



Naomh Olaf GAA club - Boys Academy Sept 2021

New Joiner details



Welcome!!

New joiners are welcome to try out the Academy for up to two weeks before taking out membership.

Please read this document, join the appropriate team WhatsApp group & team Clubzap if you wish to join a team at Naomh Olaf Boys Academy.

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FAQ's

At what age can my son start?

Boys should be at least 4 years of age. Our Academy includes boys aged 4-7. The academy is split into three separate age groupings / teams– Boys born (i) 2014, (ii) 2015 & (iii) 2016/17.

When do I pay membership fees?

New joiners are welcome to try out the Academy for up to two weeks before taking out membership. Membership year is January to December.

Who are the mentors?

All the mentors are volunteers & parents. We'd love to have more of you assist with the organisation and mentoring of the boys. The club has a very structured training pathway for both child safeguarding & introducing new mentors to the basics of GAA. As you will see from the Academy, it is all about fun and functional movements to start. Any help will lead to more fun for the boys. Please join us as a mentor.

Do I stay with my child?

Yes. Parents must stay pitch side & within sight of child for duration of Academy.

What footwear is required?

I recommend wearing football boots.

How do I know if it's Gaelic football or Hurling for my team this week?

Teams alternate between Gaelic football and Hurling each week. You'll be notified through Clubzap/ WhatsApp what's on each week.

What do I need for Hurling?

For hurling, boys require their own hurl & helmet. Unfortunately, the club can't provide these in a Covid environment. Hurls/helmets can be bought in Sports Direct, Elverys, Lifestyle or O'Neills among other places. Call shop in advance to check availability.

Most 5/6 boys start with a small/medium helmet. A hurl is typically c.€25 (smaller hurl is best-size guide at back of PDF) & Helmets range from e40-e70. Hurling is every second weekend. Hurley size guide at back of this PDF.

When is it on?

Saturday mornings:

2014 Boys	Checkin 9.45. Session 10-11am
2015 Boys	Checkin 11am. Session 11.15-12.15
2016/17 Boys	Checkin 11am. Session 11.15-12.15

Where?

We train at the clubhouse pitches most of the year but plan to move to local astroturf pitches during winter months. Above venue/times will change when we move to astro.

What is the Academy calendar?

It typically follows the school academic year i.e. the academy is on when school is on & we usually take a break for any mid-terms & school holidays.

What if it's raining?

Training will go ahead unless conditions are particularly adverse. You'll be notified via the group clubzap/ whatsapp in the unlikely event that training needs to be cancelled.

Covid-19 protocols

A questionnaire is included in the Clubzap event invite. Please make sure you complete this each week.

Next steps - How do I register and get started?

1. Clubzap App – Join your team chat to join & find out what's on this week

This is our main communications tool.

Please download Clubzap App from App store or Google Play and register ASAP.

See step by step guide on next page.

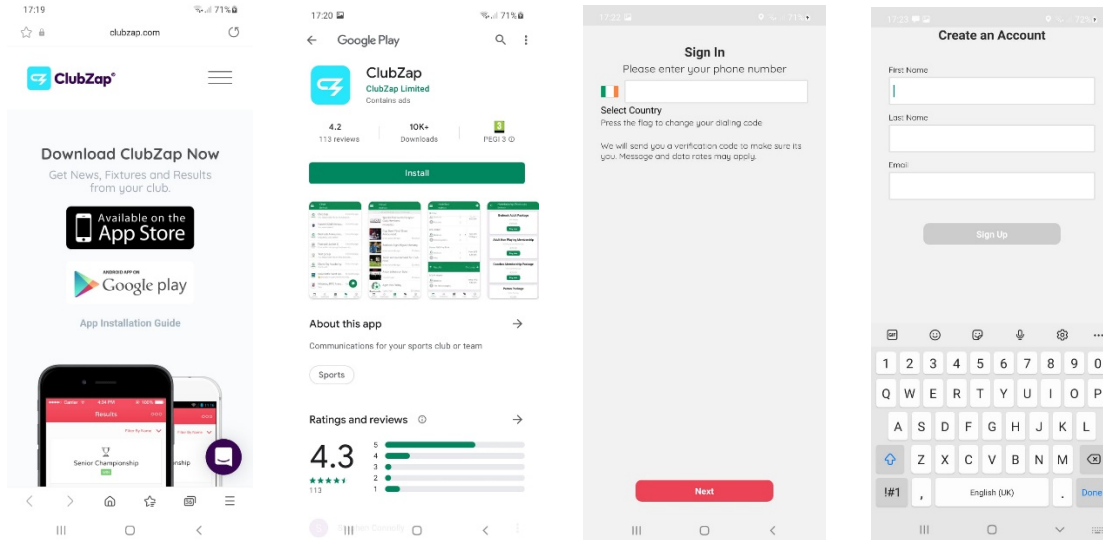
2. Join the team WhatsApp group using link below (access links using mobile phone)

Year of birth	Lead Mentor	Join team WhatsApp on link below
2016/17	Shane Whyte (087 745 5700)	https://chat.whatsapp.com/D63Elqyh0899le2muKNttT
2015	Kevin Birrane (087 759 3338)	https://chat.whatsapp.com/JXiVhl12sZwKF1auw552fH
2014	Sadhbh Dolan (083 109 5916)	https://chat.whatsapp.com/DCig5wsU283Ejc6zHFnFU8

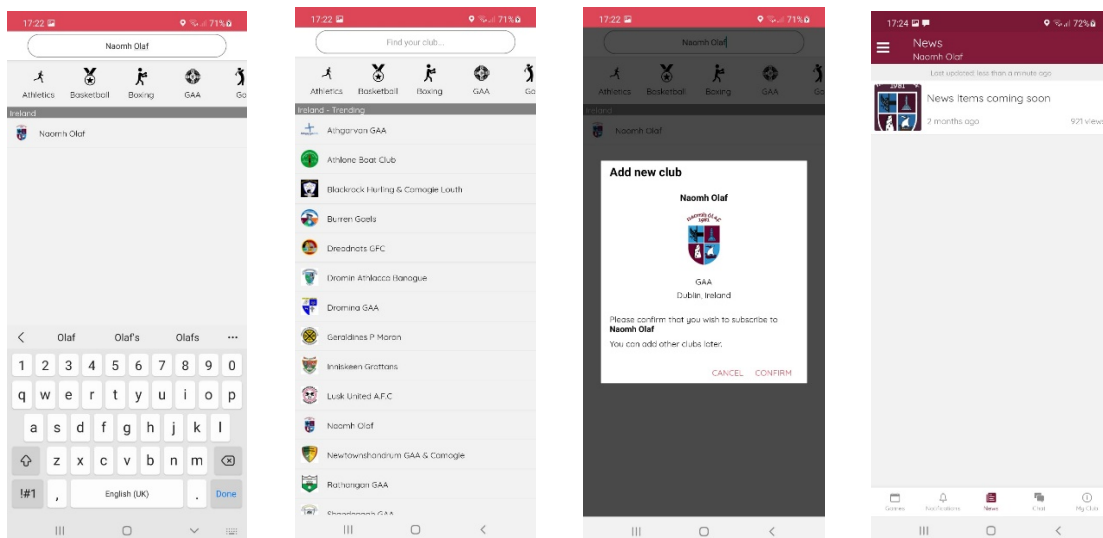
Club ZAP App

Step by Step to join Club Zap

1: Download App to your phone and Sign in/Create an account

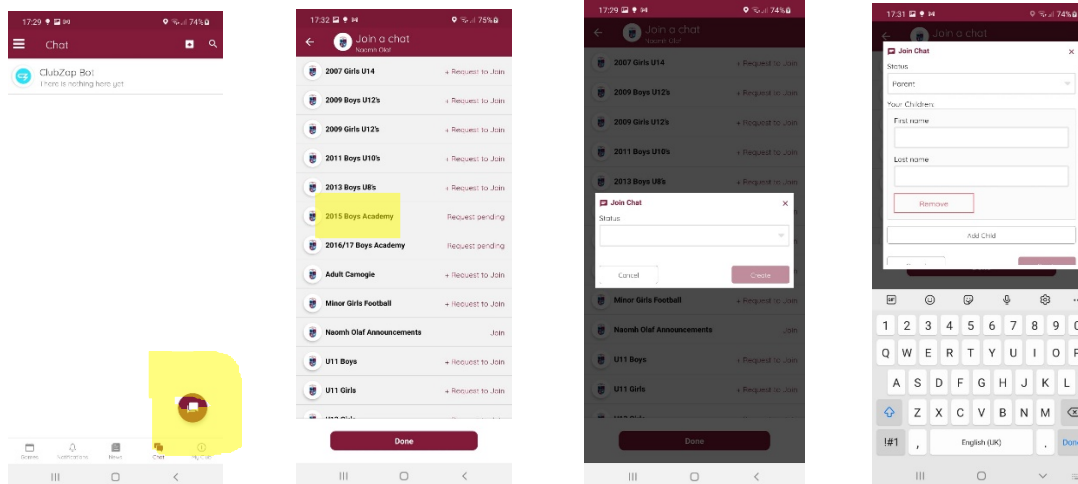


2: Join Naomh Olaf



Club ZAP App (continued)

3: Join The chat (eg **2015 Boys Academy** if son born in 2015) by Clicking Maroon Circle in Bottom right: Set up **Parent and Child**



Respond (Yes / No) to **Event** when it is set up on a weekly basis so that we can plan accordingly.

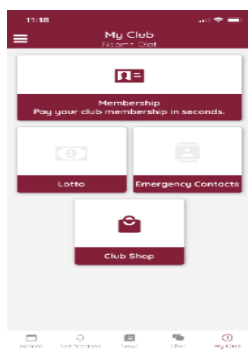
Membership

No later than two weeks after starting, please ensure that you sign up for membership.

Link for membership is at CLUBZAP within MY Club Section.

Click membership (at top), scroll to bottom & click Buy now.

Then select the most appropriate option for your son / family.



Any queries on membership should be addressed to Barry at

membership.naomholaf@gmail.com

Barry has advised the following when signing up online - *If your child is in the academy, will you please make sure that the correct year is selected as that will make things easier in the background. Use the list below as guide to which academy year your child should be part of in 2021 as it is based on their Year of Birth.*

YOB Team in 2021

2016 & 2017 = **Academy Year 1** Girls or Boys

2015 = **Academy Year 2** Girls or Boys

2014 = **Academy Year 3** Girls or Boys

Please do not send any membership related queries to me / mentor group as our knowledge in this area is far less than Barry (another volunteer) who kindly looks after this for the entire club.

Check-in at club car park

The club car park is closed to cars on Saturday mornings.

Check-in for your team is in the club carpark. Check-in is open 15 minutes before training starts. Please make sure to join the queue for the correct team!

You'll be advised what pitch your team is on and what pod you are in at check-in.

Choosing the Right Hurley Size

STEPS

- 1 Stand straight with arms hanging loosely by your side.
- 2 Stand hurl vertically upright by your side.
- 3 Change size of hurl until the top meets your wrist bone.

A child should NEVER
“grow into their hurl”



There are two main reasons for this in the development of young hurling and camogie players:

> Hand Position

If a child is using a hurley that is too large/heavy for them he or she will use their weaker hand at the top of the grip so that they have their stronger hand below to help gain enough power to swing/lift the hurley. This will develop a bad habit in striking technique (called *Shoulder Striking*) that will be very difficult to correct in years to come.

> Confidence

A smaller hurley will lead to greater control with more successful strikes of the ball which in turn will build confidence early in a young player.