



Dear Parent,

Clare GAA have recruited and hired 3 part-time S&C coaches. The purpose of hiring these individuals was for them to work with 13-17 Year olds in the Post-Primary Schools within the County & Development Squads in both Football & Hurling.

The idea for this initiative began with Rob Mulcahy who is the Lead S&C coach in the County who has worked with the Clare Senior Footballers and Clare GAA for the last 5 years. Last November/December we ran a pilot U15 Clare Post-Primary Schools competition which was sponsored by Club Clare. Rob got access to 8 of the Schools that competed in this competition doing introductory S&C before or after school or else during School PE classes.

Following on from this pilot Rob, Donal Moloney & Myself approached the County Board Executive who at the time was Jack Chaplin (Chairman), Pat Fitzgerald (Secretary) & Michael Gallagher (Treasurer) looking for funding to support this project so we could replicate this across the County. They were extremely supportive and we now have the 3 Assistant S&C coaches working with us since the first week of January.

Our aim is to have weekly S&C sessions in Your Child's school either before, during or after school. We are targeting the U15 Schools team first and if we have more availability also look at working with the U16.5 teams.

Due to it being an introduction to S&C the main aim of the programme is to teach Your child the foundational movements (Squat, Hine, Pushup, Pullup etc.) in a safe setting with a qualified and experienced coach.

Yours in Sport,

Micheál Duffy

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