

# Ballinteer St John's Nursery 2018-2019 Boys and Girls



Lisney Dundrum office – BSJ Nursery sponsor

## Welcome

Welcome to Ballinteer St. John's (BSJ) GAA Club. We are delighted that you and your child have decided to join our club. As part of our coaching program we would hope that your child will enjoy themselves and at the same time learn the skills of Hurling/Camogie & Football.

## Location

The nursery will be held in the Broadford (Aras na Nog) playing area @ 10am every Sat morning Sept – end June. During the winter months (November to mid March), when weather is too wet we will use the All Weather pitch across the road between Meadowbrook and the community school – training @09.00/ 09.15.

**In case of early cancellation, player injury, toilet or refreshment breaks children will be sent to their parent or guardian. You must be available for your child at the side line at all times during the sessions.**

## Volunteers and Mentors

Sessions are run by volunteers (mainly parents of the children involved who volunteered from the side-line). Mentors begin setting up 30 MINUTES before sessions start.

For the first few weeks we have volunteers from other age groups step in to help set up the new 2013 group, however we need parents of 2013 to help run this group to make the sessions run more smoothly and so that we can have each group well established with coaches before they leave the nursery. All the other groups that have gone through this process in the nursery. You don't have to have played or have any experience of GAA before. There are lots of ways to get involved - setting up equipment, organising name tags, tidying up, mentoring etc. – Please join in as it is much appreciated. You will be asked to fill out Garda Vetting form online (this is part of the GAA code on child protection and all mentors/ parents involved and helping must fill one in).

## Time /Duration

**The start time for the nursery is 10:00 am sharp every Saturday morning and the session's run as follows**

- no more than 60 minutes for **2013** group
- up to 75 mins for **2012** group
- up to 90 mins for **2011** group.

Please facilitate the smooth running of the session by ensuring your child is signed in, has a bib with their name tag and is ready to start @ 10am

Training run's until end of June coinciding with the primary school year. We will break at Christmas and Bank Holiday Weekends. A nursery Christmas party is scheduled for December @ club house @ Marley – parents to bring "food stuffs". We also have a mini All Ireland series running in early

June for the nursery (and some older ages).

The 2011 boys group will be involved in Go Games from February 2019.

The 2011 girls group will commence their Go Games from March 2019.

During the winter months (November to mid March), when weather is too wet we will use the All Weather pitch across the road between Meadowbrook and the community school – training @09.00/09.15 until 10 / 10.15am

**Please note: The assumption is that training is on unless you hear otherwise (by Nursery Facebook / Email).**

## **Communications**

Each age group needs to contact you, and the club itself needs to contact you.

You can do this by filling in a membership form and registering your details with us any Saturday morning. These forms are available at the desk beside the club house. Our email alerts can be signed up for via <http://eepurl.com/DNPKn> and also at <https://www.facebook.com/bsjparents>

## **Membership / Registration Info**

The Introductory Membership rate for children joining between September 2018 and December 2018 is €30 per child. This will allow you to try out with Club for a few months, without having to commit to a full membership payment. The membership year runs from Jan 1<sup>st</sup> to Dec 31<sup>st</sup>, if you decide to continue with your membership after December you can join for the year 2019 in January.

By joining, you help to fund the purchase of equipment for the children. Your membership helps to pay the wages of our Games Promotion officers, the upkeep of the All Weather pitch, hiring out of pitches from DLRC, Competition fees, Referees Fees, Insurance, and the equipment used by the nursery each year.

All fully paid up adult members (both Full and Social) can avail of a club membership card and get a discounted rate at Bar. Members can hire out the club's facilities at a reduced cost, some use it for 21st, 60th, communions, confirmations, kids parties.

Nursery membership forms & payment can be returned to Alison our club registrar or clubhouse. Only those who have paid their membership fees are deemed members and are covered by club insurance. If your child is already paid up until Jan 2019, and you are not receiving emails please advise at membership desk / bib station and we'll sort it out for you.

It is essential that we know about each child playing with us. i.e their guardian/parent's details and any relevant medical conditions that might impact on how a child is managed at training, in particular, responding in the case of a medical emergency.

If you would like to discuss membership payments confidentially please speak to the nursery coordinator/club registrar Alison Emanuel. [Registrations@bsigaa.com](mailto:Registrations@bsigaa.com)

## **What to expect during a session / What your child will learn**

The session is a mix of games, drills and matches promoting football, hurling and camogie skills. Children are grouped by their year of birth. Children can start in the nursery once they are in primary school, and this year we welcome those born in 2013.

Age Group	Activities
5-6 years (2013)	Catching, Throwing, Striking, Fun games using various equipment, short matches between themselves.
6-7 years (2012)	As above with the addition of organised friendly blitz matches with nearby clubs twice or more a year.
7-8 years (2011)	As above with the addition of organised competitive matches, i.e Go Games (in the New Year - February).



**Hurling / Camogie:** *Proper Hurling/Camogie Grip, Ground Dribble, Ground Strike, Stopping the Ball correctly, Frontal Block*

**Football:***Ground Kick, Handling of the Ball, Body Catch, Low Catch, Bounce, Punt Kick, Hand Pass.*

**General:** Agility, Balance, Coordination, Running, Jumping, Kicking, Catching and Throwing. All these will be beneficial for all types of sport and are great for improving general Motor skills.

We would ask parents to download free app “**Bainisteoir 1**” and help their child practice each week at home – the app has all football & hurling skills along with easy to understand demonstrations of the basic skills of GAA

### **Equipment / What we recommend**

We recommend you purchase: Hurley / Shin guards / Football / Sliotar / Helmet / Mouthguard.

The nursery has a stock of these items for training on Saturday mornings however purchasing these items will enable the child to practice at home, leading to an improvement in their skills

**General:** Football boots /.(Astro all weather runners), gloves for wet/cold weather, bring a water bottle and sun screen if it’s a hot day. **NB:** Mouthguards are mandatory for football. Helmets are on sale in club shop at discounted price.

### **Parents/Guardians Code of Conduct**

As a parent, it is extremely important that you lead by example. We would ask that rather than asking the children if they won, that they are asked ‘**Well how did you play?, did you play well?, Did you have Fun?.**’

**In the interest of everyone all parents/guardians of nursery members must agree to the following code:**

- Always encourage and support, attend matches on a regular basis and assist in the organisation of club activities.
- Be familiar with mentors who are coaching your child. Show appreciation and support the mentors.
- Inform the mentors of any conditions, medical or otherwise, regarding your child.
- Behave responsibly on the side-line. Use appropriate language at all times.
- Respect the rights, dignity and worth of all regardless of ability, age, gender, religion, social or ethnic background.
- Ensure your child gets to and from training safely and is on time.
- Encourage your child to learn the rules, play by them and to settle disagreements without resorting to hostility or violence.

- Ensure your child has the proper training/playing gear and water bottle.
- Ensure that your child is registered and the membership is paid.
- Respect the coaches' decisions / referees' decisions and encourage your children to do the same.
- Be aware and support the club's policy on the use of cameras/camera phones.
- Be aware of the Club Child Protection Officers procedures and contact details (detailed at end).

### **Games Promotion Officers**

Carol Nolan and Donal Gormley are our Games Promotion Officers in the club. Carol and Donal are an integral part of the club and heavily involved with the Nursery. They are involved with coaching the mentors / kids, and organising all aspects associated with running a successful nursery.

They attend schools in the area on a weekly basis where they further develop the children's skills in both hurling & football .If your child's school does not play GAA and you think they might like to introduce it then please talk to Carol or Donal (contact details at end).

### **Easter / Summer Camps**

A large number of camps are run throughout the year, further details on these will be available on club website, at nursery or via facebook. They caters for hurling / football and camogie across all under age groups.

### **Mentor Courses**

If you are a parent and thinking of getting involved, or a parent that is already involved and wants to further their skills, there are coaching sessions available.

#### **Sept – Dec schedule 2018**

##### **Courses**

- GAA Foundation Dual course October (all new coaches/parents)
- Code of Ethics & Sport awareness 27<sup>th</sup> September (all coaches/parents must attend limited places)

##### **Workshops**

- Nursery Fundamentals workshop October
- First Aid October/November (all coaches/parents must attend limited places)
- Football / Hurling workshop September & November

Dates and times for the above courses and workshops will be finalised in the coming days they will take place in Ballinteer community school or clubhouse and will be posted to club website & facebook

### **Club facilities / Location**

BSJ have over 70 teams across the 4 playing codes : Men's Football and Hurling, Ladies Football and Camogie. We have many players both past and present playing representative for Dublin.

Our main club house and main pitches are located at the side entrance to Marley Park, off Grange road. We also have a state of the art All Weather surface, which is located across the road from Broadford playing pitches (nursery), and another pitch and changing facilities across from Nutgrove S.C. (called Loreto pitches)

The club house has meeting rooms, club shop, gym (for full paid up Adult members), changing rooms, reception room, and a bar with a pool table, you can hire it for 21sts, Christenings and parties.

<http://www.ballinteerstjohns.com/location> - will show you where the main club house is located (google maps and GPS co ordinates are on the site.)

**Club Tel Number: 01 4061373 – Dermot Lee (for all bookings / info)**

## **Shop**

The club shop sells tracksuits in children and adults sizes, replica club jerseys, club shorts and socks in children and adult sizes, club hoodies in children and adults sizes, club winter jackets in adult sizes, club beanie hats and we also sell Hurley's in a variety of sizes. Helmets can be tried on in shop and ordered direct from Mycro Sportsgear and delivered direct.

Most of the stock is held at the clubhouse. All proceeds from clubshop go directly to club for club activities and promotion of the game within the club. The main club shop is located on the ground floor of the club house. Email : [bsjclubshop@live.ie](mailto:bsjclubshop@live.ie) , Patricia Whelan. All are very welcome. <http://www.ballinteerstjohns.com/shop>

## **Opening Hours**

- 19.30 to 20.30 on Thursdays in the club house.
- 11.30 to 12.30 on Saturdays in the club house.

## **Lotto**

The club runs a lotto each week which is a vital source of revenue for the running of the club. All support is hugely appreciated. Visit <http://www.ballinteerstjohns.com/home> and click on lotto link to play online, (bottom left of screen). You can also play lotto every week through bank standing order (monthly/quarterly/yearly).

Draws are held each Thursday in the club house, upstairs in the main bar.

There is more information about the club as well as player, mentor and general code of conduct at: <http://www.ballinteerstjohns.com/>

**Children's Officer's** Sandra Joyce [sandrafeely@gmail.com](mailto:sandrafeely@gmail.com)

Eamon Hession [eamonhession@hotmail.com](mailto:eamonhession@hotmail.com)

**Nursery Co-ordinator** Eoin Walsh (Nursery Coordinator) 086 8806349 [eoinwalshm@gmail.com](mailto:eoinwalshm@gmail.com)

Carol Nolan (Games Development Officer): 0851424543 [carol.nolan.gpo.dublin@gaa.ie](mailto:carol.nolan.gpo.dublin@gaa.ie)

Donal Gormley (Games Development Officer): 0876312082 [donal.94@hotmail.com](mailto:donal.94@hotmail.com)

**Juvenile Chairman** Paul McDonnell [pmcdonnell@myfqdn.me](mailto:pmcdonnell@myfqdn.me)

**Club Chairman** Ken Aherne [chairmanbsj@gmail.com](mailto:chairmanbsj@gmail.com)

## **Team Co-ordinators**

2011 Girls : Padraic Kiernan [bsjgaa2011@gmail.com](mailto:bsjgaa2011@gmail.com)

2011 Boys : Brian Murray [bsjgaa2011@gmail.com](mailto:bsjgaa2011@gmail.com)

2012 Boys: TBC

2012 Girls : TBC

2013 Boys & Girls Carol Nolan / Donal Gormley

**REGISTRAR** Alison Emanuel: [registrations@bsjgaa.com](mailto:registrations@bsjgaa.com)