



Minor GAAP Yearbook

Year:

Your Full name:

Club Name:

Cuala GAA



CUALA

*Cumann Iomána, Peile
agus Camógaíochta Cuala*

Welcome

This Yearbook is your personal record for tracking your progress and achievements throughout the season. The information you record here is your property and is for your personal use only. It is not required to be shared with coaches or anyone else unless you choose to do so.

Select code(s)



CAMOGIE



LADIES FOOTBALL



HURLING

MEN'S FOOTBALL

End of Year Questionnaire

*As you prepare to transition to adult-level play, this yearbook will help you gather and organise the information you need to complete an end-of-season online questionnaire form**

The online form can be accessed via

URL:

<https://forms.office.com/e/5F4uYtvYB8>

Or

Scan QR code on this page.

Minor GAAP 2 Adult



**Form is separate to the yearbook and responses submitted will be available for Adult Sections to communicate your move to future coaches. The form can be completed at the end of the Minor season [sometime between September – October]*

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PLAYER PATHWAY STAGE FOCUS

Commitment to Gaelic Games and Active Lifestyle

Retrieved from Gaelic Games Pathway – see more at: <https://learning.gaa.ie/GaelicGamesPlayerPathway>

Phase Descriptor

After the consolidation of movement skills and Gaelic Games specific skills, youths begin at this subphase to commit to training and competition. Ultimately, the target in this phase is to retain as many players as possible so as they become lifelong participants in Gaelic Games. This phase extends from the beginning of formal competition to achieving potential at adult club level as well as providing opportunities for social and adapted games for our youth and adult players. It is inclusive of all club activities. It is in this sub-phase in which most of our players reside.

Considerations for Development and Learning

The Player - The focus at this stage is a real commitment to training and competition at an individual's club as well as the development of a sense of engagement and belonging within the Gaelic Games Family.

The Game - An appropriate games programme will provide the player with the opportunity to be challenged relatively to their stage of development and continue to enjoy and master the skills of the game.

Key Support Providers in the Environment

An effective governance structure - this is a key ingredient to support the management and implementation of the Gaelic Games Pathway through the provision of meaningful games programmes, quality coaching and a shared understanding of the various player development inputs.

Coach - The coach ensures that players feel valued and promotes a positive coach player relationship. They must act as a conduit between the club, school and player development/academy/ County squads where applicable and at all times focus on the best interests of individual prospects.

Family - at this stage, the family's role is very much focused on emotional support for the player

Teacher - Where relevant, teacher ensures that players feel valued and promotes a positive teacher player relationship. They must pro-actively engage with club and player development/academy/ County squads where applicable and at all times focus on the best interests of individual prospects

Approx. Age Range

From 12 years upwards

Phase Outcome

Retention and lifelong participation

Dear Player,

This Yearbook is inspired by the essential stages of the Player Pathway, specifically focusing on 'Commitment to Gaelic Games and an Active Lifestyle.'

It is designed to work together with the key support providers in your journey, aiming to enhance your experience and involvement in the sport.

The goal is to support your journey towards long-term engagement and enjoyment in Gaelic games, ensuring a lasting passion and participation.

“An té a bhíonn síulach, bíonn scéalach”

“Those who travel, have stories to tell”



Understanding why you play helps you connect more deeply with the game and gives a clearer sense of purpose when playing or participating in club activities.

What makes you feel best when playing:

Think about when you are on the pitch or in the gym. Is it the enjoyment of competition, personal achievement, or the camaraderie with teammates? When we reflect on these times, we can enhance our motivation and love for the sport.

What values you believe are important in your code

Consider the values that are important to and how do these values influence your behaviour and attitude both during training and in games?

How you contribute to your team's spirit and success:

Your role isn't just about performance; it's also about how you support your friends, teammates, coaches, uplift morale, and embody the spirit of the team.

Writing down the reasons you play will not only benefit your personal growth, but also help you understand more of the important aspects of your GAA experience as a player, both on the field and off.

I play

Select code(s) ✓

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HURLING

LADIES FOOTBALL

MEN'S FOOTBALL

because...

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MEN'S FOOTBALL

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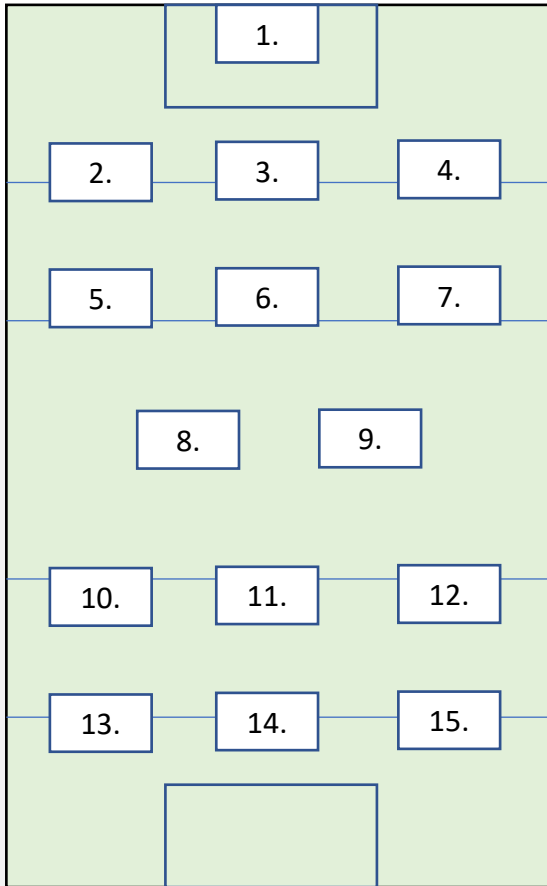
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CAMOGIE

HURLING

LADIES FOOTBALL

MEN'S FOOTBALL



- 1. Goal-keeper
- 2. Right Corner Back
- 3. Full Back
- 4. Left Corner Back
- 5. Right Half Back
- 6. Centre Half Back
- 7. Left Half Back
- 8. Midfield
- 9. Midfield
- 10. Right Half Forward
- 11. Centre Half Forward
- 12. Left Half Forward
- 13. Right Corner Forward
- 14. Full Forward
- 15. Left Corner Forward

List up to 3 of your preferred positions

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Reason(s) for preferred position #1

Reason(s) for preferred position #2

Reason(s) for preferred position #3

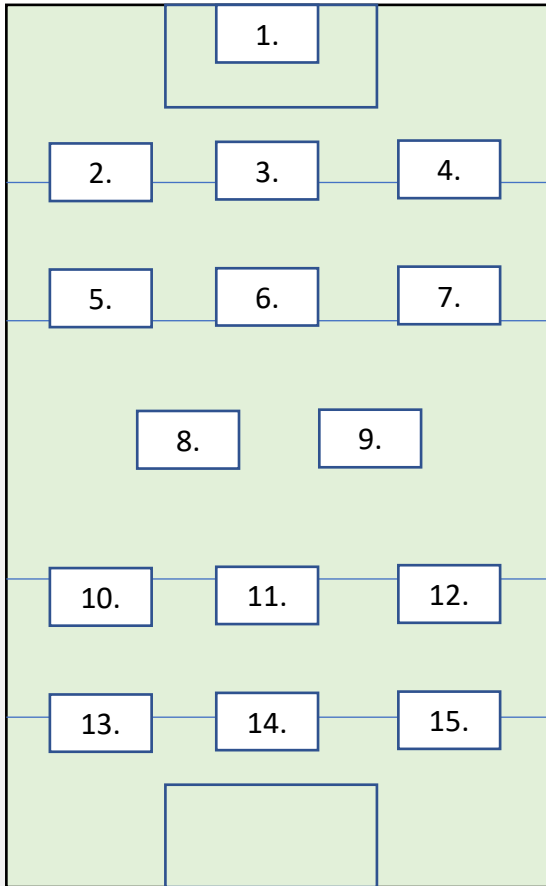
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Reason(s) for preferred position #2

Reason(s) for preferred position #3

Select code(s) ✓

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LADIES FOOTBALL

MEN'S FOOTBALL

Main Team:

List here your main priority team in chosen code [Minor 'A/B/C/D']:

Mentors:

Additional Team(s):

List here any other GAA teams you play with (school, college, U21 etc.):

Mentors:

Aspirations:

List adult team(s) you aim to be involved with next season and/or in the next 3 years:

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Use this space to note the areas of your game, attitude, commitment you need to continue demonstrating high standards in (key strengths)

OR

need to work on to improve (key opportunities)

Key Strengths:

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Key Opportunities:

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Select code(s) ✓

CAMOGIE

HURLING

LADIES FOOTBALL

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OR

need to work on to improve (key opportunities)

Key Strengths:

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Key Opportunities:

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Progression levels:

Speed

Distance: _____

1

Date: __ / __ / __

Test result: _____

2

Date: __ / __ / __

Test result: _____

3

Date: __ / __ / __

Test result: _____

Countermovement Jump

1

Date: __ / __ / __

Test result: _____

2

Date: __ / __ / __

Test result: _____

3

Date: __ / __ / __

Test result: _____

Fitness

Type: _____

1

Date: __ / __ / __

Test result: _____

2

Date: __ / __ / __

Test result: _____

3

Date: __ / __ / __

Test result: _____

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Power and Strength Chin-ups

1

Date: __ / __ / ____

Test result: _____

2

Date: __ / __ / ____

Test result: _____

3

Date: __ / __ / ____

Test result: _____

Power and Strength Bench Press

1

Date: __ / __ / ____

Test result: _____

2

Date: __ / __ / ____

Test result: _____

3

Date: __ / __ / ____

Test result: _____

Power and Strength Squat

Type:

1

Date: __ / __ / ____

Test result: _____

2

Date: __ / __ / ____

Test result: _____

3

Date: __ / __ / ____

Test result: _____

Trap Bar Deadlift

1

Date: __ / __ / ____

Test result: _____

2

Date: __ / __ / ____

Test result: _____

3

Date: __ / __ / ____

Test result: _____

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WELFARE

As part of the Club's commitment to ensure everyone is playing at their best and most comfortable, it's important to keep coaches informed about any physical constraints or injuries you might be experiencing in order to adapt training sessions and matches to better suit your needs.

For your own records, list below any recent injuries, ongoing physical issues, or other constraints that could affect your play and will support your discussion with your coach to allow you perform at your best while maintaining your well-being. Any new or lingering issue that requires treatment can be tracked here.

Type of injury / constraint:

Treatment plan:

Date: __ / __ / ____

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COMMITMENTS

Club commitments:

Dual player, coaching, officiation...

External commitments:

Work fulltime / parttime, studies, other activities, carer...

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CURRENT SEASON AVAILABILITY

Calendar can be used for noting any study, exams, travel, work plans etc. if known

JANUARY

M T W T F S S

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FEBRUARY

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MARCH

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APRIL

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JULY

M T W T F S S

AUGUST

M T W T F S S

SEPTEMBER

M T W T F S S

OCTOBER

M T W T F S S

NOVEMBER

M T W T F S S

DECEMBER

M T W T F S S

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