



DUNNAMAGGIN LGFC CLUB ETHOS

OUR VISION

- To be a leading ladies Gaelic football club that promotes inclusivity, player and coach development, and a strong sense of community.
- To create a safe environment where players can thrive, both on and off the field, and where they feel a deep sense of pride and belonging.

OUR MISSION

- To provide a platform for females, of all ages and abilities, for lifelong participation in and enjoyment of the sport of Ladies Gaelic football.
- To foster a culture of teamwork, respect, and personal growth, where players can develop their athleticism and skills and reach their full potential.
- To prioritize player retention by creating a supportive and enjoyable environment, that encourages long-term commitment and engagement, through the delivery of effective, engaging and accessible sessions.

OUR VALUES

- 1. Sense of Identity:** We recognize the importance of a strong sense of identity within our club. We celebrate our history, traditions, and achievements, and we encourage players and mentors to embrace their role as ambassadors of Dunnamaggin Ladies Football Club. Our distinctive green and yellow club colours and crest serve as symbols of our identity. By wearing our colours and displaying our crest, both on and off the field, we demonstrate our commitment and loyalty to Dunnamaggin Ladies Gaelic Football Club.
- 2. Player Retention:** We value the continued participation and growth of our players. We strive to create an environment that fosters a love for the game and encourages players to stay involved in the club.
"As many as possible for as long as possible"
- 3. Enjoyment and Fun:** We believe that enjoyment and fun are essential components of the game. We aim to create a positive and inclusive atmosphere where players can enjoy their football experience to the fullest.
- 4. Inclusivity:** We welcome players of all ages, backgrounds, athleticism and skill levels. We believe in providing equal opportunities for everyone to participate and contribute to the club's success.
- 5. Teamwork and Respect:** We promote a culture of teamwork and respect, both on and off the field. We encourage our players to support and uplift each other, fostering strong bonds and a sense of camaraderie within the club.
- 6. Personal Growth:** We are committed to the personal growth and development of our players. We provide coaching, mentorship, and opportunities for players to enhance their skills, confidence, and leadership abilities.
- 7. Community Engagement:** We strive to be an active and positive presence within our local community. We encourage our players to engage in community initiatives and to be role models for younger generations.

By embracing these values, Dunnamaggin Ladies Football Club aims to create a vibrant and inclusive environment where players can develop to their full potential, form lifelong friendships, and experience the joy and passion of Ladies Gaelic football.

Together, we are Dunnamaggin Ladies Gaelic Football Club.



DUNNAMAGGIN LGFC CLUB COACHING GUIDELINES

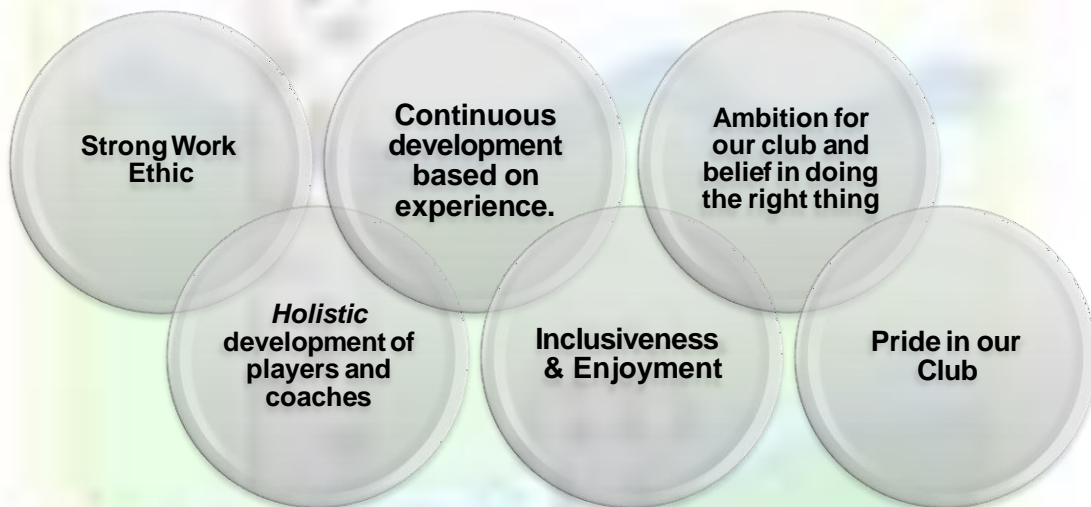
1. Club Coaching Philosophy

Philosophy is creating an environment where people learn best.

Player **participation, enjoyment, development, performance and retention** are our key priorities. All coaches need to adopt a long-term player development philosophy

2. Club Coaching Values

Coaches, players and parents will abide by the club **coaching values** at all times. Our values are...



3. Approach

1. The Chairperson in conjunction with the Coaching Officer will oversee the Implementation of our club coaching programme.
2. A **Club Coaching working group** inclusive of all will be put in place to inform and devise club coaching guidelines.
3. Each age group will be assigned a **Lead Coach**.
4. Each age group will have **assistant coaches/helpers**. Aim to adhere to 1:8 player coach ratio.
5. There will be **no duplication** of roles between coaches, where possible.



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3.6. Every person involved with coaching teams will need to meet the following **minimum requirements**:

- 3.6.1. **Fully paid member** of the club
- 3.6.2. Successfully completed **Garda Vetting**
- 3.6.3. Complete a **Safeguarding 1 Workshop** if coaching underage children or has a minor on an adult team.
- 3.6.4. Hold a **basic coaching qualification**
- 3.6.5. Abide by Gaelic Game & Dunnamaggin LGFC **Code of Conduct**

3.7. Players **train** and **play** with their own age group where applicable (U6 to U18).

- 3.7.1. If a scenario arises where younger players from another age grade are required to assist with numbers to form a full team then at all times mentors must play players from their team before using the younger players e.g. 12's to 14's in ladies football

(Note - this is not applicable within an age band i.e., 12/13. See point (b) below)

- 3.7.2. If the club has more than one team within an age band i.e., U12's/U14's then players will play with the team that is appropriate to their **stage of development, not necessarily age.**

Every effort should be made to enter 2 teams at a given age group where numbers are sufficient. The head coach should discuss this with the Coaching coordinator before the season starts to see what options, if any, are available.

- 3.7.3. Any **movement of players** between age groups must be **agreed by coaches** of both age groups in the first instance and then approval sought from the parents of the players involved. Where a need exists in an older age group, a number of players should be considered/rotated from the lower age group where possible.

Players can only move up **one** grade unless absolutely necessary.

3.8. Game time – U12 to U16

- 3.8.1. Player's stage of development, attitude, commitment, work ethic, attendance at training and willingness to improve will be other key factors that will determine a player's game time.

U12's Age Group Coaches will give every player **at least quarter a game** in **all** league games, in accordance with national LGFA guidelines.



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3.8.2. U14's / U16's in

Coaches involved with teams from U14 to U16 will endeavour over the course of the season to give all players involved in our club **ADEQUATE** game during the various leagues, championships, blitzes and challenge games. It is important to note that it may not be possible to play everyone, every day.

3.9. Other

Regarding invitational Blitzes that the club will participate in, coaches will give adequate game time to all players who attend the blitz with the half a game principle applying wherever possible. It may not be possible to play everyone in certain games.

3.9.1. The club will be pro-active during the season to provide alternative game opportunities for players that may not be getting the required game time at various stages of the season

3.9.2. Responsibility for selecting teams lies at all times with the coaches who will endeavour to be as fair as possible while ensuring adequate game time for players during the season. If a parent has an issue with player game time we encourage them to discuss this with the club Chairperson or Club Coaching officer **in a respectful manner.**

3.9.3. Where players are playing with a number of teams (e.g., club, school, development squad) the coaches will endeavour as far as is possible to engage with coaches of schools/development squads to ensure that players train optimally and effectively

3.9.4. The club support our players taking part in multiple sports in particular at a younger age. We endeavour to work with other clubs to facilitate this opportunity. Final decision should always rest with the players and their parents re the above point.



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4. **Attendance** will be recorded at each coaching session and game to monitor participation and potential drop off. If latter arises then contact will be made with parent/guardian to identify reason for non-attendance.
5. An LGFA **Player Pathway** and a **Player Competencies Chart** are in place to support coaches with the delivery of their sessions. This maps out the technical, tactical, physical and psychosocial skills that should be developed at each age group.
6. All **players, coaches** and **parents** who are registered with the club are obliged to abide by the **LGFA code of conduct**. A copy of the code is available from the coaching officer. Behaviour not in line with the code of conduct will be dealt with by the relevant body of the club.
7. **Parents may be informed of the club's coaching guidelines** and the role they play in ensuring the club achieves same. Parents should be encouraged to support the team, players, mentors and officials in a positive sporting way.
8. All coaching personnel will be **recognised** for their efforts A night out will be organised for all coaches to attend.
9. **Concerns / Issues**
 1. If anyone has any concerns or issues regarding the club coaching guidelines then please make contact with the Club Chairperson or Coaching Officer and it will be dealt with accordingly by the club.
 2. For any player welfare issues a Child Welfare Officer is in place at the club.