



Ulster GAA

FACT SHEET

FURTHER EDUCATION GAA ACADEMIES

The Ulster Council, County Boards and Further Education Colleges have joined forces to develop and enhance the opportunities for potential elite performers in all Gaelic games. GAA Academies will combine full time education with a training package, which allows students to play the sport they love to an excellent standard, whilst gaining academic or vocational qualifications.

The programme embraces the development of sporting, leadership, personal and social skills which prepare students for a possible future in playing/coaching Gaelic games

ACADEMY OBJECTIVES

We want to....

Offer students in FE the same opportunities as students in schools and higher education.

Build a strong working relationship between F.E. Colleges and County Boards.

Develop and enhance opportunities for potential elite player's.

Combine full-time education with a training package.

Prevent possible Drop-out, from Gaelic games.

Provide coach education, through workshops, and NGB.



Contact Details

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Armagh County Board and South Regional College were the first to form a partnership two and a half years ago. The College has had a major boost in their Gaelic Games profile, and has had a stream of success with no less than seven Ulster Titles and two All Ireland's, at men's and ladies football, hurling and Camogie.

The message is now spreading, North West Regional College have linked up with Derry County Board, and on Wednesday 26th January 2010 they launched their Academy at the College.

Letterkenny Institute Technology and Donegal County Board are due to launch their initiative on 3rd February.

South West College and Fermanagh have also joined forces and are due to be up and working by mid February 2011.

**Further Education Academies- Contact your Local FE Colleges to see if they are up and running OR
Please contact Gary Mallon using the above contact details for further information**



FURTHER EDUCATION GAA ACADEMIES

What Can We Offer Your College—A typical 10 week programme?

This is a typical 10 week pilot program for colleges and county boards to get on with.

Week 1:

Induction, personal analysis, goal setting, life style issues.

Week 2:

Skills testing, set individual programs for achievement

Week 3:

Fitness testing

Week 4:

Strength & conditioning, core stability, functional analysis.

Give individual programs to be done during the remaining weeks.

Week 5:

Field session, fitness with the football.

Week 6:

Kicking skills,

Week 7:

Defensive play and tackling

Week 8:

Forward play, creating space, creating scores.

Week 9:

Fitness testing.

Week 10: Skills testing. Review and assess goals.



Contact

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