



Ulster GAA / CLG Uladh

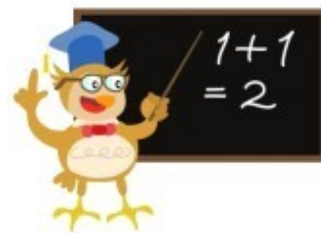
FACT SHEET

# 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 three 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.

In 2010 North West Regional College Derry and Derry County Board, Letterkenny IT and Donegal County Board, and South West College Enniskillen and Fermanagh County Board all joined forces and ran out pilot schemes.

Monaghan Institute of Further Education and Training, and Monaghan County Board have organised and ran a very successful Gaa academy and Fetac course this year.

**Further Education Academies- Contact your Local FE Colleges to see if they are up and running OR contact **GARY MALLON** on [gary.mallon.ulster@gaa.ie](mailto:gary.mallon.ulster@gaa.ie)**



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### 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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