



OFFICIAL SPONSOR



OFFICIAL CLUB INFORMATION GUIDE



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About the Programme...



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 women 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 of the Programme...

Women in Sport initiative introduced to clubs in 2008.

The programme began with only a handful of clubs and now we currently have over 400 G4M&O Clubs active nationally.

Clubs may run the programme individually or in partnership with other LGFA or GAA clubs in their area.



Our Mission

Offer the chance to be socially active within the community.

Create awareness of Ladies Gaelic Football in the community.

Provide women with an opportunity to be physically active within the noncompetitive framework of LGFA and to meet and socially interact with other women/ mothers in the community or from nearby areas

Provide clubs with new members who may take up volunteer roles with the club in the future.

Serves to create a fun and social dimension to any existing Ladies Football section in a club.

Give women from non LGFA, or indeed non-sporting, backgrounds the chance to start playing Ladies Gaelic Football for fun, fitness or both.

Provide women with the opportunity to play Ladies Gaelic Football recreationally in a non competitive, inclusive environment.

Programme Structure



One fun practice session should be organized 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 a trial session to establish interest and hopefully continue to play/train after by registering as a G4M&O member of the association.

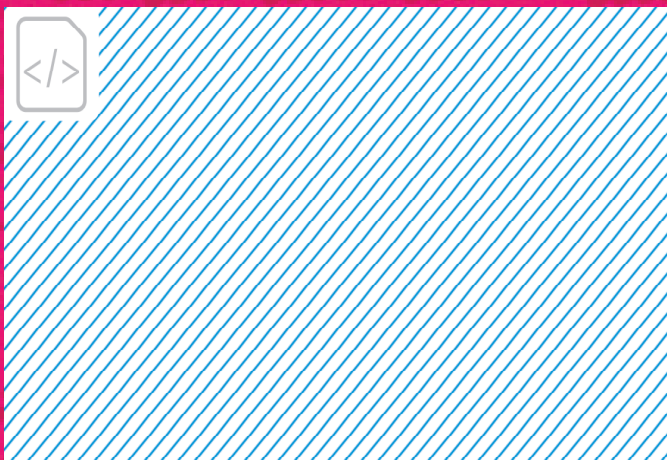
After the trial session it is the clubs responsibility to continue running the initiative. All players must register as official G4M&O members of the Ladies Gaelic Football Association through their club registrar. Insurance is mandatory. They can not pay into the injury fund.

After the trial session and registration the group can hold a small festival and if possible invite other Gaelic4Mothers&Others groups in for small sided non competitive games with a maximum of 10 teams participating. 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.

Provincial and National Festivals 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 the coach or become an administrator in the club and therefore the club should look at finding them a meaningful role. A 'Ready Steady Coach, Programme can be organised in the club through the LGFA Office to assist with this.

Set-Up



Ten Step Guide to Setting up

- Step 1** > Identify the need for Gaelic4Mothers&Others in your club and obtain relevant information material from website ladiesgaelic.ie
- Step 2** > Clubs should identify a minimum of two personnel to be involved in the G4M&O Club – one coordinator and 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
- 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 and 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 the trial session, they must register as official G4M&O members of the Ladies Gaelic Football Association through their club registrar. The G4M&O registration fee is €12. This could be fund raised by fundraising initiatives.

The Role of...

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
- At the end of the programme ensure that all participants and the coach complete the evaluation form and return it to the requested person

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
- Lots of ball contact (200-300 touches per session)
- And remember.....have FUN!

What does it cost?

An overview of costs associated with G4M&O Programme...



Week 1 - Sample Session

- No cost associated with same from LGFA point of view . Participants must sign a waiver to take part.

Week 2 - Onwards...

- Each participant must pay €12 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
- Clubs who are not yet affiliated to the LGFA will be subject to a €150 contribution fee to activate your Foireann account in order to be able to register players

Provincial & National Festivals

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

Insurance*

Please see insurance pages

Programme Ethos...

- All Gaelic4Mothers&Others sites should familiarize 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 festivals are about participation and not winning. There are no winners or losers at G4M&O Festivals and no scores are recorded. Festivals 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 Festivals
- To complete the online ethos form go to www.ladiesgaelic.ie [Click here](#)



Registration



Registration



Q. When should players commence thinking about registering with the LGFA?

- After the sample session, it is the club's 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

Q. How long is the above G4M&O Player registration valid for?

- The registration year runs from the 1st April to the 31st March

Q. 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. In order to have a voting right, you must register as a Non-Playing Member and this will still allow you to play G4M&O

FAQ's

Q. 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 as a Non-Player, then you are not required to pay the G4M&O fee.

Q. 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 by handing over money or via Foireann the new registration system. You must have a profile on Foireann and the club must have an option to register as a G4M&O member or you can choose the Non-Playing Membership option, but this will cost more.
- If there is no Ladies Gaelic Football club in your area then your coordinator can contact nationalregistrar@lgfa.ie to activate the G4MO option for your club.
- Clubs who are not yet affiliated to the LGFA will be subject to a €150 contribution fee to activate your Foireann account in order to be able to register players”.
- If players who do not want to register through the club that they are attending the G4M&O programme but still wish to continue to participate, they can do so via their own club via the registration system Foireann as outlined above.

Q. Must I renew my registration each year?

- Yes, registration applies on an annual basis.

Q. Do affiliation fees apply?

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



Insurance

G4M&O Insurance presentation narrated

What should we should be aware of in relation to insurance?

- All participants must have personal injury cover to take part in the programme
- 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.



'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 in Both Eyes €75,000
- ✓ Total Paralysis €75,000
- ✓ Permanent Total Loss of Speech €75,000
- ✓ 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

N. Ireland Clubs Call - **(01) 208 1441**



Coaching Presentation

G4M&O Coaching
Presentation narrated

Activities

- All activities including festivals, 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. Simply **CLICK HERE** (electronic version) or go to ladiesgaelic.ie to complete the form
- There will be “windows of non-activity” throughout the year. These windows are TG4 All Ireland Finals weekend and 2 weeks prior to, and weekend of, the National Festival Day. There are also no activity permitted 2 weeks prior to ,or on weekend of, Provincial Festivals. 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 these windows.
- Each Festival is permitted to have a maximum of 10 teams taking part.

Each group or club are permitted to take part in two external events, with other clubs, per month. This may be two 1 V 1 matches, or, two festivals, or, a combination of both. Any team who plays more than the permitted two activities per month may be excluded from the programme



Activity Guidelines - Games/Festivals

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 Festival in your club or County here are a few things to think about:



Notification of all games and festivals must be approved by Vinny Whelan (National Development officer) by filling in the activity approval form which can be found on the “Organising a Festival” 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 festivals played during the year and to limit the number of playing games provided to teams as this is a club-based programme.

Activity Guidelines - Games/Festivals

Reminder:

- The primary aim of a Gaelic4Mothers&Others games/festival 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/festival 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/Festival 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').
- Teams can be removed from the programme for publishing results or using announcements about winning, drawing or losing games
- 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/Festival Days are a social event you should consider if you want to provide entertainment or a post game/festival event. Teams may want to carry on their activities later in the evening, could your club facilitate this?
- The key factor in Gaelic4Mothers&Others Festival Days is that they are held in a fun and inclusive environment. Every participant regardless of ability or experience should feel welcome on the day.
- Use modified pitch, playing rules and equipment that are appropriate to the group and ability level of those participating. (see template overleaf)
- These playing rules are not set in stone – there is no reason why the rules cannot be modified to meet the varying needs and abilities that coaches and players meet 'on the ground' but scores cannot be recorded.

Gaelic4Mothers&Others Game Guidelines

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

The following modified rules are applicable to Gaelic4Mothers&Others:

- Play to commence with throw in at centre
- Goalkeeper may advance 10m for kick out
- 2 touch rule (2 solos or 1 hop & solo)
- Ball can be picked off the ground with the hands provided the player is on her feet
- No 45's (ball is deemed wide if goes over end line)
- 3 Points for over the bar, 1 point for under the crossbar
- Nearest player: (a) Player who is fouled will take the free from her hands (b) Opponents player who is nearest side-line to take from her hands
- No physical contact or aggressive tackling (NO slapping/pawing at ball when player has ball in possession. Tackle ONLY when player goes to release ball i.e. solo, bounce, hand pass, kick ball)
- Follow the ethos of the programme
- Referees decision is final

Organising

Equipment:

- Goal posts (8ft x 6ft). Training poles optional
- Jerseys or numbered bibs
- Size 3 or 4 Gaelic Football

Time:

Single game:

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

Festival

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

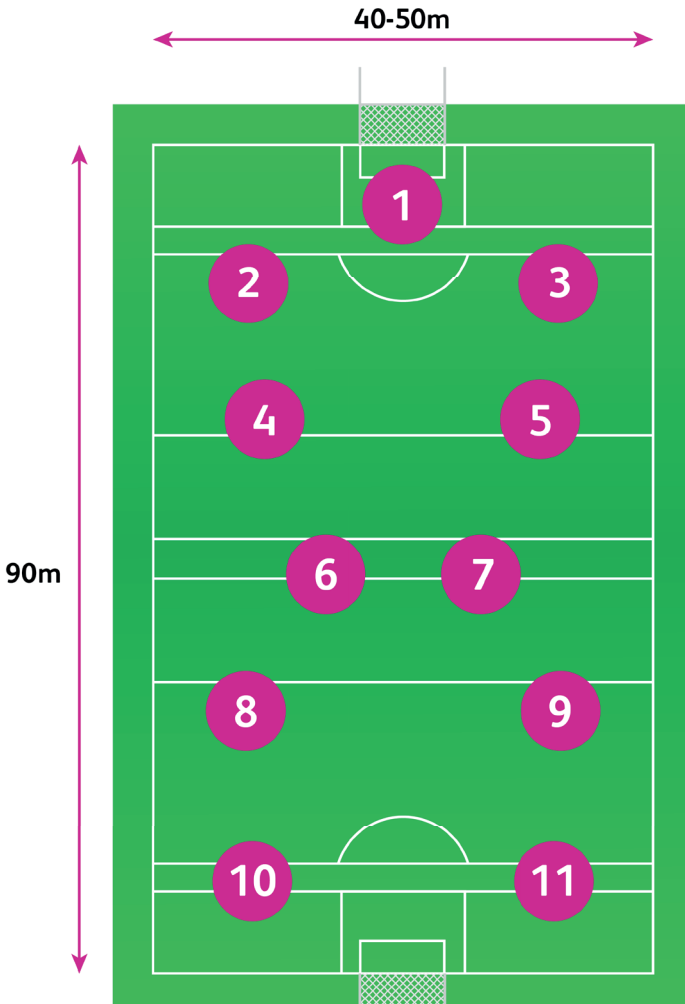
Pitch size

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

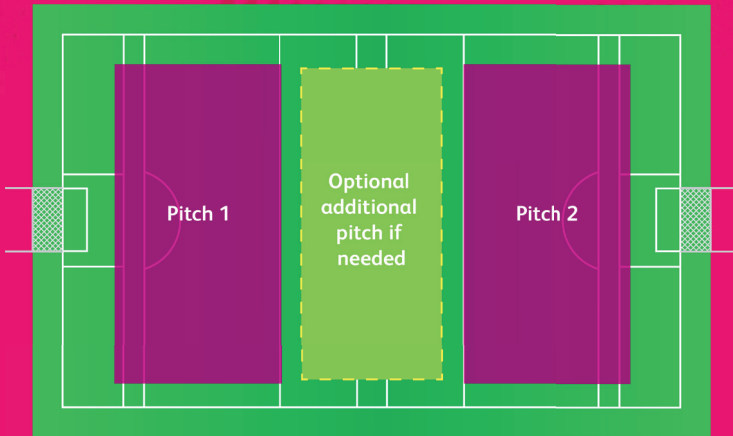
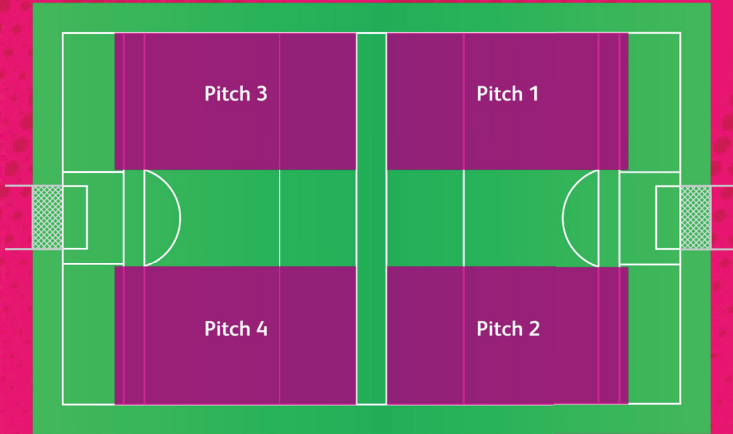
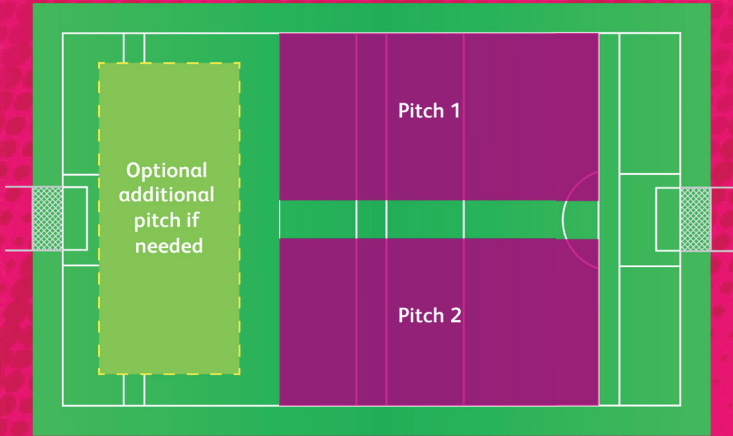
Gaelic4Mothers&Others Game Guidelines

Playing the Game

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



Sample pitch lay-out for Mini Festival



Effective Coaching Practices

For Video click here



Fundraising

WhyFundraise?

Raise funds to pay for activities (e.g. Festival days)

To organise gear for participants (e.g. official hoodies, jerseys etc.)

Pay for registration fee to become official members so do not need to pay all at once

Organise social outings (e.g. Weekends away, nights out etc.) or link with local charities

FirstlyConsider

How much money do the group need to raise?

How much time do we you have to reach target?

Who can help with the fundraising?

What are the best ways of raising the funds needed?

Steps

Complete listed steps

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

Appoint designated co-ordinator to collect money

Set up committee if organising events/ activities



Fundraising Ideas



Self Fundraise

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



Family Fun Day

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



Quiz Night/ Night at The Races

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



Bag Packing

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



Coffee/ Tea Party

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



Fashion Show

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



Your Group will have many more ideas!! Brainstorm Together...
All fundraising should be in aligned to, and approved by,
the parent club of each group.

Promotion & Recruitment

- Select preferred poster format and download from 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 and the clubs social media platforms.
- 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 programme on all promotional material
- Continually promote and recruit from parents of new children to your club. Advertise in your clubs nursery and younger age groups

Click on poster to download

Gaelic 4 Mothers and Others **SPORTS DIRECT**
OFFICIAL SPONSOR

**GET OUT
GET ACTIVE**

IN YOUR AREA NOW!

The Gaelic4Mothers&Others initiative sees women playing Ladies Gaelic Football in a fun, non-competitive and social environment. Be part of the action

VENUE:
DAY:
TIME:

CONTACT:

WWW.LADIESGAELIC.IE

LGFA
PÉL na mBAN

Criteria: 25 years + & non-registered players

Official Licensees

The Ladies Gaelic Football Association have Official Licensees and only these companies have permission to use the LGFA or G4M&O logo on merchandise. It is important that you are aware of this when sourcing playing or leisure gear for your club or team as your club will be responsible for any breaches.

CLICK HERE for a full list of Official Licensees.

Testimonials

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

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



Become A Part of It!

Get registering Now... Simply go to:


<https://ladiesgaelic.ie/lgfa-hub/games-development/gaelic4mothersothers/>



Contacts

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