

# LGFA

PEIL na mBAN



 Gaelic 4 mothers  
and Others

*Official Club*

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## Gaelic4Mothers&Others is an initiative that:

- Is run by the Ladies Gaelic Football Association to introduce mothers and other women to playing Ladies Gaelic Football.
- Promotes women playing Ladies Gaelic Football in a fun, non-competitive and social environment.
- Provides an opportunity for women to get their recommended weekly exercise in a fun way while meeting other mothers in the area.
- Means being a Mother is not a necessity but participants must be **25+** and not currently playing competitively with a club team.



## History

- Women in Sport initiative introduced to clubs in 2008.
- The programme began with only a handful of clubs and now we currently have 300 G4M&O Clubs active nationally.
- Clubs may run the programme individually or in partnership with other LGFA or GAA clubs in their area.

- Offer the chance to be socially active within the community.
- Provide women with an opportunity to be physically active within the **non competitive** framework of LGFA and to meet and socially interact with other women/ mothers in the community or from nearby areas
- Serves to create a fun and social dimension to any existing Ladies Football section in a club.
- Provide women with the opportunity to play Ladies Gaelic Football recreationally in a non competitive, inclusive environment.
- Give women from non LGFA, or indeed non-sporting, backgrounds the chance to start playing Ladies Gaelic Football for fun, fitness or both.
- Provide clubs with new members who may take up volunteer roles with the club in the future.
- Create awareness of Ladies Gaelic Football in the community.



- One fun practice session should be organised every week for approx. 1 hour to introduce women to the basic skills of Ladies Gaelic Football through fun games and exercises.
- It's recommended to run the 6 week programme to establish interest and hopefully continue to play/train after by registering as a G4M&O member of the association.
- At the end of the 6 weeks the group can hold a small blitz for the group and if possible invite other Gaelic4Mothers&Others groups in for small sided non competitive games. If the participants want to continue with the training it is advisable that the club try to accommodate them in terms of a playing facility and access to equipment and provision of a coach
- After 6 weeks, it is the clubs responsibility to continue running the initiative. All players **must register** as official members of the Ladies Gaelic Football Association through their club registrar. They do not need to pay into the injury fund.
- Provincial & National Blitzes are held throughout the year. Information will be sent via email to your designated contact.
- Some of those who may not be interested in continuing may like to get involved in assisting to coach or become an administrator in the club and therefore the club should look at finding them a meaningful role. A 'Ready

- Step 1.** Identify the need for Gaelic4Mothers&Others in your club and obtain relevant information material from website or LGFA Office
- Step 2.** Clubs should identify a minimum of two personnel to be involved in the G4M&O Club – one coordinator & one coach. Recommended that one of these be a female.
- Step 3.** Contact LGFA to register your site. Registration forms and posters can be downloaded from [www.ladiesgaelic.ie](http://www.ladiesgaelic.ie)
- Step 4.** Sign the ethos form to agree that club will abide by the G4M&O ethos at all times and forward to the relevant personnel
- Step 5.** Choose a suitable day & time (try not to clash with other activities in area)
- Step 6.** Advertise and promote Gaelic4Mothers&Others through local schools, shops, local business ,social media etc.
- Step 7.** Send article to local newspapers with details of programme and who they can contact
- Step 8.** Source footballs, bibs and cones & other training equipment required.
- Step 9.** Register women on first night and ensure all participants sign form. Also provide information on insurance cover. ***Remember: participants must be minimum 25 years of age and it is not a necessity to be a mother. They must not be currently playing adult club football***
- Step 10.** To continue after 6 weeks they must register as official members of the Ladies Gaelic Football Association through their club secretary. The

## **..The Coordinator**

- Work alongside Club PRO to promote the programme in as many ways as possible
- Explain to participants on the first night about signing disclaimers or option of personal injury cover
- Ensure all participants complete the registration form on their first night
- Bring equipment and footballs
- Ensure facilities are in order at beginning and end of each week

## **..The Club**

- Provision of equipment- footballs, cones, bibs etc.
- Select a coordinator to liaise with the Provincial and National Development Team. Include details of same on registration form.
- Source a coach - suitable and qualified to deliver coaching sessions to this group

## **..The Coach**

- Be punctual
- Be prepared – know the activities you are going to deliver each week
- Consult the sample exercise, activities and games booklet provided
- Collect footballs/equipment and set up your stations
- Ensure that the activities reflect the ability and fitness level of the participants
- Keep activities varied and plentiful

Please see below overview of costs associated with G4M&O Programme:

### **0 - 6 Weeks**

- No cost associated with same from LGFA point of view

### **6 + Weeks**

- Each participant must pay 12 Euro G4M&O Registration fee through club registrar.

Breakdown is as follows:

- €2 per player payable to the Club
- €2 per player payable to the County Board
- €2 per player payable to the Provincial Council
- €6 per player payable to Central Council

### **Insurance**

- Players participating in Gaelic4Mothers&Others must have their own personal injury cover to participate
- LGFA Injury Fund does **NOT** apply to G4M&O Programme

### **Provincial & National Blitzes**

- Entry fee will apply
- Must be registered member of LGFA

### **Does a Registration fee apply for the first six weeks of the programme?**

- No, For the first six weeks of the programme players are not expected to pay a registration fee.

### **When should players commence thinking about registering with the LGFA?**

- After 6 weeks, it is the clubs decision to continue running the initiative.
- All players must register as official members of the LGFA through their club registrar if they wish to continue participating.  
\*Please note, G4M&O participants cannot pay into the injury fund

### **What are the registration costs associated with the Programme?**

- See Previous Page

### **How long is the above G4M&O Player registration valid for?**

- The registration year shall be from 1st June to 31st May of the following year. However, any player that registers between 1st January and 31st May shall be deemed registered up to and including the 31st May of the following year.

### **Does paying the registration fee for G4M&O provide me with full voting rights within my club?**

- No, only full members and full playing members joining the club after 31st June shall be entitled to vote at meetings

### **If I am registered already as an administrator or coach with my club, do I need to pay the €12 registration fee for G4M&O also?**

- No, if already registered with the Association then you are not required to pay the extra €12 G4M&O fee.

### **How can I pay my Registration?**

- If your club has a Ladies Football section, then you register as normal paying the appropriate fees through the club registrar.
- If your club has no ladies football section in the local GAA club then you can contact [maire.nimhaoilchiarain@lgfa.ie](mailto:maire.nimhaoilchiarain@lgfa.ie) to get a log in for your club to register through the electronic registration system. The cost to use this system for the year plus full support is €30. This will be €15 after the first year
- If there is no GAA or ladies club in your area then you need to contact [maire.nimhaoilchiarain@lgfa.ie](mailto:maire.nimhaoilchiarain@lgfa.ie) to discuss setting up for the registration process
- If players who do not want to register through the club that which you are attending the G4M&O programme then they can register through their home club using the same process as point 1 above with their club registrar

### **Must I renew my registration each year?**

- Yes, registration applies on an annual basis.

### **Do affiliation fees apply?**

- No, as G4M&O are not an official team or club

### **Do fees apply to Provincial and National Blitzes?**

- Yes an entry fee will apply to Provincial and National Blitzes to assist



## 'Gaelic4Mothers&Others' Sports Personal Accident Protection

Discounted Personal Accident Protection plans to all Gaelic 4 Mothers & Others teams.

Quite simply it is a low cost insurance product that helps cover participants in the event of an injury in the course of training or playing games. It is designed to help protect against the financial consequences of a serious accident or injury. This money is paid to the participant.

### Summary of cover are as follows

- ✓ Death ..... €75,000  
(under 18 years limit €25,000)
- ✓ Permanent Total Loss of Sight of One or Both Eyes ..... €75,000  
(under 18 years limit €25,000)
- ✓ Loss of One or More Limbs ..... €75,000  
(under 18 years limit €25,000)
- ✓ Permanent Total Disablement (other than loss of sight of one or both eyes or loss of limb(s)) ..... €75,000  
(under 18 years limit €25,000)
- ✓ Medical and Dental Expenses  
(incurred within 12 months of Bodily Injury and only those expenses not recoverable from any other source) ..... €3,500
- ✓ Policy Excess deducted from each and every claim ..... €75

Minimum premium per policy: 15 players or €225 inc levy.

### How to Buy

The cost per participant is €15 per year and to cover your team you just need to call the AIG G4M&O helpdesk on

**1800 646 747**



## Anything else we should be aware of in relation to insurance?

- Important that the appropriate activities are carried out in all sessions so therefore selection of your coach is important. The activities must reflect the ability and fitness levels of all participants
- Ensure the facilities that you are utilising are free from any hazards that could cause potential injury. A safety check should be carried out on the facility & equipment prior to commencing the programme
- Gaelic4Mothers&Others participants are NOT covered by LGFA injury fund but LGFA have negotiated an option for personal injury cover to make available to your club if required. The option of purchasing Personal Injury Cover for your participants is the responsibility of the club.



# Activities

- All activities including blitzes, Matches or anything of that nature must be pre-approved by the National Development Officer with at least 3 days prior notice given. An online Activity approval form must be completed. Link to this online form is available on the website.
- There will be **“windows of non-activity”** throughout the year. The largest window is the month of September around All-Ireland Finals and mainly in build up to the National blitz. There are also no blitzes permitted 4 weeks prior to any Provincial Blitz. All teams must adhere to this window of non-activity or they will be removed from the programme immediately. All teams will be notified and training is still permitted in

## Game/Blitz Guidelines

**The philosophy of Gaelic4Mothers&Others games is to promote full participation with emphasis on non-competitive and social atmosphere. Every participant should get the opportunity to develop their skills in a fun and safe environment.**

If you are considering holding a Gaelic4Mothers&Others Game and/or Blitz in your club or County here are a few things to think about:

Notification of all games and blitzes must be approved by Vinny Whelan (National Games Development officer) by filling in the activity approval form which can be found on the “Organising a Blitz” page on our website. Approval will then be sent out via email. The purpose of this is for the LGFA office to have a record of all blitzes played during the year and to limit the number of playing games provided to teams as this is a club-based programme.

### **Reminder:**

- The primary aim of a Gaelic4Mothers&Others games/blitz is to give clubs the opportunity to socialise with other teams and to try out their skills in a fun environment. The aim of your game/blitz should be to facilitate this socialising and feel good atmosphere for other teams.
- Gaelic4Mothers&Others is a strictly recreational and non-competitive initiative. It is therefore imperative that Games/Blitz Days are run with the right ethos. To ensure this, there should be no finals played and no medals or trophies should be presented. (an exception to this would be if a club presented a FUN award, i.e. ‘Most Entertaining Team’ or ‘Best Team Song.’)
- Clubs may be visited by a member of the LGFA Development Team to ensure the ethos of G4M&O is being adhered to at all times
- Games should be no more than 11-a-side, should **not** be played on full size pitches, and should be no longer than 20 minutes a half (Single game).
- Referees should be fully aware of the Gaelic4Mothers&Others ethos and ensure that all games are played in a non-competitive and safe manner.
- As Games/Blitz Days are a social event you should consider if you want to provide entertainment or a post game/blitz event. Teams may want to carry on their activities later in the evening, could your club facilitate this?

**Aim:**  
To allow all participants opportunity to develop their skills and team play in a safe and controlled environment.

commence with throw in at centre  
keeper may advance 10m for kick out  
huddle (2 solos or 1 hop & 1 solo)  
can be picked off the ground with the  
provided the player is on her feet  
s (ball is deemed wide if goes over end

Player: (a) Player who is fouled will be free from her hands (b) Opponents who is nearest side-line to take from her

- Physical contact or aggressive tackling (NO hitting/pawing at ball when player has ball in possession, Tackle ONLY when player goes to the ball i.e. solo, bounce, hand pass, kick)

the ethos of the programme  
decision is final

- Goal posts (8ft x 6ft). Training poles optional
- Jerseys or numbered bibs
- Size 4 Gaelic football

- Max 40-50 min games
- 20-25 per half or 12.5min quarters

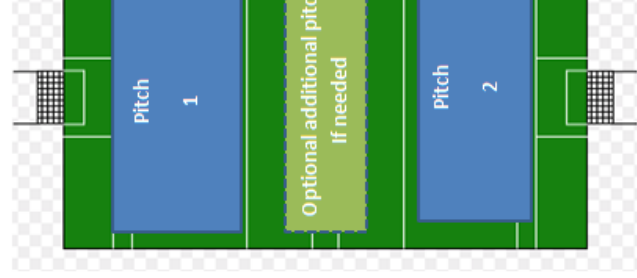
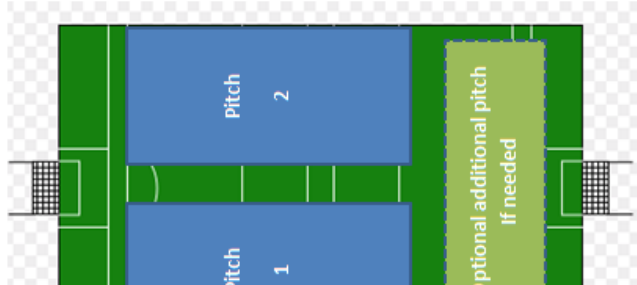
- 20 min games (10 per half)
- Min of 2 occasions

- 7-a-side: 45m x 30m
- 9-a-side: 65m x 40m
- 11-a-side: 90m x 40-50m

- **Min 7 aside:** (1 x Goal keeper, 2 x Goalkeepers, 2 backs, 2 x mid-fielders, 2 forwards)
- **Max 11 v 11:** **inc** goal keeper (be low)
- Players should rotate positions
- Unlimited subs if applicable
- Players should get equal playing time (no subs were possible)

A diagram of a football pitch with a width of 90m. The pitch is green with white lines. The width is indicated by a double-headed arrow labeled '90m'.

## Sample pitch lay-outs for Mini Blitz



## Why Fundraise?

- Raise funds to pay for activities (e.g. Blitz days)
- To organise gear for participants (e.g. official hoodies, jerseys etc.)
- Pay for registration fee to become official members at end of six week programme so do not need to pay all at once
- Organise social outings (e.g. Weekends away, nights out etc.)

## Firstly Consider...

- How much money do the group need to raise?
- How much time do we have to reach target?
- Who can help with the fundraising?
- What are the best ways of raising the funds needed?

## Steps...

- Complete steps above
- Decide if you want to collect a certain amount of money each week or organise a fundraiser (s)
- By collecting each week it is easier on participants

- Each participant pays a certain amount per session (eg. €2) and all money pooled until end of programme

## **2. Quiz Night/ Night at The Races**

- Decide on entry fee and source sponsorship. Can also have a raffle on the night

## **3. Family Fun Day**

- Organise in the club and include activities for all family members. Can have entry fee or charge per activity

## **4. Bag Packing**

- Apply to local supermarket for the group to go bag packing for the day. Great team building also

## **5. Fashion Show**

- Organise in conjunction with local fashion stores to arrange fashion show and charge entrance fee and source sponsors where possible

## **6. Coffee/ Tea Party**

- Can be held on local premises or club and invite all locals to come along and have entrance fee or donations



- Select preferred poster format and contact the LGFA Office for emailed copy or download from [www.ladiesgaelic.ie](http://www.ladiesgaelic.ie).
- Distribute the posters in local shops, businesses, places of employment where large numbers of females may work
- Place notice in local papers, on local radio, in church/ club newsletters, websites
- Give notice to primary school children to take home to their mothers
- Place contact details for the coordinator and the venue and time of the

I really enjoyed coaching, especially enjoyed the women's openness to take on the activities each week

It brought an enthusiastic group of mothers together in the club, highlighting that our club is a place all the family can play

Great to have this opportunity for mothers, will definitely like to see it continuing for years to come



The laughing each week was like therapy

Have fun with it that's what the parents are there for

It is great to be active for an hour with like minded

**CLUB NAME:**

\_\_\_\_\_

**COUNTY:**

\_\_\_\_\_

**G4M&O CONTACT NAME:**

\_\_\_\_\_

**G4M&O PHONE NUMBER:**

\_\_\_\_\_

**G4M&O CONTACT EMAIL ADDRESS:**

\_\_\_\_\_

**DATESITE COMMENCING:**

\_\_\_\_\_

All Gaelic4Mothers&Others sites should familiarise themselves with the G4M&O programme ethos. All sites should read below and agree to abide by these terms at all times.

- G4M&O is a non-competitive recreational form of Ladies Gaelic Football
- G4M&O is all inclusive. It should always welcome women over the age of 25 and who currently do not play any form of competitive club football and would like to play. They cannot be a registered player with any LGFA club
- All G4M&O training sessions are fun orientated with the focus on learning the skills of our game, developing social skills and providing an opportunity for women to be physically active
- All G4M&O blitzes are about participation and not winning. There are no winners or losers at G4M&O Blitzes and no scores are recorded. Blitzes should aim to allow women to meet other G4M&O Sites while having fun playing small sided matches
- All G4M&O Clubs must seek prior approval from the National Development Officer prior to hosting G4M&O Blitzes and challenges

**Does your club agree to abide by the LGFA G4M&O ethos as**

purpose of registering (or re-registering) our  
Gaelic4Mothers&Others club.

- I understand that the Personal Data will be retained by the Club, Province and the LGFA for such period as our Gaelic4Mothers&Others club subsists.
- I understand that I can resign my role as co-ordinator by writing to the Club, Province or the LGFA and my Personal Data will then be erased.
- I understand that my Personal Data will also be used for administrative purposes in relation to Gaelic4Mothers&Others.
- I understand that if I do not provide my Personal Data the membership of our Gaelic4Mothers&Others club cannot be registered with the Province and the LGFA.

**G4M&O Contact Signature:** \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

***Other Signatures Required for Ethos***

Coach 1 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach 2 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**To be returned to:**



**National Development Manager**  
**Lyn Savage**  
**Croke Park**  
**Dublin 3**  
**Phone: 0871316944**  
**Email: lyn.savage@lgfa.ie**

**National Development Officer**  
**Vinny Whelan**  
**Croke Park**  
**Dublin 3**  
**Phone: 0871821668**  
**Email: vincent.whelan@lgfa.ie**

## **Provincial Development Officers**

**Stephen Maxwell– gdo.leinster@lgfa.ie**

**Claire Burke - gdo.connaught@lgfa.ie**

**Gearoid Balfry- gdo.munster@lgfa.ie**



Ladies Gaelic Football Association  
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