



Duhallow Clubs

Newsletter SEPTEMBER 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 COURSES.



If any club wishes to run a safeguarding course in-house.

Please email Des Cullinane at des.cullinane.ncsc@gaa.ie



Please see below email received today from Catherine Hibbitt regarding

VIRTUAL Safeguarding 1 COURSE

Please feel free to share the following details should you have a waiting list or club queries.

Link: Course: Ulster ROI Safeguarding 1 Virtual Workshop 17.09.2026 | gaalms

Date: Thurs 17th September 2026

Tine: 7pm to 10pm **[Register here for 17.09.26](#)**

Tutor: Carmel Kenny

Enrolment: 5 euros per space

Capacity: 24 Spaces

Link: Course: Ulster ROI Safeguarding 1 Virtual Workshop 29th September 2026 | gaalms

Date: Tues 29th September 2026

Time: 7pm to 10pm **[Register here for 29.09.26](#)**

Tutor: Bernie Reen

Enrolment: 5 euros per space

Capacity: 24 Spaces

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.

Email has been sent to Clubs looking to see if clubs are continuing with school coaching even though the program has been concluded by Cork. Please ensure all clubs have filled in the google form below to help me plan any assistance I can provide clubs.

[School Coaching Google form](#)

PLEASE SEE EMAIL FROM NIAL TWOMEY CORK GAA WITH REGARDS TO THE CONCLUSION OF THE SCHOOL COACHING PROGRAM DUE TO FUNDING..



Subject: Cork GAA Primary Schools Coaching Scheme (2024- 2026)

A Chairde,

A sincere thank you to all of the clubs throughout the county for your work and effort in delivering weekly GAA coaching programmes to primary school children since the commencement of this scheme in September 2024.

The additional administration required to comply with revenue guidelines for coaching payments from January 2026 also placed a significant level of responsibility on club officers.

A total of 90 clubs and 190 schools have participated in this scheme since September 2024, with the costs of the coaching payments being shared on a 50/50 basis between Cork GAA and each participating club.

The funding for this scheme came from the once-off 2022/2023 residual personnel allocation from Croke Park to Cork GAA, which allowed for a wide-ranging, comprehensive and standardised plan to be implemented.

This personnel funding has now been fully drawn-down in respect of the Cork GAA Primary Schools Coaching Scheme 2024-2026, which means for the coming academic year that primary schools coaching hours and coaching remuneration will be delivered through existing club-school links.

Cork GAA will continue to work closely with each club coaching officer in supporting school coaches through the Games Development Coordinators in the delivery of coaching workshops, regional blitzes and skills programmes to ensure maximum participation for children in our primary schools.

Thank you again for your support of this scheme since September 2024.

Le meas,

Niall Twomey

Head of Coaching and Games Development

Cork GAA

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 **DONE**
 - 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.



- 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					

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](#)

Development Squads

The Duhallow U15 Hurlers playing U15 Premier 1 have been entered into the Championship draw, details to follow. Training in Freemount this friday 18th September at 6.30pm

The Duhallow U14 Hurlers have been entered into the Dick Barrett Shield. Details to follow.

Duhallow Hurling Academy

- Banteer Astro sessions start back on Wednesday 16th September.
- **Every Wednesday**
- **3pm- 4pm 1st year to 3rd year**
- **4pm-5pm 5th and 6th class**
- This will continue until the school holidays.
- Full Attendance expected.
- 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- TBC

PPS Football Blitz

- September 15th 1st year Mallow GAA with 3 Duhallow Schools taking part.

Workshops

U8s Football Coaching Workshop will take place Mon 21st in Knocknagree GAA Club at 6.30pm with Pat Spratt.

This is open to **all coaches** and is an opportunity to observe an U8s training session with Pat.

If any Duhallow Clubs would like to run a Coaching Workshop in either Football or Hurling for any age group, please contact Pat Spratt to plan

I am currently reaching out to Duhallow Clubs to meet and chat about the Club & Needs.



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 up coming and planned workshops, please keep an eye on these pages.