



Duhallow Clubs

Monthly Meeting 4th February 2026



Thanks to all clubs who attended tonight's Club meeting. thanks to Boherbue, St.Marks, Meelin, Kanturk, Kiskeam, Cullen, Ballydesmond, Millstreet, Banteer/Lyre, Castlemagner, Newmarket and Dromtariff.

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

New Nursery Course



This newly established course is 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.

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



Coaching Award 1



Coaching Award 1 course accommodates 30 participants over six evenings. Please let me know if there are individuals in your club interested in enrolling in an Award 1 course.

A Chara,

Please see the link below regarding an upcoming **Award 1 Youth Hurling Course**, scheduled to take place **between February and April**. The Microsoft Forms link serves as an expression of interest for those who would like to participate.

This course is an excellent opportunity for coaches within your club to upskill and continue their personal development on their coaching journey. I would strongly encourage you to share this with coaches who demonstrate a real passion for self-improvement and those you have identified as ready to progress in their coaching careers.

Please note that this is a high-level qualification, requiring a strong commitment and completion of all associated coursework. The course fee is €80, and attendance at all seven sessions is essential in order to obtain the qualification.

Expression of interest -

[Award 1 Youth Coaching Course – Hurling Expression of Interest – Fill in form](#)

Wednesday 4th February @1pm is the last time you can show an expression of interest. Should you have any questions, please touch base with your local GDC.

Many thanks

Paudie Crowley

Games Development Lead

Cork Gaa

Tel: 0861682410

Email: paudie.crowley.gdc.corkgaa.ie

Youth Coaching Workshop taking place this weekend

This course is full with some representation from Duhallow

YOUTH FOOTBALL COACHING WORKSHOP

Practical • Progressive • Player-Centred

WHAT WILL BE COVERED:

- ▶ Coaching skills through the game based approach
- ▶ Developing bilateral skills in youth players
- ▶ **Attacking with Intent** - applying the principles to coaching sessions
- ▶ **Clear Communication and Building Connections** – key coaching skills

EVENT DETAILS:

- ▶ Saturday, February 7th
- ▶ 9.30am – 12pm
- ▶ SuperValu Pairc Uí Chaoimh

WHO SHOULD ATTEND:

- ▶ Youth Football Coaches (U13–U18)
- ▶ Club Coach Developers
- ▶ Teachers & Games Promotion Officers

ONLY €15

Coach Education | Player Development

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.

We had 3 clubs submit Timesheets on time this month, Boherbue, Banteer/Lyre & Kanturk, for Coach payments to be processed.

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

Go Games



We had a very successful Go Games season 2025. We had huge numbers participate, and were really delighted with the season overall.

There is a WhatsApp group for all coaches from U8 - U11 Hurling and Football.

The group is a good resource for club coaches looking to fix and organise games. If a coach wishes to be added please contact me.

Go Games

Please see e-mail below from Paudie Crowley Cork GAA



A Chara,

I hope this message finds everyone well.

Please find below the **registration information for Go Games 2026**. When submitting your entries, we ask that clubs adhere to the guidelines outlined for each age group to ensure teams are entered at the correct level.

Go Games 2026 (U7–U11) – Important Information

Our recommendation for clubs in 2026 is to enter teams at U8 and U10, in order to align with other clubs of a similar size and within your locality.

Clubs with larger numbers who feel they can stand alone at odd age groups (U9/U11) may do so; however, please note this may involve additional travel for fixtures.

It is important that clubs only enter the appropriate number of teams at each age group. Please do not:

- Add U8 players into U9 teams playing numbers
- Add U9 players into U10 teams playing numbers
- Add U10 players into U11 teams playing numbers

Please note: Only combine U9 and U10 numbers if you are not entering a team at U9.

All Go Games fixtures will be played on Saturday mornings.

Entry Form Information -

The Go Games Entry Form is available at the link below:

[Go Games Entry 2026 – Fill in form](#)

Go Games Entry 2026 –

Before completing the form, you will need:

- Name of the lead mentor (per code)
- Email address
- Phone number

Additional notes:

- U7 & U8: No need to indicate number of teams, as these age groups will only participate in Monster Blitzes. Numbers can change week to week.
- U9, U10 & U11: Clubs must specify the number of teams entering.
 - U9 & U10: 6-a-side
 - U11: 7-a-side

The full fixtures list will be released in mid-March for all clubs.

The entry link will remain open until Friday, 20th February.

Can clubs please nominate one person to complete the entry form on behalf of the club.

If you have any questions, please do not hesitate to contact me.

Thanks

Paudie Crowley

Games Development Lead

Cork Gaa

Tel: 0861682410

Email: paudie.crowley.gdc.corkgaa.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

We are running **Celtic Challenge** in Banteer every Saturday morning at 9am.. We have completed 3 weeks, next week will be our 4th week. We currently have 69 players from North Cork with good representation from Duhallow. signed up and it is going well.

This number will be reduced after this week to a panel of 34 and then again to a panel of 21 for an inter-regional tournament and we hope there will be representation of Duhallow on that panel.

Our U15s are playing inter-regional Competition at the moment.

There are U15 Hurling trials have taken place in Cork.

U15 Cork footballers are training and we have good Duhallow representation there.

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](#)

Mascot Competition



Mascot Competition – Launched on the Cork GAA Instagram page.

Competition is Instagram-only. Follow

[@OfficialCorkGAA](#)

on Insta to enter. Sharing across platforms so no one misses out!

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

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

Foireann

Some house-keeping for Foireann please.

Please ask club secretaries or admin officers to do a bit of tidy up on Foireann.

- Please ask them to check for duplicate accounts of members. Duplicate accounts affect the functions of foireann. ; affects teamsheets, affects safe-guarding certificates , garda vetting etc. arriving to accounts

HOW TO CHECK FOR DUPLICATE ACCOUNTS ON FOIREANN

1. Log in as a Club Administrator / Registrar

You'll need Club Admin, Registrar, or Secretary to complete this.

2. Go to membership in your admin.

- From the left-hand menu: membership select your club.
- This shows everyone linked to your club.

3. Search for likely duplicates

Check for:

There is a tab at the top of your membership list called REVIEW DUPLICATES.

Foireann will then show you any duplicate accounts.

- Same name with slightly different spellings
- Same date of birth
- Same email used more than once
- One account with an email, one without
- Adult + youth profile for the same person
- Please ensure they are duplicates by validating all of the above.

BEFORE CONFIRMING THE DUPLICATE ;

Foireann will show you a selection of possible duplicate accounts.

You must select the account to become the PRIMARY/Main account.

Please ensure that the account you are making the primary account is the account with the most recent membership details ie. if one has 2024 membership and the 2nd has 2025 membership..the 2025 record becomes the primary record.

Tip:

Many duplicates happen when:

- A parent created a youth profile and
- The player later registered themselves
- Someone used a different email when registering for another season

How to confirm it's definitely a duplicate

Open each profile and compare:

- Date of birth
- Email address
- GAA ID (if visible)
- Registration history

If DOB + name match → it's almost always a duplicate.

To prevent future duplicates

- Tell members not to create a new account if they forget their login details
- Always use "Forgot Password"
- Encourage families to keep one main email per household.
- Do not create a new account each year for your membership renewal, login to your account and renew your membership through your account.

Encourage all members to create Tobar accounts, which is the GAA learning/ certificate platform.

When members have created a Tobar account, sync the account with their foireann.

This is very easy to do.

- Ensure email on foireann account is the same as email on Tobar account.
- In the drop-down menu on tobar there will be a green button labelled Foireann Connect. As long as both accounts have the same email simply clicking this button and following the instructions will connect the accounts.

You can check your Foireann account for a linked Tobar account.

- Login to Foireann
- Click Qualifications & Vetting
- There will be a reference here to a linked Tobar account. If you don't see it, they are not linked.

Coaching Plan

Over the last couple of months, myself and Tracey Walker have been out visiting clubs to present the **New Duhallow Coaching resource** and to receive feedback and suggestions. We were very happy with the positive reception the resource received. We have now visited all clubs individually (not amalgamations). If any coaches have any further suggestions or feedback, please contact me or Tracey. Tracey has been volunteering her time & knowledge to build this resource for Duhallow Coaches so it is important that it is a useful platform.

Pat.Spratt.gdc.cork@gaa.ie or tracey.walker21@hotmail.com

This website is a hub for **Duhallow juvenile club coaches** and officers to connect, share skills, and exchange information. It offers a wealth of drills and coaching plans to enhance your coaching experience and support the growth of our **boys' and girls' teams**. Be part of fostering a collaborative coaching community!

We plan to launch the resource with 4-7 & 8-12 resources "Complete", end of this month all going well. The resource is in its infancy and will continue to evolve. When it launches there will be a temporary **Contact Us button** at the top every of the page. It will be there for the first 8 weeks of the launch and it is important that clubs use that button to relay feedback or any errors noted on the site. After the initial launch this button will move to the bottom of every page for the foreseeable.

We are so grateful to all coaches who offered suggestions and feedback. This will be a resource for Coaches built by Coaches so it is important coaching resource needs will be met on this platform. Please continue to engage with us on any feedback you have.

This resource will be open to all in our communities and beyond, however, certain pages will be restricted to Duhallow coaches only and require sign in. We are also seeking clubs to send us photos, videos representing your clubs in Duhallow to personalise our Resource with the personality of Duhallow. Please ensure that any photos of children sent through have consented to photos for the purpose of the GAA on foireann. We will also send out a google form with consent on it in the coming weeks.

This resource will primarily be a coaching resource, however there will be additional pages for parents, schools, cúl camps.etc. These won't be complete on launch but check in with those pages now & then to check for new elements.

Launch Date to Follow.

