

Athlete Player Development

As your child moves into the next phase of his/her sporting life, it is important that we cater for their growing needs as athletes. At the club we are committed to providing the best facilities and resources at our disposal to your children in the pursuit of this. GAA players require a combination of attributes in order to participate in the sport. These attributes include an optimal combination of physical fitness, technical proficiency, tactical prowess, team-play, playing facts and psychological focus.

To help your child reach his/her full sporting potential, we will focus on the development of physical fitness through our athletic development programme. This will primarily help improve the players' fundamental movement skills (e.g. agility, balance, co-ordination, running, jumping, throwing and strength) through an age- appropriately designed training program.

Your child will be given a Functional Movement Screen, by a trained professional, before the programme begins. This is a screen to check for any pre existing injuries or imbalances. For example, a common imbalance is to have the hamstring muscle on your kicking leg more flexible than the hamstring muscle on your non kicking leg. This causes an imbalance and can cause injuries in the long term, as well as hindering your child's athletic performance. If any injuries are detected during the screening we will recommend the athlete should see a physiotherapist before continuing with any athletic development work with the club.

We will incorporate the athletic development training program into your child's existing weekly GAA training program at the club. Self-guided homework sheets containing corrective exercises will also be provided for completion outside of the GAA clubs training hours.

I must emphasize that this is not a strength and conditioning programme, and that your child will not be lifting weights, etc. This is all about improving core strength, stability and the fundamental movement skills that he/she will need to play any sport. One of the biggest benefits to athletic development is injury prevention and this is something that we in the club are very keen to put in place.

Please contact me on 086 406 2452 or stephen.behan.gpo.dublin@gaa.ie with questions

Yours in sport,

Stephen Behan

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