



# Duhallow Clubs

## Monthly Meeting 8th April 2026



**Great meeting tonight in Kanturk GAA, thanks to Boherbue, Banteer, Cullen, Kanturk, Millstreet, Dromtariffe, Meelin for attending. Please pass this newsletter onto your coaches & officers.**

### *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 ran an ICGG course over 2 nights in Scoil Mhuire Kanturk PPS. Which was fully booked. Please let us know if you are in need of another course and if we have sufficient numbers we will arrange a course.

[Register Interest for an ICGG course here](#)



Any clubs wishing to do an ICGG course on their own, please contact me. There needs to be at least 12 participants for the course to go ahead. If clubs wish to hold a course in-house, it takes 2 sessions, a theory session and a practical session. cost TBC, however, contact me asap to book in dates and I will confirm the fee.



#### **Child Safe-Guarding**

We ran a safe-guarding course in Freemount GAA on Saturday 24th Jan which was well attended. 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 your Interest 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](mailto: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*

## Update on Revenue Payroll System for School Coaching

With the launch of a revenue payroll system for school coaching, we are pleased to see that **\*\*10 clubs in Duhallow\*\*** are actively participating in the program. This initiative provides significant long-term advantages for the clubs. In addition to this, 5 more Duhallow clubs are running school coaching outside of the Cork GAA School coaching scheme. These clubs do not receive funding towards this initiative. It is great to see that nearly every school in our division is being catered for.

### #Important Reminder

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

- Properly signed and completed
- Scanned or clearly photographed

These should be sent to me via email by the **\*\*last Thursday of each month\*\*** to guarantee that coaches receive their payments. Please note that any timesheets submitted after the deadline will not be processed until the following month.

Below is a recent publication of the number of schoolboys attending national schools in the catchment of GAA clubs across the county. for the full school year 24/25, Interesting read.

### **Number of school boys in national schools 2024 across the county**

#### **Below coaches available for school coaching program**

Name. Caelann Feehan

Boherbue GAA

Mobile. 083 0225846

**Primary schools interested in participating in Half time mini games run by Sciath na Scol may contact Assumpta at [office@sciathnascol.com](mailto:office@sciathnascol.com)**

## **School Blitz**

**3<sup>rd</sup> & 4<sup>th</sup> Class Football Tuesday 14<sup>th</sup> April Kanturk GAA**

**3<sup>rd</sup> & 4<sup>th</sup> Class Hurling Tuesday 28<sup>th</sup> April Kanturk GAA**

# Go Games

Whats app groups have been set up for U8-12s. Please ensure your coaches are added to their relevant groups.

The Duhallow GAA coaching website is now live and available to all coaches with lots of relevant resources. [www.duhallowgaacoaching.ie](http://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 | Bank Holiday Weekend |            |                 |          |          |
| 08/08/2026 | Summer Break         |            |                 |          |          |
| 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 | Free Weekend         |            |                 |          |          |
| 17/10/2026 | Free Weekend         |            |                 |          |          |
| 24/10/2026 | Free Weekend         |            |                 |          |          |

# 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, first match last weekend beat Killkenny 12-9

The Duhallow U15 Hurlers are playing U15 Premier 1 Hurling on Thursday 16<sup>th</sup> April away to The Glen GAA Club

|                                             |                            |            |          |
|---------------------------------------------|----------------------------|------------|----------|
| < Back                                      | Duhallow - Cork Coiste ... | ♥          | ☰        |
| Thursday 16th April 2026                    |                            |            |          |
| Rebel Og Coiste Fe15 Hurling League Group 1 |                            |            |          |
| Glen Rovers                                 | - v -                      | Duhallow   |          |
| 18:30                                       | 📍                          | Glen Field |          |
| Thursday 30th April 2026                    |                            |            |          |
| Rebel Og Coiste Fe15 Hurling League Group 1 |                            |            |          |
| Duhallow                                    | - v -                      | Midleton   |          |
| 18:30                                       | 📍                          | Duhallow   |          |
| Thursday 28th May 2026                      |                            |            |          |
| Rebel Og Coiste Fe15 Hurling League Group 1 |                            |            |          |
| Douglas                                     | - v -                      | Duhallow   |          |
| 18:30                                       | 📍                          | Douglas    |          |
| Thursday 11th June 2026                     |                            |            |          |
| Rebel Og Coiste Fe15 Hurling League Group 1 |                            |            |          |
| Duhallow                                    | - v -                      | Carbery    |          |
| 18:30                                       | 📍                          | 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 HURLING ACADEMY



**BOYS  
BORN BETWEEN  
2009 & 2013**

**BANTEER GAA  
EVERY WEDS  
3.15PM**

**Boys born 2012 & 2013  
invited to register for DuhallowHurling Academy.**

**No charge. No previous hurling experience necessary.  
Arrive and register or sign up to the Spond app below.**

**[Download Spond here](#)**

**Select "I'm a Guardian" . Enter your Son's details  
followed by your own details and submit for approval.**

**For help if you are having difficulty →**

**[HELP for Spond Here](#)**

**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.**

**EXCELLENT OPPORTUNITY ; DON'T MISS OUT**

# *Transition Year Courses*

Please see email below from Paudie Crowley re changes to the TY Coaching Program. This has been forwarded to Post Primary Schools by GDCs.

A Chara

I hope this message finds you well.

I'm writing to inform you that the ICGG course will no longer be available for Transition Year students due to updated age-related eligibility criteria. We understand this may be disappointing news, especially given the positive feedback from previous years.

However, we're pleased to share that Cork GAA is offering a brand-new course tailored specifically for TY students. This new program is designed to be engaging, age-appropriate, and aligned with the developmental goals of TY students. It will include the following template

## **Formation of a School GAA Club - Student led**

- -Chairman/ Secretary/ PRO - Sub committees
- -Classroom Coaching Modules
- - Who are you Coaching
- -Skills of the Game

## **Practical Coaching Modules**

- -How to Coach
- -FMS
- -Skills & Games

## **Young Whistlers Course - Theory/ Online course**

- -Presentation
- -Log into TOBAR - Complete Course

## **Prep Course for blitz planning**

- -Blitz Planning
- -Sub Committees Job
- -PRO Reporting
- -Fixtures Scheduling
- -Action Plan

## **Internal School blitz - Munster Gaa tops provided**

- -TY Led School Blitz
- -Blitz participation by all

We believe this new initiative will continue to provide valuable learning experiences for students while strengthening their connection to sport and community.

Please let us know if you'd be interested in scheduling this course for your TY group, or if you have any questions.

Warm regard

Paudie Crowley

Games Development Lead

Cork Gaa

Tel: 0861682410

Email: [paudie.crowley.gdc.corkgaa.ie](mailto:paudie.crowley.gdc.corkgaa.ie)

## *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**

### **2 blitz running in Post primary for 1<sup>st</sup> years**

Thurs 16<sup>th</sup> April in Mallow GAA Football Blitz 10am to 1pm

Thurs 30<sup>th</sup> April in Mallow GAA Hurling Blitz 10am-1pm.

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

## *Coaching Plan*

**Thanks to all clubs who submitted coaching plans to Cork GAA.**  
**The Duhallow GAA Coaching resource is a valuable platform available in coaching development within your club. Please encourage coaches to use it across all age groups.**

Please encourage all duallow club coaches to sign up to the members only area which gives access to club contacts information and a private Duhallow Coach group to open communication across the division.  
[www.duhallowgaacoaching.ie](http://www.duhallowgaacoaching.ie)

**Under groups submit request to join.**  
**Coaches will then be sent a GDPR form to consent by email.**  
**Please check Spam/junk folders .**

*Valid until  
12<sup>th</sup> April*



T&C's Show this voucher at the time of purchase at the beginning of your transaction. This voucher entitles the bearer to 20% discount in Sports Direct. In-Store Only. Discount applies TO FULL PRICE ITEMS ONLY. Voucher valid 30.03.26 - 12.04.26 inclusive. One voucher per person per purchase. This voucher is valid for 1 transaction only. Not valid in conjunction with any other discount voucher or discount offer. No alternative offer available. Cash redemption value 0.00000. Exclusions apply including gift cards, bikes, GAME & USC products and bag for life. Voucher not redeemable online. The company reserve the right to change the T&Cs at any time. Final acceptance is at the Managers discretion.



# Courses / Camps / Workshops



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](#)

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 for Performance analysis course](#)

A poster for the Cork GAA Introduction to Performance Analysis course. It features the GAA logo and the text "CORK GAA INTRODUCTION TO PERFORMANCE ANALYSIS". Below this, it states: "This is a great opportunity for all interested members of the GAA to earn a GAA recognised certificate in Performance Analysis (PA). The qualification will in turn help raise Performance Analysis standards within your club and across the county." It lists three key areas: Building a Strong Foundation, Data Management &amp; Evaluation, and Effective Communication. The fee is €50 per person + booking fee. The location is SuperValu Páirc Uí Chaoimh.

## U12 Coaching Workshops Hurling.

Venue . Freemount Gaa  
Date . 15th April  
Time . 7pm

## Football.

Venue . Dromtariffe  
Date . 29th April  
Time 7pm

It's an ideal opportunity for all your u12 Coaches to book in below and come along and watch and learn new ideas for your training Sessions going forward.

[Register here for workshops](#)

# Cúl Camps

All GAA Clubs in Duhallow have submitted participation in Cúl Camps 2026.

## Email from Cork GAA

A Chara,

Please see below a statement from the Cork GAA for all club officers in relation to the 2026 Cul Camp Programme. All correspondence to our Games Development Lead - Paudie Crowley, (paudie.crowley.gdc.cork@gaa.ie).

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Cúl Camps have been a tremendous success in our parishes and communities for over two decades, with Cork clubs consistently leading the way nationally in terms of participation. Each year individual clubs have taken responsibility for organising and delivering high-quality camps and providing a positive environment for the young players in their areas. This incredible effort is reflected in the figures for 2025:

Cúl Camp numbers for Cork GAA 2025:

- Total Camps: 125
- Total official registered children: 18,206
- Total official coordinators/coaches: 1,950
  - Coordinators: 125
  - Coaches: 1,825

These figures do not include the many volunteers who generously contributed their time each week to support and ensure the smooth running of the camps.

This year will see significant changes in how coaches are paid for their contribution, due to necessary Revenue compliance. We hope that our wonderful Club Coordinators can have patience with us on this issue and ensure that it will have no negative effect on the tremendous collective spirit developed at Cul Camps across many years.

As we look ahead to our 2026 camps, there will be a greater responsibility on the administration and governance of these camps. Our underage officers and Cul Camp coordinators will require increased support and guidance from our adult clubs to ensure the camps can not only proceed but also continue to be delivered to the high standard we have enjoyed in previous years.

**The Cork County Board now encourages all units to adopt a 'whole-of-club' collaborative approach between their adult and underage sections in order to ensure that the Cúl Camp programme continues to be successfully delivered in every club for 2026.**

The promotion of Gaelic Games within our parishes and communities remains vital, and strong collaboration within clubs will be essential to keeping these programmes thriving.

## Cork GAA

Registration; Some clubs are still undecided, aiming to have everything confirmed by the end of this week.

The website will then be updated with the correct 2026 dates, with a planned go-live during the week of 20 April. All dates remain TBC this week while clubs update members.





HOME OF  
**CORK GAA**



# WE ARE HIRING Cúl Camp Coaches

## QUALIFICATION :

### ■ Garda Vetting

This must be completed on  
[www.foireann.ie](http://www.foireann.ie)  
co-ordinated by Clubs  
Children's Officers.

### ■ Child Safe-guarding

Tobar [www.learningGAA.ie](http://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](mailto:camps.cork@gaa.ie)

