



## **The Camogie Association**

Dear Active School Flag Coordinator,

The Camogie Association would like to help your school to achieve the Active School Flag. We can help and support you in each of the following review points:

### **The school makes a range of extracurricular activities available to all pupils on an individual and team basis in school**

The Camogie Association would like to help and support schools that wish to introduce camogie as a new sport or to develop their existing camogie programme. Interested schools should contact the Camogie Association headquarters on (01) 8658651 or the Camogie Regional Development Coordinator for their area. Contact details may be found at end of this document.

Camogie is a sport for all children, of all abilities. It can be coached either on an individual basis (skills tests) or as a group activity both indoors and outdoors. Camogie conveys many benefits to children including improvements in agility, balance, hand-eye co-ordination, speed, reactions, physical fitness, decision making and self confidence.

### **The school's extracurricular programme is inclusive. It caters for the diversity of students including those with special needs**

Inclusion is an important value of the Camogie Association. We want everyone to enjoy the game of Camogie and to feel the beneficial impact of playing our sport – increased physical activity and fitness levels, improvements in self-esteem and confidence, new friendships.

**'Go Games'** are small sided non competitive games where the emphasis is on participation as opposed to results. They are suitable for up to and including u12s. Please click on the following link for more details: [www.gaa.ie/youth-zone/gaa-go-games/](http://www.gaa.ie/youth-zone/gaa-go-games/)

**'Mum and Me' – 'Come Hurl with Me'** is a new initiative where parent and daughter try our game together. Please click on the following link for more details: <http://www.camogie.ie/Portals/0/Camogie%20Development.pdf>

**The school seeks the assistance of outside agencies such as the National Governing Bodies (NGB s), Local Sports Partnerships and the HSE to help promote physical activity**

The Camogie Association offer programmes that are suitable for transition year/senior cycle students. These include the **Camogie Foundation Coaching Course** and the **Camogie Green Card Refereeing Award**. Both courses will assist students to achieve their bronze and silver An Gaisce Awards. Please contact a Camogie Regional Development Coordinator or click on the following link for more details:

<http://www.camogie.ie/GamesDevelopment/CoachingResourcesSkillsDrills/tabid/159/Default.aspx>

**The school offers pupils opportunities to celebrate their physical activity skills and achievements**

The GAA has developed the **Úcan awards** scheme to encourage children aged 7-13 years to improve their camogie skills. Children of all ability levels can achieve these awards by completing individual tasks. Úcan Awards can be administered by either primary teachers or GAA/Camogie coaches

The Úcan resource pack includes skills charts as well as badges and certificates. They are available free of charge from Camogie Regional Development Coordinators or The Camogie Association headquarters. Alternatively they can be downloaded at:

<http://www.cul4kidz.com/fundo/ucan.html>

**The school works with parents and the local community to promote physical activity**

The Camogie Association has 555 camogie clubs in the country. We encourage all our clubs appoint a club/schools liaison officer and to develop active club/school links.

Local clubs may be able to offer coaching assistance and/or offer schools ideas for class activities. Schools should visit [www.camogie.ie](http://www.camogie.ie) to locate their nearest camogie club.

It may be possible for schools, especially those with limited facilities, to make use of local club grounds and facilities.

**The school encourages staff to attend in-service courses and to participate in other forms of continuous professional development (CPD) appropriate to their needs**

The Camogie Association, in conjunction with the Gaelic games family, has developed a week long **Primary Teacher Summer In-Service Course** based around the primary school PE curriculum and incorporating all the Gaelic game codes. Please check out the notice board tab on [www.activeschoolflag.ie](http://www.activeschoolflag.ie)

The Camogie Association has developed two coaching courses that might be of interest to primary and post primary teachers who wish to learn the skills of camogie and coach it at a participation/recreational level. Both courses have Coaching Ireland recognition.

**Camán - Get A Grip** (Foundation level course aimed at coaching children aged 6-9 years)

**Camán - Get Hooked** (Level 1 course aimed at coaching children aged 10-14 years)

Please click on the following link for more details:

<http://www.camogie.ie/GamesDevelopment/CoachingUpdates/tabid/106/Default.aspx>

**The school has adequate equipment to provide pupils with comprehensive PE and co-curricular physical activity programmes**

It may be possible for schools to make use of local club facilities and equipment.

Schools should visit [www.camogie.ie](http://www.camogie.ie) to locate their nearest camogie club and/or contact the Camogie Regional Development Coordinator for their region.

Other Camogie resources available:

- **Camogie Player Pathway:**  
<http://www.camogie.ie/Portals/0/Documents/Player%20Pathway.pdf>
- **Volunteering in Camogie:**  
<http://www.camogie.ie/Portals/0/Camogie%20Volunteering.pdf>
- **Child Welfare and Protection:**  
<http://www.camogie.ie/Administration/ChildWelfareandProtection/tabid/88/Default.aspx>

**Contact us**

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