



# CONNACHT

GAA

## NEWSLETTER DEC 2018

- AIR DOME
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- TESTING FACILITIES

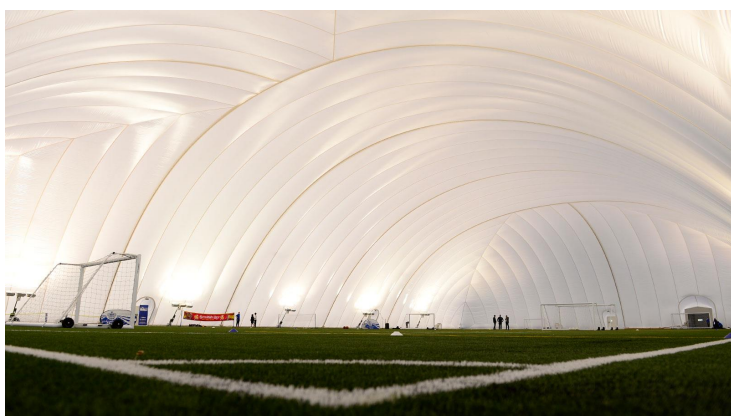
# CONNACHT GAA AWARDED €2.1M FOR NEW AIR DOME



Connacht GAA are delighted to announce that we are among the first round of successful applicants for Department of Rural and Community Development Minister Michael Ring's €1 billion Rural Regeneration and Development Fund.

We have been awarded €2.1 million which will all go towards the development of the a new 150x100m Air Dome with a height of 26 metres at the Connacht GAA Centre in Cloonacurry, Began. The new facility will contain a full size GAA field, a gym with testing area and office space.

The dome will provide year round indoor facilities to ensure the



continued focus on sports as a cornerstone of rural communities. The facility, once complete, will be fully available for community use and open to other sports.

Secretary of the Connacht Council John Prenty welcomed today's announcement and said "I would like to thank Minister Ring for the major boost he has provided to the Connacht Council, which will be a



massive addition to the already state of the art facility at the Connacht GAA Centre at Cloonacurry, Began. The new development will be a huge benefit to everyone involved with Connacht GAA and also to the wider community in general. We look forward to our partnership with Sligo Leader Partnership CLG and aim to have our new facility open in 2019."

"We think it will be the first facility of its kind for sports in Ireland," said Prenty.

"The pitch will be minimum size but it will be able to accommodate some games. However, the main focus will be on coaching and games development work for our counties."



# FRIDAY NIGHT LIGHTS



Connacht GAA have run the first large Super Games Centre at the Connacht Centre called “Friday Night Lights” with over 350 participants from 39 clubs and all 5 Connacht counties in attendance. The event was for U14 boys Gaelic football and the players that came were mixed up into random teams and played 4 x 12minute games where all players played for the whole duration of the game in a variety of positions. In the New Year we plan to run two more “Friday Night Lights” events taking place in the centre and then expand it into the counties at venues to be decided. The positivity surrounding the event has been quite surprising and we have received great feedback from coaches, players and parents. The initiative is been developed to try and counteract the 49% drop off rate seen across the GAA in the age groups between 12 - 17 year of age. We as an

association have to provide formal and informal games for our players that are based around development and fun and not all about winning. Such was the success of the two evenings that further dates on the **18TH AND 25TH OF JANUARY** have been added. All are welcome and can come either individually or as part of a squad. For more information or to register to play contact [reception.connacht@gaa.ie](mailto:reception.connacht@gaa.ie)



Provincial Games Manager Cathal Cregg, TD John O'Mahony and national Cúl Camp Co-Ordinator Charlie Harrison





# KILLERERIN WIN ANNUAL CONNACHT CLUB GROUNDS OF THE YEAR FOR 2018!



The cream of the crop when it comes to GAA Club Grounds in the province were honoured at the Connacht GAA Centre on Friday 7th of December. Killererin from Galway came away with the overall award, with the full list of award recipients listed below:

|                      |                           |
|----------------------|---------------------------|
| Galway – Killererin  | Mayo - Castlebar Mitchels |
| Leitrim – Drumreilly | Sligo – St Michaels       |
| Roscommon – Oran     |                           |







CONNACHT GAA ARE CONTINUING TO OFFER OUR ESTABLISHED SERVICE OF FITNESS TESTING AND PROGRAMMING FOR CLUBS OF ALL LEVELS AND AGE GROUPS AT THE CONNACHT GAA CENTRE BEKAN.

Using our fully equipped state of the art gym our experienced Strength and Conditioning team offer a vast array of testing to help you get the best indications of strengths and weaknesses in your group.

Testing days include...

Body Composition

Flexibility

Full body movement analysis

Power Testing

Speed Testing

Aerobic Capacity



We offer a full squad report including norms that will allow players assess where they stand in relation to other similar players in the province.

If required we can implement a bespoke S&C program for your team based on results gained from our testing day at no extra cost.

This cost effective service provides clubs with a platform of knowledge, information and a system to implement a program to help develop and improve the conditioning of players.

To book your teams fitness assessment day or for further information contact [seamus.burns.connacht@gaa.ie](mailto:seamus.burns.connacht@gaa.ie) or call 094-9630335

## CONNACHT GAA COACHING AND GAMES NEWS

A fantastic source of all Coaching and Games news throughout Connacht is to follow the ConnachtGAA twitter page aswell as the individual counties Coaching and Games Pages

Galway - @CoachingGalway

Leitrim - @LeitrimG

Mayo - @MayoGAACoaching

Roscommon - @RosCoachingGAA

Sligo - @SligoGAACandG

CONNACHT FBD LEAGUE

@ConnachtGAA

6/1 1.30pm

Leitrim

Mayo

Avantcard Páirc Seán

13/1 1.30pm

Winners

Galway

Tuam Stadium

20/1 1.30pm

Roscommon

Sligo

Hyde Park



**FBD**  
INSURANCE

