playing season ended up being very short for this bunch of girls. We started S & C training with the intermediates on the 8th January but with the cancellation of our league, we didn't have our first competitive game until the 15th August which was the first round of the C championship. We came away with a narrow win against Millstreet but unfortunately came up against Youghal in the second round where our 2020 cship came to an abrupt end

We had 15 registered players at the start of the season so were heavily reliant on the u16s to make up the panel.

Thank you to the girls for their time and effort during the year and thank you to the mentors involved this year

Harry, Joanne and Graeme

**Intermediates Team Report**

Intermediate started training back in January on the astro turf . This year we bought in Frank Barry and Dermot Murray to the management team. Dermot done strength and conditioning for a number of weeks. We had good numbers and the under 16s joined in also. We played tracton in a friendly and won. Obviously everything was then put on hold due to covid-19. We started back on the pitches in the end of June. We played 4 challenge matches while preparing for championship. We won 3 out of the 4. We played kilbritain in the first round and won by 3 points. We played Aghabullogue in the qtr final and let's just say it wasn't our day. It was a tough year for the girls and they felt the effects of the break as some were possibly training and playing games 7 days a week. I would like to thank all the girls for the effort and the commitment for the year. I would like to thank Harry and committee for all the help during the year. Would like to thank Frank Dermot for been involved for the year as we all know it's very hard to get help for teams . Also would like to thank Graeme for taking sessions during the year when needed

Regards

Joanne