

ON ^{THE} BALL



SPRING / SUMMER 2014

Inside

- Milford and Cork Star Ashling Thompson is 'living the dream'

- AIB Club Championships

- O'Neills Post Primary Championships

And much more



THE OFFICIAL MAGAZINE OF



**THE
CAMOGIE
ASSOCIATION**
An Cumann Camógáilochta

Camogie Registration goes electronic

New on-line system launched for Association

From **Thursday 6th March 2014** all Camogie Clubs are required to use the new Electronic Camogie Registration System to register members/clubs of the Association.

The new system was created by Servasport.

The Camogie Registration System is a standalone system hosted within the GAA Management application.

Some Camogie clubs may already use the GAA/Servasport registration system.

These will now be required to register Camogie members on the Camogie Association/Servasport system using the assigned Unique ID and password provided by the Camogie Association.

1. Accessing the Camogie Registration system

a. Unique ID and password

To access the system each Camogie Club, County Board and Provincial Council will be issued with a unique ID and password by the national office of the Camogie Association. County Secretaries will be asked to forward on club usernames and passwords. Access details will be provided on March 6th.

b. Changing your password and the need for .camogie@gaa.ie email

Once you activate your access by using the unique ID and password you will be asked to change your password. You will be unable to proceed with registration until you do this. Please keep this password in a safe place for use by a designated person only.

If you lose/forget your password you will have to contact Servasport to be issued with a new one.

Servasport will only provide a new password to an authorised email contact. This authorised email is **secretary.clubname.countyname.camogie@gaa.ie**

If your club does not have such an email please inform the Camogie Association by emailing **paula@camogie.ie**

We will check if you have previously been assigned such an email that you now need to activate or if you need to be assigned one.

2. Using the Registration process

There are many functions within the Servasport registration system including SMS and email communications, with new reports and team sheet functionality to be added at a later date.

For now, the 'must do' functions to familiarise yourself with are the Bulk Add function and the Register function.

The Bulk Add function allows you to migrate membership registration data from the Excel form of the CCI by downloading the bulk add form from the system to your desktop and copying and pasting to the new format. The new bulk add form can then be easily uploaded into the system and members can be easily registered.

3. Support/help in using the Registration System

Once you log on to the system there is an extensive support/help section within the Registration system itself.

For further queries please email support@servasport.com or phone Servasport on 028 90313 845.

Servasport provide the operational and technical support and guidance to Camogie units on implementing the system.

The Camogie Association national office is not in a position to provide this operational and technical support and queries of this nature need to be referred to Servasport.

4. Data protection

The registration system contains personal information about people e.g. dates of birth in case of under 18s; home addresses, contact details (not for U-18s).

The designated person in each club who operates the registration system must ensure that they control the data and operate the system in compliance with data protection legislation in the relevant jurisdiction. There is a section within the system that explains the data protection requirements/issues.

Within the system access to the data is already controlled so for example, at club level, only the Camogie designated person has access to the Camogie data.

5. Affiliating to County Board/Provincial Council

Under Rule 21.1 of the Camogie Association's Official Guide clubs are required to affiliate to their County Boards by the 1st of April. This means that each club must complete its electronic registration by then and County Boards will have electronic access to this at that point.

Under Rule 5.4 clubs are also required to send to the county board, in the usual way, the relevant affiliation fee (please see rule on new affiliation fees); club colours and proof of insurance.

a. Affiliation fees for u18s

The electronic registration system currently defaults so that players, when they reach their 18th birthday, automatically become full members.

Clubs are required to return a Youth Member, and not a Full Member, affiliation fee in these instances.

This aspect of the system will be amended in due course so that a player remains a Youth Member during the calendar year of their 18th birthday.

b. County Board returns to Provincial level and Provincial returns to national level

Registrars at County and Provincial levels will satisfy themselves that they have received affiliation fees from clubs in accordance with Rule.

The County Board will retain €5 per Youth and Full Member and forward the balance of funds to the Provincial Council.

The latter will retain its portion of €2 per Youth and Full Member and forward the balance to national level, in accordance with dates as outlined in Section 21 of the Official Guide.

President's Address

Aileen Lawlor, President of the Camogie Association
Eibhlín Uí Leathlóbhair, Uachtarán, An Cumann Camógaíochta



Welcome to the 10th Edition of On The Ball Magazine

2013 was another great year for Camogie with new champions taking the honours and some reigning champions successfully putting titles back to back. We were certainly entertained throughout the year with fabulous games at all levels across the length and breadth of the country. I hope you all enjoyed watching as much as I did.

O'Duffy and McGrath cups go to Galway

Both Galway panels under the guidance of Tony Ward made a huge contribution to Camogie history, with Galway winning the double in Croke Park in September - capturing the Intermediate and Senior titles on the same day.

Congratulations to the players on both panels, a very proud day for Galway and Connacht, and congratulations to Tony Ward who picked up the Camogie Association's Manager of the year award at our All Stars event in association with Liberty Insurance last November.

Congratulations to Kildare on their Premier Junior victory and I wish the Lilywhites all the best in 2014 in their promotion to the Intermediate grade.

Well done to Laois, Limerick and Kilkenny who reached their respective All Ireland finals; a great achievement and I know you will all be back with silverware in mind for 2014 and I wish you all the best in your campaigns.

AIB Club All Irelands

Heartiest congratulations to Myshall of Carlow on putting titles back to back by recapturing the AIB Junior All Ireland Club title in November.

Milford of Cork also claimed their second AIB All Ireland Senior Club Championship title in a row by defeating Ardahan of Galway in a thriller on March 2nd. This was another fantastic achievement. Congratulations to all in Milford and Cork.

Club championship unites parishes and communities, and it was uplifting to see the local support to all of the teams in the series. Thank you for supporting your club, parish and community by your attendance at the games.

Congrats to Lismore who captured the Agnes O' Farrelly cup in the AIB Intermediate Club final replay against Ballyhale Shamrocks. The side's first meeting ended in a draw in Croke Park on March 2nd and the meeting of both sides in Clonmel on March 16th was equally as entertaining with plenty of goals and drama.

Electronic Registration

I know you have all embraced the new online registration. It is up and running now and I hope all club registrars will find it a useful system in assisting your administration roles.

When all the data is in and registrations complete we will be able to have a more accurate record of our membership. This will be important information for planning for the future of the game.

I know your club and provincial officers have undergone training to use the new system. I thank you for your time and patience with this. We will all see the benefits going forward.

Féile na nGael

Feile na nGael will be run on a much different basis this year. It is the aim of this new structure to give more games to more girls under 14 on one weekend in June. Up until now Feile na nGael catered for the best teams who emerge within their counties and hosted by all of the teams within the host county. A huge amount of girls in Ireland never get a "Feile experience" because they fail to qualify within their county through the existing model. This new model will see more than one team taking part from each county, so more girls will get games, and get a chance to experience Feile. This year the stronger counties will be catered for regionally, playing against teams of equal strength, and the other participating counties will play opposition of a similar strength. The focus will be on maximum participation with maximum enjoyment.

2014 Irish Daily Star National League is well under way and Championship is just around the corner!

I'm looking forward to another exciting year of games. Nothing is predictable and no one can be complacent, but one thing is for sure we will be treated to many entertaining matches. Please show your support for our players throughout the year and attend as many games as you can.

I look forward to meeting you all throughout the year.

Eibhlín Uí Leathlóbhair

Uachtarán
An Cumann Camógaíochta

Camogie Rising

In an era when women's sport is progressing, and in our 110th year, it is encouraging to report a decade of buoyancy writes CEO of the Camogie Association, Joan O'Flynn

Ten years on from our Centenary is a useful benchmark to reflect on the direction of the Association, and to do so drawing on and analysing the data we collect each year.

Using 2003 data as a baseline, there was a 23 per cent growth in club registration within the Camogie Association over the past decade.

Leinster, with the highest national population, witnessed the highest actual growth in club numbers while the higher percentage growth was in Connacht (see Table 1 and Figure 1).

Table 1: Trend in club growth by Province 2003-2013

	2003 clubs	2013 clubs	% increase
Connacht	38	51	34%
Leinster	162	206	27%
Munster	145	177	22%
Ulster	102	113	11%
Overall	447	547	23%

Growth in the number of post primary schools playing camogie from 176 schools to 230 is also very encouraging. This is particularly so in the context of national concerns about teenage health and well-being. Leinster and Dublin were the strongest performers here with the highest increase in schools participation (see Table 2).

Table 2: Trend in post primary schools growth by Province 2003-2013

	2003 number of schools	2013 number of schools
Connacht	13	17
Leinster	28	47
Dublin	29*	40
Munster	64	78
Ulster	42	48
Overall (excl. Dublin)	147	190
Overall (incl. Dublin)	176	230

*Includes number of Kildare and Meath schools

Camogie participation at primary level is managed by Cumann na mBunscoil.

Participation within the third level sector remains stable at 27 institutions. At third level, there was an increase in the number of competitions with the introduction of shield competitions and lower grade competitions. There were also changes to the qualifying structures for the Ashbourne and Purcell Cup competitions.

Going international

Camogie is also enjoying steady growth internationally. New Camogie activity in Europe, Australia, Asia, the introduction of competition structures in the US for American-born players, the introduction of underage camogie in North America and Britain are all green shoots that suggest, in the longer term, a sustainable international dimension to the sport (see Fig. 2).

Looking at these patterns globally, across clubs, the education sector and internationally, the level of opportunities to play Camogie has grown by almost a third.

Figure 2

International clubs
by region



Figure 1

Clubs by County 2003-2013

(2003 data in brackets)



	2003 Clubs	2013 Clubs	% Increase
Connacht	38	51	34%
Leinster	162	206	27%
Munster	145	177	22%
Ulster	102	113	11%
Overall	447	547	23%

The right to play, leisure, education and cultural activities, enshrined in the United Nations Covenant on the Rights of the Child, is realised for thousands of young people through Camogie.

The sport's growth is also a huge affirmation of the voluntary input and of the input of the Association's staff team and their collaboration.

It is, however, not a reason to be complacent. The international trend of more girls dropping out of sport than boys, and, of an established fall-off in team sports as females make the transition from adolescence to adulthood, are definite challenges.

We must make it easy for teenagers to stay in Camogie by putting on an attractive games programme to meet their needs and by putting their child welfare needs first.

A child's welfare need and a club's need to field a minor team or an adult team are not the same. The child's welfare need has to come first. We need to come up with new solutions to provide a regular programme of age-appropriate games for players in their mid to late teens. By

being imaginative and patient we will continue to try out new ways to keep teenagers playing until we find the best way.

There are over 2,500 affiliated GAA clubs, signifying almost four times more GAA clubs than Camogie units. So, there is undoubtedly untapped potential to grow the game within the Gaelic games family and to extend that family by reaching out to people who are unfamiliar with the Gaelic games tradition.

We now know that the Camogie Association has a proven model of creating opportunities, structures and relationships to support people to learn to take up and participate in our game.

I believe we can now be confident about setting a medium to long term ambition for Camogie to be played in every GAA club.

Untapped potential

This growth is a huge affirmation of the appeal of our game and is a simple message that there is untapped potential to extend the game.

It clearly demonstrates that a strategy of waiting for people to discover the game is bettered by a strategy of creating the opportunity to play the game. The growth of Camogie shows that when people are given the chance to learn the game, backed up by appropriate coach education and other supports, new roots are established. The game breaks out of the confinement of its so-called traditional boundaries. The rekindling of a much earlier tradition of Camogie in Donegal, Kerry and Mayo is testament to this along with new growth in urban communities and amongst players of different abilities and social backgrounds including children with disabilities.

Camogie Association honours Volunteers at AIB Club Finals event

The Camogie Association honoured the 2013 Volunteer Award recipients in Croke Park on AIB All Ireland Camogie Club Finals day (Sunday, March 2nd) in a jointly-hosted Media and Volunteers Awards event.

In total, 31 awards were presented by the President of the Camogie Association, Aileen Lawlor to people and organisations that have made an outstanding contribution to the promotion and development of Camogie.

Emily Hayden, Cashel, Tipperary



Sr Joan O'Regan, Na Piarasigh, Limerick



Anne Harrington, St Annes, Louth



Brendan Kenny, Naas, Kildare

Speaking at the event President of the Camogie Association Aileen Lawlor said:

“As a volunteer led organisation, we are delighted to acknowledge the outstanding contribution that volunteers make to the promotion and development of camogie within their own clubs and counties.

Voluntarism lies at the heart of the Camogie Association and it enables the game to grow and to flourish. I congratulate all of our Volunteer recipients and so too those who have received the Mick Dunne & Camogie Association Media Awards. Promoting our game is vital and the media play a very important role in this. We are pleased to honour not only media outlets but also individuals, whose work has brought the game to a wider audience and engaged people in the sport of Camogie.”

Ciara McShane, Ballycastle, Antrim



Danny Buckley, Westport, Mayo

MEDIA AWARDS 2013

WHAT IT TAKES TO BE A WINNER

This is the eight year of the Camogie Association Media Awards incorporating the Mick Dunne Memorial Awards.

Mick Dunne made an outstanding contribution to the coverage of Gaelic Games, particularly Camogie. He gave the game extensive coverage in print, radio and television. The 2013 awards were presented at the AIB Volunteer and Media Awards in Croke Park. The jointly-hosted event was attended by special guest Eileen Dunne, RTÉ broadcaster and daughter of the late Mick Dunne, President of the Camogie Association, Aileen Lawlor, GAA President Liam O'Neill along with representatives of AIB, Sinead Cummins and Paddy Somers and volunteer and media award recipients.

The media awards have evolved over the years with changes to the categories reflecting the changing world of media. Each year sees a marked improvement in the standard of entries thus making the selection of the winning entries more difficult.

There have been six recipients for the PRO of the Year award making it one of the most competitive categories.

Clare County Board have taken the award on three occasions - Orla Considine (2008) and Bríd McNamara (2011 & 2012). The 2013 recipient of the PRO Award was Damian Moran of Offaly.

OTB asked Damian what he thinks it takes to win the coveted award of PRO of the Year?

Damian cites having a good working relationship with the local media as being the key to success. He stresses that it is a two way street and it is important that local media are informed in advance of events and that what they expect to receive each week is delivered upon. It is also important to make sure that notes and reports are supplied consistently and not just intermittently.

Damian's assertions are echoed by Bríd McNamara who lauded the support of the Clare Champion, winners of the local newspaper award.

Damian also states that the PRO job is a team effort. It is not possible for one person to get to every game so the assistance from clubs and other committee members is vital when it comes to covering matches and getting reports together, particularly in the local championships. Providing reports or round-ups from local games is just as important as from inter-county games. Lastly, he believes that the use of social media including Facebook and Twitter is crucial to promote games and events, inform people of any changes to fixtures and to supply regular updates from games.

One of the many ways that we can promote our game is through match day programmes. A concerted effort was made throughout 2013 to improve the standard of programmes produced for inter-county matches. Rewarding those who go the extra mile in producing match programmes that are reflective of all camogie activities is a means of encouraging counties to raise the standard of match day programmes. Wexford and Armagh have each been rewarded on three occasions for their County Final match programme with Cork winning in 2012 and Armagh taking the 2013 title.

What is the secret to the Armagh Match Programme awards?

The family duo of Maria Fanthorpe and her daughter Teresa set out to add to programmes each year. They are encouraged in their work by the return on sales of the programmes which have become a collector's item. The co-operation they receive not only from participating teams in the finals but also other clubs in putting forward articles and material for inclusion greatly assist the publication of the programme.

The variety of articles reflecting all age groups, current activities and the inclusion of events enhance the programme. Marie and Teresa give much credit to their printer – Fergal of Patton Print Lurgan - "who pulls much of it together". They are always delighted to get the positive feedback making the work worthwhile.

The full list of 2013 Award Recipients

The Mick Dunne Memorial Award

PRO of the Year	Damian Moran Offaly Camogie PRO
Local Newspaper	The Clare Champion
Local Radio	Midlands 103FM
Match Programme	Armagh Camogie Board

The Camogie Association Media Award

Photograph of the Year	Brendan Donnelly, Dublin
Special Project	Tullamore Camogie Club
Social Media	Clare Camogie Board

Congratulations to the 2013 award winners.

The search for the 2014 award winners has already begun.



PRO Damian Moran receiving his Mick Dunne Memorial Award for PRO of the Year with President of the Camogie Association Aileen Lawlor and Eileen Dunne of the Dunne family



Kerry Devlin accepting, on behalf of Armagh Camogie Board, the Mick Dunne Memorial Awards for Match Programme



Tullamore Camogie Club receiving their Special Project Award

ASHLING LIVING THE DREAM

Daragh Ó Conchúir speaks to Ashling Thompson following her Player-of-the-Match performance in helping Milford retain their AIB All Ireland Senior Club Championship title.



Ashling Thompson likes to cover all the bases. Mentally and physically, she is ready to do whatever is required to win a game of camogie. Sport being what it is, that doesn't mean that victory will always be hers. Just that she has prepared as well as possible to attain that ultimate goal.

What is most significant about this though is that it is an acquired state of mind, rather than a natural one. It is a testament to the lessons that have been learned on the path of life in general.

Although always a high class operator - she captained renowned Charleville camogie academy, St Mary's to a Junior Post-Primary All-Ireland in 2006 and played as the seniors made it a remarkable double that season, while also a regular for Cork at underage and intermediate level - it is only in the last couple of years, since the Milford midfielder broke into the Rebels' senior squad, that she has taken it to another level.

That has proven beneficial not just for herself, but for her club and her county. And the plan is that there is more to come.

Thompson takes in what's going on around her and the map of many of the key moments in her life is drawn on her athletic body.

In all, there are "about 10" tattoos and a definite assertion that more will be added. After all, the sports injury and management student is only 24, so unless she decides to live in a bunker for the rest of her days, there will be more significant events to document.

She jokes that she will be a "whole oil painting" by the time she's done with what her friends and team-mates call "my war-paint" but the articulate and personable Milfordian becomes very serious when discussing their importance to her.

"Every tattoo I have tells a story. Basically, it's about new beginnings, things that have happened in the past. Every tattoo has a meaning and they mean a lot to me. It's a positive thing. Some people wouldn't do it, they'd write it in a book, but it's a reminder to me of what has happened, changes (that have occurred)."

A vital change with regard to her camogie is the manner in which Thompson has embraced the mental preparation. The influence was so very evident in the AIB All-Ireland senior club camogie final, when Thompson was an omnipresent figure as Milford retained their title.

She may have dabbled in modelling in the past, but there was nothing diva-ish about her approach in Croke Park as she played with a controlled lunacy, covering almost every blade of grass in the stadium, pucking oceans of ball; harrying, tackling and throwing her body into the exchanges.

One imagines that the discussion surrounding player of the match lasted just as long as it takes to say her name. It was that much of a certainty. Yet her approach was no different to the first round of the county championship the previous summer.

"I always say a little prayer before every game, just to look out for us all. And every game, I prepare mentally. If the head's not right, no matter how good you are, your body is not going to be right, you're not going to do the right things around the field. It's all about preparation and being mentally strong.

"Walking into Croke Park, I never look up at the crowd, I don't let anything around me bother me. I just focus on my own game and think 'This is just another game but we have to win. Simple as.'

"Before, I never had the mental strength I have now. I need to be mentally strong more than anything. I know I can do it once my head is right. I picked up a lot in the last two years mainly from other trainers and reading articles; focussing on big hurlers, big players and what they do. They always say the head has to be right.

"With Milford, we were beaten four or five times on the trot. We could have said 'this is a waste of time' and walked away. But that's what defines us. We never give up and that's the way it is with Cork too. We're not going to give up..."

"I just give it everything and have no regrets. I'd hate to be saying 'what if?' or 'I could have gone an extra mile', 'I could have gotten to her, an extra step, I should've blocked or hooked'. I never want that because at the end of the day you carry that for the rest of your life because this means everything to us. Camogie is everything so I don't want to have any regrets."

This is delivered haltingly at times because it is clearly so damned important to Thompson. She is trying to find the right words to illustrate her thoughts but it doesn't matter. If she were speaking in Mandarin, you'd know by the tone.

She can still barely believe that Milford have won a two-in-a-row, admitting that she gets "the chills" when thinking about it. Yet when she visualises the faces of her team-mates, there is no surprise at all that they have achieved so much.

"It's come to the point where we're family on the team. Either one of us, we'd die for the person beside us. We'd all go the extra mile for every other girl. Every girl you look at in the dressing room, you know they'll do it for you. We're like sisters."

They have grown up together and won together. Then they started losing together. All too often.

Having been marked for superstardom, the word on the street was that they were soft. Bottlers.

You don't hear that now.

"When we first started at underage, we won everything. Once we got to senior A, we hit a wall and couldn't win for four or five years. To win the first county was amazing, and we won it by 25 points.

"It was unbelievable.

"Every win is special but that kind of a win means the most because you know you've hit the top. To go on and win a Munster and All-Ireland, you've done the lot then. You can die happy."

That might suggest a hunger sated but in truth, it wasn't. They weren't happy to fold the tent just yet because there were still

a few naysayers to silence. Most of all though, they wanted to do something special.

"We wanted to prove ourselves. The first year we had nothing to prove. If we were beaten (after the county) we'd take it because we had done so well anyway.

"The second year around, people always said 'you're a good team but great teams win two'. So we wanted to take that and prove it to everyone that we weren't just a flash in the pan because that's what a lot of people locally and around thought, that it was just a flash-in-the-pan thing.

"That's why we were so driven and motivated. We got it so hard in the All-Ireland semi, and the final. The kitchen sink... everything was thrown at us and we held on to the bitter end because that's who we are. We never give up. We really wanted to prove a point."

She has taken a few weeks off to recharge the batteries but Thompson expects to be back in contention for Cork's last Irish Daily

Star Camogie League Division 1 Group 2 tie against Wexford next weekend.

She feels that it's time for the Leesiders to follow Milford down the All-Ireland route.

"Last year was awful heartbreak, being beaten in the semi-final, but we didn't turn up on the day. That's where it comes back to whether your head is right or not.

"But you learn from your mistakes. With Milford, we were beaten four or five times on the trot. We could have said 'this is a waste of time' and walked away. But that's what defines us. We never give up and that's the way it is with Cork too. We're not going to give up."

Don't say you weren't warned.

"It's come to the point where we're family on the team. Either one of us, we'd die for the person beside us. We'd all go the extra mile for every other girl. Every girl you look at in the dressing room, you know they'll do it for you. We're like sisters."

Player of the Match, Ashling Thompson, AIB Senior Club Championship Final 2014

Ashling celebrates Cork's Irish Daily Star National League Division 1 win with her team mates



Presentation Kilkenny and St Brendan's Birr claim All Ireland titles in O'Neills Post Primary Championships

Presentation College, Kilkenny came out on top of a titanic tussle in the O'Neills All-Ireland Post Primary Schools' Senior A camogie final.

St Mary's, Magherafelt threw everything at their opponents, particularly in the second half, but they just couldn't find the goals they needed to peg them back and finished on the wrong side of a 2-9 to 0-9 scoreline.

With a strong wind in their favour, Pres flew out of the blocks and opened up a 1-5 to 0-0 lead, Aisling Nolan scoring the goal. St. Mary's settled into proceedings though and finished well, with three points from Áine McAllister leaving them just four points behind at the interval, 1-7 to 0-3.

Máire O'Connell had six of the Kilkenny side's points in that opening period and added to that tally in the second, despite the increased pressure from St Mary's. The vital score though was Aoife Farrell's excellent goal entering the final quarter, and late points from Ciara Scullion and McAllister were not enough for the gallant Magherafelt girls. The B, C and D finals were all hosted by MacDonagh Park in Nenagh. Player of the match, Niamh Treacy gave an exhibition as Our Lady's, Templemore proved too strong for Calasanctius, Oranmore by 2-14 to 1-4. The C final between St Joseph's, Doon and Mayfield College, Dublin ended in a draw with both sides sharing 18 points a-piece at the end of a great battle with St. Joseph's, Doon winning the replay.

The D decider was a pulsating affair with Glanmire Community College just coming out on top against Dominican College, Dublin by the minimum margin, 0-12 to 0-11. Douglas sharpshooter Sarah Fahy was the difference between the sides and deservedly picked up the player of the match award.

Meanwhile, St Brendan's Birr, Colaiste Dun lascaigh, Cahir, St. Joseph's, Lucan and Mercy Convent, Roscommon all secured O'Neills Post Primary All Ireland Junior titles.

St Brendan's Birr claimed Junior 'A' honours, following a hard earned 1-6 to 2-2 win over St. Mary's Charleville. St Brendan's

were supported by Offaly Senior Hurling manager Brian Whelehan who proclaimed it as 'a great day' for his alma mater as he witnessed them delivering a first title at this grade for an Offaly school. Following a competitive opening half, the sides were tied at 1-2 apiece at the interval.

Rebecca Noonan netted after 17 minutes for Charleville, but Sarah Harding registered Birr's goal to tie the game at the break. Wind assisted Birr stole a march on the restart, and moved 1-5 to 1-2 ahead by the 40th minute. Scores were at a premium in the second half with defences firmly on top, and although St Brendan's stretched their lead to four points, they came under huge pressure at the back late on.

With two minutes to go Noonan netted St. Mary's second goal, but this was her sides only score of the second half, as St. Brendans held out for victory. Aisling Brennan was immense in defence, with the St. Cillians player deservedly claiming the player of the match award, while Clodagh McCormack lifted the cup after the game.

Junior B honours went to Colaiste Dun lascaigh, who were always on top in their 6-20 to 3-8 win over Calasanctius, Oranmore. The Cahir school led from the off, with their captain Caoimhe Condon netting her sides first goal after just 20 seconds.

Further goals from Roisin Howard, Condon (2) and Katie Farrell helped Colaiste Dun lascaigh to a 5-11 to 2-1 interval lead, with Fiona Whelan and Lauren O'Dea netting for Calasanctius. A last gasp goal from Katie Feeney ensured Junior C honours went to St Joseph's, Lucan following a 3-6 to 2-7 win over St Joseph's Tulla. Tulla led by 2-4 to 1-1 at half-time, with Laura McGrath and Siobhan O'Connell netting the Clare sides goals.

A Nicole Fitzgibbon goal kept the Lucan outfit in touch, with Tulla held to three second half points, with Samantha O'Connor bagging their second goal, before Feeney's match winner. Mercy Convent, Roscommon took Junior D silverware, with a 5-9 to 1-5 win over Presentation Waterford.

Aoife T. Farrell, Presentation Kilkenny, in action against Aine Mulholland, left, and Aine McAllister, St. Marys, Magherafelt.

Ciara Brennan, St. Brendan's Birr, in action against Meadhbh Buckley, left, and Michelle Jones, St. Mary's Charleville.



AIB All Ireland

Senior Club Championship Finals

Milford prevail in a thriller while Lismore capture crown at second attempt

AIB All Ireland Senior Club Final

Milford 0-6 Ardrahan 0-5

Milford became only the third team since the turn of the century to retain the AIB All-Ireland senior club camogie title, after a thunderous battle in Croke Park.

They were made to dig very deep by a gritty Ardrahan outfit though, in a game that accentuated bravery and determination rather than silky skill due to the very difficult ground conditions as a result of the pre-match rain.

We were almost left with a draw as Rebecca Hennelly had an opportunity to bring Ardrahan level with the last puck of the game from a 45. The Galway sharpshooter had supplied all bar one of her side's scores but her shot drifted just wide of the upright and the Milford celebrations could begin.

Aishling Thompson was the deserving winner of the player-of-the-match award with another stellar midfield performance but ultimately, it was the five-point contribution from Emer Watson that proved the match-winning contribution. Amazingly, Watson only had her first run-out earlier in the morning since suffering medial ligament damage in a challenge match 10 days ago but she wasn't found wanting when the occasion demanded.

Milford took the lead in the seventh minute from a Watson free and held it until the very end. She knocked over the first four scores and it took the Galwegians until the 21st minute to score, via Hennelly. Ardrahan finished the half strongly and another Hennelly free left it 0-4 to 0-2 at the break.

Watson made it five points by converting a 45 early in the second half but Keelin O'Shaughnessy hit back with a very good point to give the game its first of only two scores from play soon after. Marie O'Neill replied with the second entering the final quarter and margin was three in Milford's favour. Hennelly drove over from a 50m free in the 52nd minute as Ardrahan lifted the tempo.

With Elaine O'Riordan, Maria Walsh, Thompson and Anna Geary outstanding for Milford, it took another 10 minutes to bring Ardrahan within the minimum, as Hennelly converted another free. That set it up for the late drama but in the end, but the champions held on.

Ardrahan's Denise Diviney is tackled by Anna Geary of Milford

AIB All Ireland Intermediate Club Final Replay

Lismore 3-8 Ballyhale Shamrocks 0-7

Caithriona McGlone was the hat trick hero as Lismore lifted the AIB All-Ireland intermediate club camogie title in fine style in Clonmel Sportsfields on Sunday afternoon. Lismore left it late to snatch a dramatic leveller in the original drawn game in Croke Park (March 2nd) but McGlone's heroics in front of goal meant that this was altogether more comfortable affair for them.

The game swung on McGlone's first goal in the final minute of the first half. It came at a time that Lismore were beginning to get on top after Ballyhale Shamrocks had led for most of the opening 30 minutes.

Kellyanne Cottrell's accurate free taking moved her team into a 0-5 to 0-3 lead in the closing stages of the first period before McGlone struck. Johanna Houlihan won possession for Lismore following a Ciara Fennelly puck out before driving towards goal. She drew the Ballyhale defence out of position before slipping a pass into McGlone and she didn't need a second invitation to fire home.

That left Lismore ahead by 1-3 to 0-5 at the break and they went on to completely shut the Shamrocks out of the game after the restart. Aoife Hannon and Shona Curran kept the scoreboard ticking over for Lismore but it was the pressure that they were putting Ballyhale under all over the field that really made the difference. Every time Ballyhale won possession, there was a Lismore player there beside them to win it back and the fact that the Shamrocks scored just two second half point bore testament to that. McGlone's second goal was all her own work in the 38th minute and again there was little that Ciara Fennelly could do to prevent her well struck shot from hitting the net.

The icing was put on the cake for Lismore in the final couple of minutes when McGlone completed her hat trick after winning possession herself. It was a fantastic way to finish off the game for her personally and also her team. McGlone's performance certainly stated her case to be nominated player of the match but she was closely followed by Aoife Hannon and Shona Curran who were also superb on the day.

Ballyhale Shamrocks will rue the fact that only Kellyanne Cottrell got on the scoresheet for them, and all but one of her seven points came from frees, and overall there was no disputing Lismore were the better team on the day.

Ballyhale Shamrocks' Jacqui Frisby under pressure from Shona Curran and Grainne Kenneally of Lismore.



School of Excellence Workshops 2014

School of Excellence Workshops have taken place in each of the provinces for Under 14 & Under 15 managers and coaches. All workshops comprised of a theory and practical element. The theory part addressed the structures for the Under 14 and 15 inter county School of Excellence and Development Squad with information on the Camogie Associations diary for teenage players Eat Smart Hurl Smart.

The Leinster workshop took place in Heywood College Laois on Saturday the 15th of February. Guest coach Frank Flannery took the practical session on the day with 28 manager/coaches attending from Leinster counties. 20 senior players from Laois participated in the practical element with the main theme of the session focussing on game based training.

The Munster workshop for the School of Excellence squad managers and coaches took place in Mallow Cork on Saturday the 22nd of February. Once again,

Frank Flannery provided the practical session on the day with 14 managers/coaches attending from Munster counties. 20 players from the Avondu North Cork Development Squad participated in the practical on the day.

“You could hear a pin drop when Frank Flannery took over. His presence and passion held us in awe for two and a half hours. It was the best development programme I was ever at.”

**Course attendee Paul Beecher
(Dublin under 14 and under 15 squads)**

The Connacht workshop took place on Monday the 24th of February in Abbeyknockmoy GAA club attended by 23 coaches. Liam Hodgins, trainer of the successful 2013 Galway Senior and Intermediate teams, took the practical session assisted by the under 14 and under 16 players from Craughwell and St. Thomas clubs.

The Ulster School of Excellence Workshop took place on Saturday the 15th of March in the Mid Ulster Sports Arena Cookstown. Guest coach Joe Passmore provided the practical session focussing on fitness with the ball and conditioned games, attended by sixteen coaches. Players from Eoghan Rua, Coleraine and Tyrone assisted with the practical.



Attendees at the Ulster School of Excellence in Cookstown



You & Me Play Camogie

The Coca Cola Thank You fund has provided funding to the Camogie Association for a programme entitled 'You & Me- Play Camogie'.

The application form for this initiative has been on the camogie website for the past number of weeks.

The programme encourages parents to get active and also get involved in their daughters participation in camogie.

This programme aims to encourage communities to lead a more balanced, healthy and active lifestyle through the sport of Camogie.

What's involved?

Parents of girls (aged 12-14) come and try out camogie with their daughters. They participate in a 6 week programme where they learn the basic skills of the game while also being physically active themselves. They can then practice the skills with their daughters at home thus continuing the habit of regular physical activity.

Each participating club in this programme will receive a module on healthy eating for sports

participation. This module is important so that both daughters and parents realise the importance of healthy nutrition for sports performance and for general well being. There will be 2 of these initiatives rolled out in each province in 2014.

Advantages of the Programme for the chosen clubs:

- The Camogie Association will provide a coach/tutor to deliver the programme for 6 weeks in the chosen clubs.
- Parents are encouraged to participate in the programme and it is hoped that they continue to participate both in physical activity and as volunteers in the club after the programme is complete.
- A nutritional talk will provide information to parents and the girls on healthy eating for sports participation.

The eight successful applications for this programme will be announced shortly.

Eat Smart Hurl Smart

A Diary and nutrition guide
for the teenage Camogie player

Buy it now for the 2014
Camogie season

The diary and nutrition guide (totalling 148 pages) is a collaboration between the Camogie Association and the Nutrition and Health Foundation.

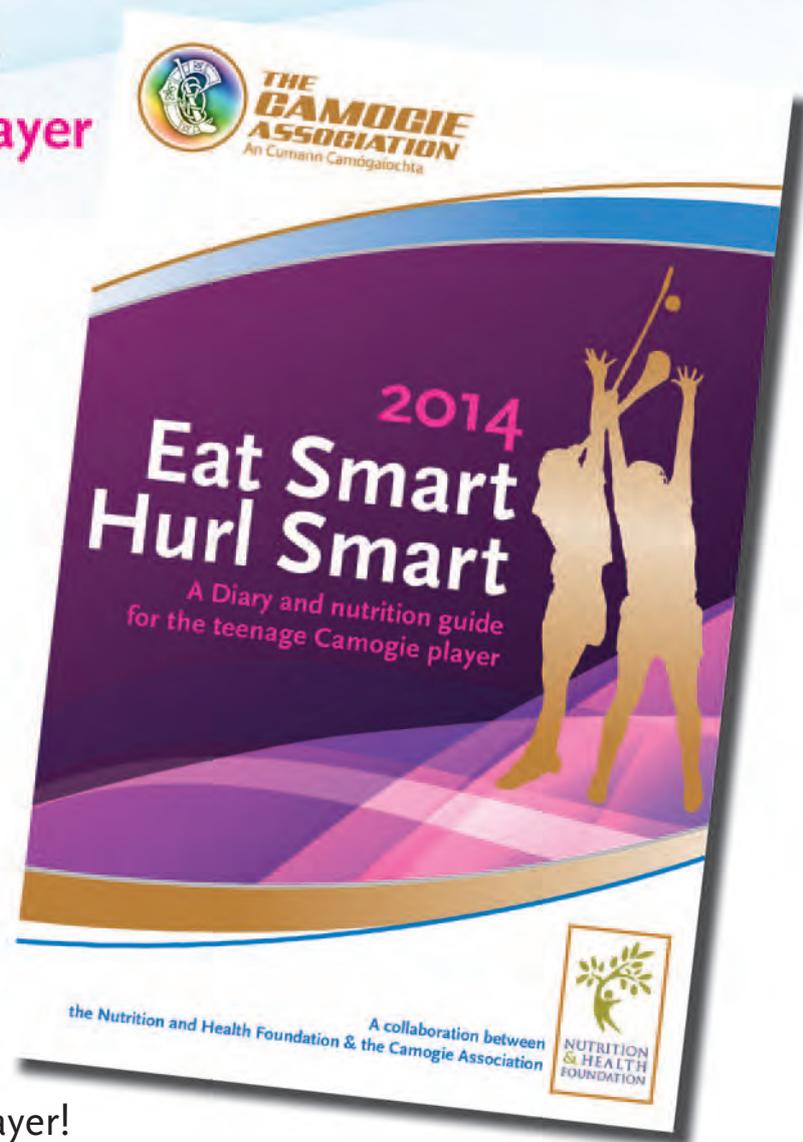
It's packed with information on what foods to eat while playing and training for camogie, the importance of fluids, information on the food pyramid and how to balance a busy sporting and school life in addition to a 52 week diary plus information on the relevant Player Pathway!

It's a must for every young Camogie player!

Priced at €7.99 (inc. post and packaging)

Eat Smart Hurl Smart is available to order by downloading the form on www.camogie.ie or by contacting the Camogie Association: Caroline Fitzsimons, Tel: 01 865 8651 or Email: info@camogie.ie

Payments can also be made over the phone via Credit Card/Laser Card (All Ireland) and Visa Debit (ROI only).



MAKE-A-WISH®

Ireland

The chosen charity of The Camogie Association

Make-A-Wish is gearing-up for its second annual Wish Band Day on Thursday, 10th April. This is the one day a year that Make-A-Wish volunteers from all over Ireland come together in streets and shopping centres to sell "Wish Bands" – wristbands in four colours: red, blue, white and green – supporters can choose their favourite team or county colours.

The aim of the day is to raise awareness for the work the charity does and to raise the funds needed to continue with their mission. The first Wish Band Day in 2013 was a huge success, raising €53,000 to help Make-A-Wish grant the wishes of children living with life-threatening illnesses. This year we have doubled our target to €100,000.

Make-A-Wish have been working together with the Camogie Association for the last year and a half and know that your support will make a huge difference.

There are over 200 eligible Wish Children waiting to have their wish granted and because the charity receives no government funding whatsoever, Make-A-Wish needs your help to raise the funds which are essential to grant their wishes.

Volunteers are needed on every street in Ireland, so if you can give just a few hours of your time on Thursday, 10th April, why not sign-up to join the Make-A-Wish "Band of Heroes" and join the team of fantastic volunteers in your local area? Gather your friends, have fun, and help make a real difference to a child's life.

Alternatively, if you think your club, school or workplace would be able to take a small box of 50 wish bands to sell, let us know and we can arrange for delivery.

To find out more, visit makeawish.ie or contact Lisa McEntee in Make-A-Wish on (01) 205-2007 or e-mail lisa@makeawish.ie



Wish Band Day

Thursday
10 April 2014

**"It's people like you
who make wishes come true!"**

Kate Kelly, Wexford Player
& Make-A-Wish Ambassador

Anna Geary, Cork Player
& Make-A-Wish Ambassador





**Camogie is celebrating its
110th anniversary this year**

**See www.camogie.ie
for more details on our celebrations**