



Duhallow Clubs



Newsletter July/August 2026

Please note the following for your attention.

Courses

Please review the needs of courses for coaches, club officers, etc.



ICGG & Child Safe-guarding

Please have a look at your Club Records and see how many will need upskilling. We will plan courses over the coming months.

YOU MUST HAVE FOIREANN AND TOBAR SET UP & LINKED BEFORE ATTENDING THE COURSE.



If any club wishes to run a safeguarding course in-house.
Please email Des Cullinane at des.cullinane.ncsc@gaa.ie

Nursery Course

Designed for Nursery Coaches who are new to the club and lack certification.



- Duration: The course lasts for a total of 1.5 hours, followed by an additional 15 minutes to complete at your convenience.
- Outcome: Upon completion, participants will receive an official coaching badge on their Tobar Account to coach U4 to U6. ICGG course required for Over 6 years.
- If a club wishes to run a course please contact Pat.

National Schools

School coaching Scheme.

Thank you to all the clubs and their coaches who participated in the School Coaching scheme for the school year Sept 25 to May 26. Boherbue, Cullen, Kiskeam, Newmarket, Millstreet, Kanturk, Meelin, Banteer-Lyre, Rockchapel, Dromtariffe.

Thanks also to Ballydesmond, Knocknagree, Freemount & Lismire who didnt participate in the scheme but did complete National Schools Coaching.

PLEASE NOTE; We are awaiting confirmation from Cork GAA with regards to the commitment to the 3rd year of the School Coaching Program. As soon as Cork update GDC's, we will update clubs.

Croke Park Activity Day

Well done to Kanturk U12s who attended the Croke Park Activity day.



School Blitz

- September 10th 1st & 2nd Class Football in BANTEER
- September 24th 1st & 2nd Class Hurling in BANTEER
- October 8th 3rd & 4th Class Football in KANTURK
- October 22nd 3rd & 4th Class Hurling in KANTURK

Go Games

- Just a small note regarding GoGames participation over the last few weeks. We've run two U7 and two U8 football and hurling blitzes recently.
- **GoGames are where the kids learn the game, build confidence, and most importantly get to play – so we'd really encourage everyone, where possible, to make the effort to enter teams and attend.**
- Also, if teams aren't travelling on a particular weekend, please make use of the divisional WhatsApp group to organise challenge games locally. We'd love to see more activity and games being arranged through the group so that the kids are still getting meaningful game time.
- Our priority is to ensure that the children are playing games.
- **U8 Páirc Uí Chaoimh Monster Blitz dates;**
 - September 5th Football
 - September 19th Hurling
 - This is open to all Duhallow clubs;
 - Sign up as normal by contacting Paudie Crowley.
- **U6s blitz** will commence 2nd of September. Please see details below.

We ran great U6 Blitzes through July which were fantastic days and well attended by all clubs.



- If U6s coaches need to be added to the whats app group please contact Pat Spratt on 086 8922800.

The Duhallow GAA coaching website is available to all coaches.

www.duhallowgaacoaching.ie

Clubs Go Games Calendar 2026

0	U7	U8	U9	U10	U11
	5-a-side	5-a-side	6-a-side	6-a-side	7-a-side
04/04/2026		Football 1	Football 1		
11/04/2026		Hurling 1	Hurling 1		
18/04/2026	Football 1	Football 2	Football 2		
25/04/2026			Hurling 2		
02/05/2026	Bank Holiday Weekend				
09/05/2026		Hurling 2	Football 3		
16/05/2026	Hurling 1	Football 3	Break Week		
23/05/2026			Hurling 3		
30/05/2026	Bank Holiday Weekend				
06/06/2026	Football 2		Football 4		
13/06/2026		Hurling 3	Hurling 4		
20/06/2026	Hurling 2	Football 4	Football 5		
27/06/2026		Hurling 4	Break Week		
04/07/2026	Football 3	Football 5	Hurling 5		
11/07/2026			Football 6		
18/07/2026	Hurling 3		Hurling 6		
25/07/2026			PUR - U9 PUC 10		
01/08/2026					
08/08/2026					
15/08/2026					
22/08/2026		Hurling 5	Football 7		
29/08/2026	Football 4	Football 6	Hurling 7		
05/09/2026		Hurling 6	Football 8		
12/09/2026	Hurling 4	Football 7	Hurling 8		
19/09/2026		Hurling 7	Football 9		
26/09/2026			Hurling 9		
03/10/2026					
10/10/2026					
17/10/2026					
24/10/2026					

Páirc Uí Chaoimh Activity Days

Well done to all Duhallow clubs who travelled and took part in the Páirc Uí Chaoimh days on the grass pitch.

Development Squads

Cork GAA Summer training squad.

We had a great Summer of both Football and Hurling U13 Summer training with great participation across the division with all clubs representing in both codes.

With 10 sessions in both codes scheduled, we would like to take this opportunity to thank Boherbue GAA and Meelin GAA for hosting these valuable sessions.

We are nearing the end of the summer program and grading is currently taking place with a view to selecting the panels for the autumn/winter PODs.

The Duhallow U15 Hurlers playing U15 Premier 1

Round 2 Group

Carbery
Glen Rovers
Duhallow
Midleton



Rebel Og Coiste Fe 15 Group 1 Hurling League

Phase 2

30/07/2026 19:30



2 -11 v 6 -15

Carbery

Duhallow

More +

Rebel Og Coiste Fe 15 Group 1 Hurling League

Phase 2

05/08/2026 19:30



5 -13 v 1 -14

Duhallow

Midleton

More +

Youth Resistance Training

Below are links for Youth resistance training, strength & Conditioning.

This Circuit training program was developed by Aidan O Connell,
High Performance manager, Cork GAA



[Cork GAA Circuit training 6 week plan](#)

Below is a printable PDF of resistance training for Over 13s

[Resistance Training for Youth Players](#)

Duhallow Hurling Academy

- Banteer Astro sessions start back on Wednesday 9th September.
- Every Wednesday
- 3pm- 4pm 1st year to 3rd year
- 4pm-5pm 5th and 6th class
- This will continue until the school holidays.
- All communications done through the Spond App; details below.

Duhallow Hurling Academy Communications

Spond app for current participants parents/guardians

All communications for sessions on **Spond**.

This is **an app** that allows us to notify players/ guardians of any changes, as well as get an idea of the numbers coming to a session. You must download it to your mobile and join our group in order to receive all future communications regarding training, etc.

If you are new to Spond:

You can download the app to your mobile and request access to the group here:

[Download Spond here](#)

Select "I'm a Guardian"

Enter your Son's details followed by your own details and submit for approval.

You can access help here on the steps involved if you're having difficulty:

[Join a group | Spond App](#)

If you are already on the Spond app:

Click on the group icon at the bottom of the screen (2nd from right)

Click on the words "Enter code" and enter the code "**KKVDA**", and follow the steps from there

Post Primary

I will be back in all 4 Duhallow Post Primary Schools from 1st week in September,
Coaching both Football & Hurling.

Scoile Mhuire Kanturk - Hurling and Football

Colaiste Treasa Kanturk - Hurling and Football

Boherbue Comprehensive School - Hurling and Football

Millstreet School- Football and Hurling

Duhallow Coaching Resource

www.duhallowgaacoaching.ie

- The Coaching Resource www.duhallowgaacoaching.ie is continuing to evolve.
- Delighted that the **13-15 age category in both Hurling and Football** skills activities including **Game based training** is complete and receiving traction.
- 16-18 yrs will be completed over the Autumn/winter focused on Game based training.
- Our Resource is out performing 73% of similar coaching websites in Visits & session duration (average 5mins 20secs) Sessions lasting 3mins is considered good performance. This highlights that the content of the resource is seen as valuable to visitors. Without a marketing budget we are encouraged by the organic performance of the resource.
- The Duhallow GAA Coaching Facebook & Instagram are also live so please share with your club coaches, officers, members & Officers.
@duhallowgaacoaching
- Duhallow Division has been assigned its own tab, under which you will have access to videos & photos that have been sent to us for sharing. If any club wishes to submit photos to the gallery please send them on.
- Under the Coach tab you will find access to coaching videos which have been shared over social media, however we are aware not all coaches would be on social media so these videos are being shared on the “Coach” page.
- You will find under courses, any upcoming and planned workshops, please keep an eye on these pages.

Workshops

- An **U15 -Minor Hurling Coaching Workshop** took place in **KANTURK GAA on Thursday 13th August** . We will share some of the video content on socials and on the resource website.

Cúl Camps

- Cúl Camps 2026 in Duhallow, despite the upheaval ran seamlessly. A huge credit must go to Camp co-ordinators, their coaches, supporting parents and clubs to ensuring successful camps took place.
- Credit to Kiskeam, Kilbrin/Castlemagner, Millstreet/Cullen, Newmarket, Kanturk, Boherbue, Knocknagree, Rockchapel, Dromtariffe, Banteer/Lyre.
- The Whats App Group for Co-ordinators in North Cork was well used and very valuable.