

# Cuala GAAP Yearbook



*Your full name:*

*Season:*

20 \_\_\_\_\_

*Section:*

Juvenile / Minor / Adult



## Welcome

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

Select your playing code(s) ✓



CAMOGIE

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LADIES FOOTBALL

☐

HURLING

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MEN'S FOOTBALL

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## PLAYER PATHWAY STAGE FOCUS

Commitment to Gaelic Games and Active Lifestyle

Players in the **Foundation 3 Youth** (12–17) and **Adult** (18+) stages make up the largest playing group in Gaelic Games - the heartbeat of every club and community.

### 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 **Foundation 3 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 Phase

From 12 years upwards

### Phase Outcome

Retention and lifelong participation

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

*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 GAA 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 síúlach, 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 you 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 your playing code) ✓

CAMOGIE	<input type="checkbox"/>	HURLING	<input type="checkbox"/>
LADIES FOOTBALL	<input type="checkbox"/>	MEN'S FOOTBALL	<input type="checkbox"/>

*because...*

*I play* (select your playing code) ✓

CAMOGIE	<input type="checkbox"/>	HURLING	<input type="checkbox"/>
LADIES FOOTBALL	<input type="checkbox"/>	MEN'S FOOTBALL	<input type="checkbox"/>

*because...*

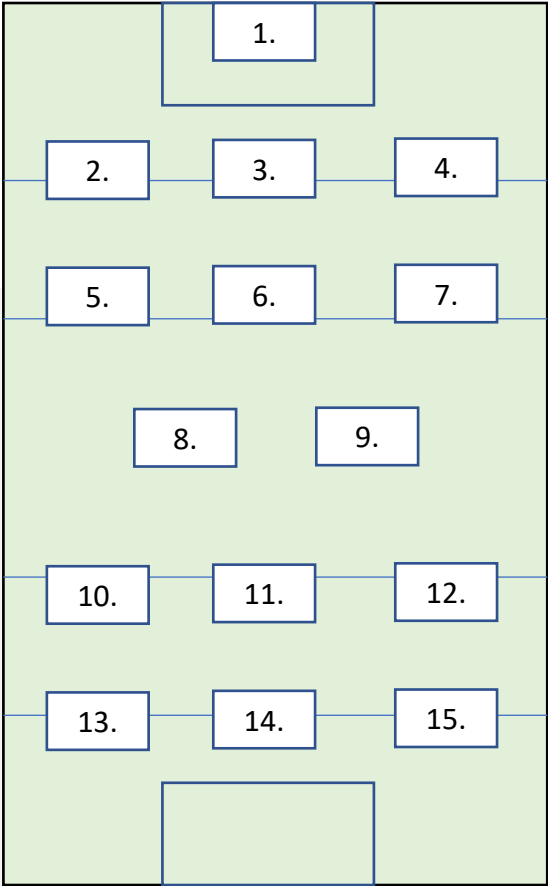
(select your playing code) ✓

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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 playing positions

Reason(s) for preferred position #1

Reason(s) for preferred position #2

Reason(s) for preferred position #3

(select your playing code) ✓

CAMOGIE

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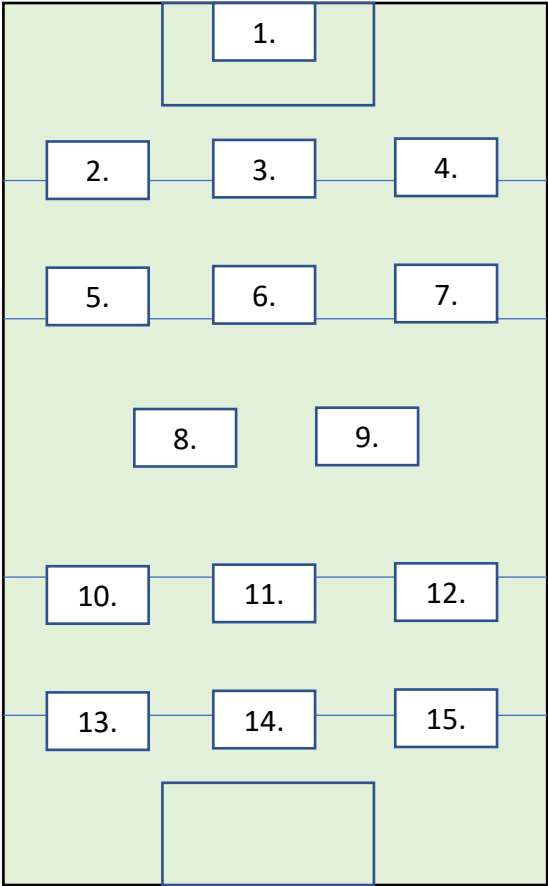
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Reason(s) for preferred position #1

Reason(s) for preferred position #2

Reason(s) for preferred position #3

# TEAM *(two copies for dual players)*

*(select your playing code) ✓*

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LADIES FOOTBALL

☐

MEN'S FOOTBALL

☐

## Main Team:

*Your main priority team in chosen code ['A/B/C/D...']:*

*Mentors:*

## Additional Team(s):

*Any other teams you play with (school, college, U21...):*

*Mentors:*

## Aspirations:

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

*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:

--	--	--

Key Opportunities:

--	--	--

(select your playing code) ✓

CAMOGIE

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## Main Team:

*Your main priority team in chosen code ['A/B/C/D']:*

*Mentors:*

## Additional Team(s):

*Any other teams you play with (school, college, U21...):*

*Mentors:*

## Aspirations:

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

POWERS + CHALLENGES *(two copies for dual players)*

*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:

--	--	--

Key Opportunities:

--	--	--

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:

\_\_\_\_\_

\_\_\_\_\_

Power and Strength Chin-ups

Date: \_\_ / \_\_ / \_\_

1

Test result:

Date: \_\_ / \_\_ / \_\_

2

Test result:

Date: \_\_ / \_\_ / \_\_

3

Test result:

Power and Strength Bench Press

Date: \_\_ / \_\_ / \_\_

1

Test result:

Date: \_\_ / \_\_ / \_\_

2

Test result:

Date: \_\_ / \_\_ / \_\_

3

Test result:

Power and Strength Squat

Type:

Date: \_\_ / \_\_ / \_\_

1

Test result:

Date: \_\_ / \_\_ / \_\_

2

Test result:

Date: \_\_ / \_\_ / \_\_

3

Test result:

Trap Bar Deadlift

Date: \_\_ / \_\_ / \_\_

1

Test result:

Date: \_\_ / \_\_ / \_\_

2

Test result:

Date: \_\_ / \_\_ / \_\_

3

Test result:

# 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.*

Date	Type of injury / constraint:	Treatment plan:
____/____/____		
____/____/____		
____/____/____		
____/____/____		
____/____/____		

Date	Type of injury / constraint:	Treatment plan:
____/____/____		
____/____/____		
____/____/____		
____/____/____		
____/____/____		
____/____/____		

# COMMITMENTS

Club commitments:

*e.g. dual player, coach, referee, committee member...*

External commitments:

*e.g. work FT / PT, education, carer, other activities...*

# SEASON AVAILABILITY

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

JANUARY

FEBRUARY

MARCH

M	T	W	T	F	S	S

M	T	W	T	F	S	S

M	T	W	T	F	S	S

APRIL

MAY

JUNE

M	T	W	T	F	S	S

M	T	W	T	F	S	S

M	T	W	T	F	S	S

## SEASON AVAILABILITY

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

**JULY**

[illegible]

## AUGUST

[illegible]

**SEPTEMBER**

[illegible]

# OCTOBER

[illegible]

## NOVEMBER

[illegible]

## DECEMBER

[illegible]

*blank for notes*

# LEARNINGS / REFLECTIONS

Reflecting on past games can help you identify what worked well, what didn't, and what can be improved, fostering continuous growth and adaptation in your approach and skills development. Talk with your coach to support the learnings. Use the blank pages if you want to add more notes.

DATE	GAME	WENT WELL	NOT SO WELL	NEXT TIME...
<i>[date]</i>	<i>[code, competition and opposition]</i>	<i>[list what worked well, and why]</i>	<i>[list what didn't go so well, and why]</i>	<i>[change needed or what you need to continue doing]</i>

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## Season Prep Questionnaire

*As your season concludes, review the information and reflections<sup>1</sup> you've recorded here to help fill out your season prep form.*

*Responses completed, are for the following season's coaching group to facilitate your communications and inform them of any changes to your circumstances.*

*The form is available from coaches or can be accessed within the Coaching / Cóitseála module at:*

<https://cualagaa.ie/policies-documents-and-forms/>



*Recommended reading and further resources on journaling and reflections, are available from [carvercoachingframework.com/](http://carvercoachingframework.com/) - Paul Kilgannon, Coach and Athlete Mentor, Author and creator of The CARVER Coaching Framework.*