



Duhallow Clubs



Monthly Meeting 6TH May 2026

Great meeting in Kanturk GAA this evening. Apologies from Castlemagner & Cullen.
Thank you to Boherbue, Freemount, Kanturk, Meelin, Ballydesmond, Kiskeam, Millstreet, Knocknagree, Banteer for attending.

Courses

As the season begins to kick off, please review the needs of courses for coaches, club officers, etc.

ICGG

Please have a look at your Club Records and see how many will need upskilling. We will run an ICGG course in Scoil Mhuire Kanturk on Thurs on 21st May & Thurs 28th May. (This is a course run over 2 evenings and both evenings must be attended to receive certification).. **YOU MUST HAVE FOIREANN AND TOBAR SET UP & LINKED BEFORE ATTENDING THE COURSE**

[Register for ICGG course here](#)



Child Safe-Guarding

We will run a safe-guarding course in Kanturk GAA on Saturday 30th May at 9.30am. Course takes 3 hrs and must be attended in full to receive creditation. If you are interested in attending a child safe-guarding course please register your interest below and when we have sufficient numbers we will organise another course.

[Register for Child-Safeguarding Course here](#)

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



This newly established course is designed for Nursery Coaches who are new to the club and lack certification. We recently ran a course in Meelin, thanks for hosting.

- 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.

Target Audience: This course is aimed at coaches working with children aged U4 to U6.
Date and venue of next course TBC.

[Availability of Duhallow Courses here](#)

National Schools

Name. Caelann Feehan
Boherbue GAA
Mobile. 083 0225846
Name; Mike Twomey
Schools Coach
Mobile ; 085 1503447

School Coaching:

#Important Reminder

It is crucial for participating clubs to ensure that timesheets are:

- Properly signed and completed
- Scanned or clearly photographed & Submitted by the last thursday of each month.

School Blitz

We ran successful School Blitz' in April in Kanturk GAA. Thank you for hosting.

Skills Competition

We will be hosting the North Cork Region Hurling & Football skills competitions on May 12th @ Mallow GAA

- Teams of 3
- Only **one team** entry for each code is allowed per school.
- Schools can enter a Hurling team and Football team if you wish
- Teams ideally made up of three 6th class boys. (5th class also allowed and one girl can also be part of your team of 3.)

The top two hurling & top two football teams will go forward to the county finals on May 20th

- May 12th - North Region Hurling & Football Skills Finals - Mallow Start Time TBC
- May 20th - County Finals (2 teams from each region)@ Supervalu PUC
- June 3rd - Munster Finals

Emails are sent to Duhallow schools; [Teams can be registered here](#).

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, and unfortunately the number of Duhallow teams entering has been quite low.
- We understand that a 9am start isn't ideal for everyone, but it's worth remembering that clubs from places over an hour away are still making the trip to Mallow for those same starts. 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 internally. We'd love to see more activity and games being arranged through the group so that the kids are still getting meaningful game time.

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					

Development Squads

Cork GAA Summer training squad.

Any boys born 2013 interested in participating in the Cork GAA Summer training squad please register your interest via the link below. Any boys who participated in the Easter Camp do not need to register.

[Register here for Boys 2013 Summer training](#)

Celtic Challenge, beat Killkenny
beat Clare 5-20 to 1-11

The Duhallow U15 Hurlers playing U15 Premier 1
beat Midleton 5-12 to 1-14 in Boherbue GAA.
Thank you for hosting.



< Back	Duhallow - Cork Coiste ...	♥	☰
Thursday 16th April 2026			
Rebel Og Coiste Fe15 Hurling League Group 1			
Glen Rovers - v - Duhallow			
18:30 1 Duhallow			
Thursday 30th April 2026			
Rebel Og Coiste Fe15 Hurling League Group 1			
Duhallow - v - Midleton			
18:30 1 Duhallow			
Thursday 28th May 2026			
Rebel Og Coiste Fe15 Hurling League Group 1			
Douglas - v - Duhallow			
18:30 1 Douglas			
Thursday 11th June 2026			
Rebel Og Coiste Fe15 Hurling League Group 1			
Duhallow - v - Carbery			
18:30 1 Duhallow			
Thursday 25th June 2026			
Rebel Og Coiste Fe15 Hurling League Group 1			
Blackrock - v - Duhallow			
Results		Fixtures	



Youth Resistance Training

Below are links for Youth resistance training, strenght & 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 resume every Wednesday at 3:15 PM for 5th and 6th class, and from 4:15-5:15 PM for 1st to 3rd years. This week saw over 100 boys in attendance, the highest ever.
- Indoor Wall-Ball Hurling sessions for U15s only are held on Sunday evenings now instead of Thursdays in Banteer indoor Astro Turf, with notifications sent via the Spond App. Additionally, hurling is now at Boherbue Comprehensive on Wednesdays from 1:15 PM to 2:15 PM, averaging 30 participants.



Duhallow Hurling Academy Communications

Spond app for current participants parents/guardians

The Duhallow Hurling Academy has been back since the 14th January in Banteer at 3:30 pm. 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

Duhallow Football Squad

We have 45 Lads registered so far For Duhallow Football
Details Below.

[Register here](#)

We have lads from every club. Thanks to all Clubs and Players
who registered so far. We will be starting trials soon.



Cork Sciath na Scoil Team.



Huge congratulations to Aaron Keller of Rathcoole National School and Dromtariffe GAA Club!

Aaron, son of Fiona and Frankie, had the incredible honour of playing at half-time during the Munster Senior Hurling Semi-Final in the iconic Semple Stadium on Thursday as part of the Cork Sciath na Scoil Team.

A fantastic achievement and a proud moment for Aaron, his family, school, club, and community. Well done Aaron! ●●

🌞 Congratulations to Jack Linehan of Kilbrin GAA Club and Kilbrin National School!

Jack, son of Lisa and Diarmuid, proudly represented his club and school in a fantastic achievement that brought great pride to his family and community.

Well done Jack — a brilliant accomplishment and a special moment for everyone involved! ●●



Post Primary

I am back coaching in the PPS in Duhallow again, and upskilling TY Students in Coaching and Refereeing Modules in the Future Leader Program info will follow.

Post-Primary School fixtures are now being managed by Cork GAA.

All 4 Duhallow schools are active and participating.

Scoile Mhuire Kanturk - Hurling and Football

Colaiste Treasa Kanturk - Hurling and Football

Boherbue Comprehensive School - Football

Millstreet School- Football and Hurling

Blitz Post primary for 1st years

We ran 2 successful Blitz in Mallow for 1st years which was well attended.

Duhallow GAA Coaching website is now live and is a valuable resource for **teachers** also.

Coaching Plan

**A Coach review was sent by email to all clubs from Munster GAA.
This is to be completed by Clubs by 20th May without exception.**

Courses / Camps/ Workshops

We ran 2 good workshops in U12
Football & Hurling which were well
attended, and we received great
feedback from parents of children
who participated.

CORK GAA
PERFORMANCE CAMP
TAKE YOUR GAME TO THE NEXT LEVEL THIS SUMMER!
SIGN UP FOR OUR HURLING, FOOTBALL, CAMOGIE,
AND LADIES' FOOTBALL CAMPS!

1ST & 2ND YEAR STUDENTS

WEEK 1 Tuesday 2nd – Friday 5th June
SuperValu Páirc Uí Chaoimh // Football Only

WEEK 2 Monday 8th – Thursday 11th June
SuperValu Páirc Uí Chaoimh // Hurling Only
Clonakilty // Dual Camp

WEEK 3 Monday 15th – Thursday 18th June
SuperValu Páirc Uí Chaoimh // Dual Camp
Mallow // Dual Camp

Join us for an action-packed Summer Camp designed to develop your key skills in the game — train with top coaches, receive an official O'Neill's training jersey, and elevate your game this summer!

€125
INCLUDING BOOKING FEE

1st & 2nd year Students

Performance Camp 2026 Open to boys and girls in 1st and 2nd Year, focusing on developing skills, athletic performance and confidence. The camp focuses on developing skills in hurling and football, athletic development, leadership, and overall performance in a fun and supportive environment.

[Register here Boys & Girls 1st & 2nd Year](#)



Munster GAA - Poc Fada 2026

The Munster Final of the Poc Fada competition will take place on June 13th in the Galtee mountains.

The Cork finals will be scheduled for June 4th, with full details and notification to follow for the adult and youth competition.

Croke Park Activity Days 2026

If a Duhallow Club is interested in applying for The Croke Park day

Contact Pat asap

The dates confirmed for the Croke Park U12 Activity Days are as follows:

July 28th Hurling

July 29th Football

It is planned to have 7 clubs represented from Cork in each code.

Cork GAA PPS Committee 2026/2027

The incoming PPS committee will be announced this evening at the May meeting of the County Board. It will consist of the following officers:

Chairperson Paddy Duggan Former Principal Clonakilty Community College

Vice-chair Eamon O'Connor Current teacher with Patrician Academy Mallow

Secretary John Ryan Current teacher with De la Salle Macroom

A full set of 2026/2027 fixtures will be issued to the PPS administrators in each school in the coming weeks.

Cork GAA

Cúl Camps

- Priority Focus - Cul Camps 2026:
- There should be a **whole club approach Adult/Juv clubs** in the successful running of Cúl Camp, as instructed in email to Adult /Juv clubs from Paudie Crowley.
- All clubs should have commenced the necessary recruitment of coaches as well as the administration required around vetting, safeguarding and coaching qualifications.
- Cork GAA will hold a Cúl Camp Coordinators briefing. This will ensure that there are no clubs in a situation where camps are in doubt at a later date due to a failure to plan and prepare accordingly.
- The Cúl Camps website was temporarily taken offline due to issues like duplicate payments but is now operational. For any further issues, contact Cúl Camps or Paudie Crowley.
- Additional places at various Cúl Camp venues have been released; check the website for availability.
- The duhallowgaacoaching.ie site now features a dedicated Cúl Camps page with resources, including forms and guidance on using the website.



**WE ARE
HIRING
Cúl Camp Coaches**

QUALIFICATION:

- **Garda Vetting**
This must be completed on www.foireann.ie
co-ordinated by Clubs Children's Officers.
- **Child Safe-guarding**
Tobar www.learningGAA.ie
- **ICGG**
Coaching Course

If you don't have courses completed, please note we can assist by providing courses

APPLY NOW HERE

Or Send Your CV or questions to camps.cork@gaa.ie

Registered Coaches for Cúl Camps in North Cork:

*Ava Fitzgerald: 087 4095962
Abbie Herlihy: 087 7544331
Katie O'Keeffe: 087 9271052
Brian Murphy: 083 1791414
Shauna O'Driscoll: 083 0817743
Blaithin Dennehy: 083 0105739*

*Name. Caelann Feehan
Boherbue GAA
Mobile. 083 0225846
Name; Mike Twomey
Schools Coach
Mobile ; 085 1503447*



Duhallow GAA Coaching Resource

www.duhallowgaacoaching.ie

- The Duhallow GAA Coaching website is now fully up and running and continues to go from strength to strength. It has become a really valuable resource for coaches, with strong engagement across all areas of the site.
- Interestingly, the most visited section at the moment is the **U12 category**, while the average session duration on the website is now over five minutes — **outperforming 72% of similar websites** online. Anything over 3 mins is considered good so, this shows that when people are finding the website, they are staying on it because they are genuinely interested in the resources and content available.
- The growth in traffic has also been very encouraging. Following a feature with **PJ Coogan on Cork's 96FM** last week, with Pat and Tracey, saw website traffic increase by over 150%.
- [Listen here](#)
- There will also be an introduction to the website on **Today FM** with Dave Moore this Friday, which should help continue to grow awareness and usage even further.
- We also launched the **Facebook & Instagram** pages which are growing steadily with good analytics & views of over 65k.
- In addition, there is now a dedicated **Cúl Camps page** available on the website, which is proving to be a hugely valuable resource for Cúl Camp coordinators. The page includes a wide range of useful materials and resources, while coordinators can also make use of the skills and activities section of the website when planning and organising their camp activities.
- **Cork GAA have sent the website out to all registered Cúl Camp Co-ordinators which is also a great endorsement of the resources available.**