



**Suncroft GFC**  
Crochta na Gréine



# ***SUNCROFT GFC*** ***LOOKING*** ***FORWARD TO A*** ***SUCCESSFUL*** ***2015 SEASON***

*For the club by far the biggest achievement in 2014 was that circa 240 members represented our club and our community, playing our games, on the field of play*



[www.suncroftgfc.com](http://www.suncroftgfc.com)



@SuncroftGFC



[www.facebook.com/suncroft.gfc](http://www.facebook.com/suncroft.gfc)



# Suncroft GFC

## Crochta na Gréine



A Chara,

In my first year as Chairman of Suncroft GFC I am honoured to introduce myself. I was club secretary for the past five years and I previously served as club treasurer.

I am originally from Suncroft and although I am currently living and working in Kilkenny City I can assure you I will work tirelessly on behalf of all members of the club and the community to ensure we develop both on and off the field. Let me assure you my only agenda is to ensure we improve the club so it can better serve members and the community.

On behalf of the Executive Committee of Suncroft GFC I am delighted to introduce this club information booklet which we hope you will find helpful in answering any questions or you may have. If you want to know anything further please contact me or any of the committee members.

The club is very much in a development stage and we have a lot of work to do in the years ahead. The next phases of the development will be exciting and rewarding and I am privileged to be working with you and all members of the club.

I want to thank all our members and supporters for their continued support of the club. I would particularly like to thank the members of the Executive Committee, Sub-Committees, the team managers, coaches and mentors coaches. They give their time; their talents; and their resources freely to Suncroft GFC. I am proud to work with them and I know Suncroft GFC is proud to have them.

I would also like to thank all members of the Executive Committee for the work, time and effort they put into preparing this booklet, especially Mick Kehoe.

I leave you all with the inspirational words of Ted Kennedy which I believe sums up the strategy for the club.

***"The work goes on; the cause endures; the hope still lives; and the dream shall never die."***

Yours in sport,

Shane Kavanagh  
Chairman





## Suncroft GFC

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A Chara,

Tá áthas orm mé féin a chur in aithne daoibh ag deireadh mo chéad bhliana mar Chathaoirleach ar an chlub iontach peile seo, Chrochta na Gréine. Roimhe seo, bhí mé mar Rúnaí ar feadh chúig bhliana agus roimhe sin mar Chisteoir ar an chumann.

Is as an Chrochta na Gréine dom ó dhúchas. Tá mé ag obair agus i mo chónaí i gCill Chainnigh faoi láthair ach geallaim daoibh go bhfuil mé ag obair go dícheallach ar son gach ball den chlub agus den phobal seo chun go leanfaimid leis an fhorbairt, ar an pháirc imeartha agus sa phobal. Sin an clár oibre agus an t-aon chlár oibre atá agamsa.

Thar cheann Coiste Feidhme an chumainn ó Crochta na Gréine, táim thar a bheith sásta an leabhrán eolais seo faoin chlub a chur in bhur láthair, tá súil againn go gcuideoidh sé le do thuiscint ar obair an chlub agus go bhfuil freagra ann ar aon cheist a bheadh agat faoi. Má aon eolas breise uait, tar i dteagmháil liom nó le haon duine eile ar an Choiste.

Tá an club ag forbairt faoi láthair agus is cinnte go bhfuil go leor oibre amach romhainn sna blianta atá le theacht. Beidh tairbhe agus taitneamh le baint as an tréimhse seo agus is mór an phribhléid dom a bheith ag obair libh ar fad, baill an chumainn, ar an togra iontach seo.

Gabhaim buíochas leis na baill ar fad sa chumann agus lenár lucht tacaíochta as a ndílseacht don chlub. Tá buíochas ar leith dlite do bhaill na gcoistí éagsúla, an Coiste Feidhme, na Fhochoistí, bainisteoirí na bhfoirne agus a gcuiditheoirí ar fad. Tugann siad a gcuid ama, a cumas agus a n-acmhainní go fial don Crochta na Gréine. Ábhar bróid dúinn iad a bheith againn agus is pribhléid bheith ag obair leo.

Tugaim moladh ar leith don Choiste Feidhme as a saothar ag dréachtú agus ag foilsiú an leabhráin seo, go háirithe Mick Kehoe.

Mar fhocal scoir, meabhraím ráiteas misniúil Ted Kennedy, a thugann leis, is dóigh liom, spiorad agus straitéis an chlub seo.

***“The work goes on; the cause endures; the hope still lives; and the dream shall never die.”***

Le meas agus mórtas spórt,

Shane Kavanagh  
Chathaoirleach





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# Suncroft GFC

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## 1.0 MISSION, VISION & VALUES

### Mission

Suncroft GFC is a voluntary organisation. Its mission is to develop and promote Gaelic Games at the core of Irish identity and culture. It is dedicated to ensuring that the GAA family of games, and the values we live, *enrich the lives of our members, families and the communities we serve.*

Suncroft GFC is committed to active lifelong participation for all and to providing the best facilities possible.

Suncroft GFC reaches out to and includes all members of society, promotes individual development and well-being and strive to enable all members achieve their full potential in their chosen roles.

### Vision

In its 125 years of existence Suncroft GFC has been privileged to have had many fine teams, players, managers, administrators, coaches, helpers and supporters as members and the Club has contributed substantially to the community.

Suncroft SFC's vision for 2015 and beyond is to learn from and build on the past to ensure that into the future everyone has the opportunity to be welcomed to take part in our games and culture, to participate fully, *to grow and develop and to be inspired to keep a lifelong engagement with our club and our Gaelic Athletic Association.*

### Values

**Community Identity** – Community is at the heart of the club and everything we do must help to enrich the community. Suncroft GFC wants to foster a clear sense of identity and place.

**Amateur Status** – Suncroft GFC is a volunteer led organisation. All members train, play, manage, administer, coach, support and engage in our games as amateurs. To the best of our ability we provide a games programme at all levels to meet the needs of all players.

**Inclusiveness** – *Suncroft GFC welcomes everyone to be a part of the club.* We are anti sectarian and we are anti racist.

**Respect** – Suncroft GFC members and supporters will respect each other, opposition players, supporters and clubs, and match officials, on and off the playing field. The club will operate with integrity at all levels and we will listen and respect the views of all.

**Player Welfare** – Suncroft GFC will provide the best playing experience for all players. Games and training will be structured to allow players of all abilities reach their potential.

**Teamwork** – Effective teamwork on and off the field is the cornerstone of Suncroft GFC. Ni neart go cur le chéile (There is no strength without working together).



# Suncroft GFC

## Crochta na Gréine



## **2.0 EXECUTIVE COMMITTEE REMIT & RESPONSIBILITIES**

The Executive Committee is the controlling body of the club, managing the business affairs of the club in compliance with rule 7.1 GAA Club Constitution. It is essential that the Executive Committee is active and well managed. The composition of the Executive Committee is as outlined in rule 7.2 of the GAA Club Constitution.

### **The Executive Committee Shall:**

Be the controlling body of the club and all the business and affairs of the club are under its ultimate control and management. Ensure that the club constitution and rules are implemented in accordance with the rules of the GAA.

Update, establish and implement club policies. Establish Sub-Committees as required, appoint members and nominate the chairman of any Sub-Committee. Define the duties of such Sub-Committees, and retain control in all matters and activities which it considers important to the general welfare of the club, including the disposal of any funds in the hands of such Sub-Committees.

Make, alter and appeal all such regulations as deem necessary, expedient or convenient for the proper conduct and management of the club. Agree and implement an organisational structure for the club. Ensure compliance with all laws, regulations, rules and codes of practice of the State, the GAA and the club.

Have ultimate responsibility for the management of all club assets and activities. Decide on all applications for membership. Deal with matters of discipline within the club. Ensure that club's Real Property is vested in the GAA and that new Trustees are appointed when necessary. Approve annual budgets for various club activities.

Make every reasonable effort to maximise the number of players playing and enjoying our games. Make every reasonable effort to maximise the number of members in the club. Make every reasonable effort to have as many club members as possible involved in the management and operation of the club at all levels.

Operate from the conclusion of one Annual General Meeting (AGM) to the conclusion of the next AGM and be responsible for the planning and hosting of the AGM of the club each year. Appoint the Children's Officer at the AGM.

Ensure that all decisions made by the Executive Committee are made at organised meetings of the Executive Committee and are fully captured in the minutes. Ensure that every member of the Executive Committee is given sufficient notice of any Executive Committee meeting. Ensure that any members of the Executive Committee that cannot attend a meeting of the Executive Committee are afforded the opportunity to participate by electronic means such as telephone, skype, video conferencing. Ensure that no major or material decisions are made without being adequately considered by the full Executive Committee.

An Executive Committee meeting can be held with four members present, constituting a quorum. A quorum meeting will only be held where a specific quorum has been previously agreed by the full Executive Committee to deal with a specific issue, or in an emergency situation where an immediate formal decision is required, or after being given reasonable notice and opportunity no more than four members were able to attend a meeting. Any decisions made at a quorum will be ratified at the next full Executive Meeting.

*This is not an exhaustive listing of the remit and/or responsibilities of the Executive Committee.*



## Suncroft GFC

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### 3.0 OVERVIEW

Suncroft GFC is constantly growing and evolving and particularly during the spring and summer months when the underage is at full pace it is absolutely buzzing with activity. In 2014 circa 240 players represented the club on the playing field and in 2015 it is the club's ambition that this number increases.

The work at underage that was started in Suncroft GFC more than a decade ago is delivering on the main objective of the club which is to have as many people as possible playing our games. Additionally the players are been provided with the opportunity to improve their personal skills. This helps the players to make more positive contributions to the teams that they are part of, and to make more positive contributions to the club and the community.

Suncroft GFC ladies and gents teams at all levels had a very positive and successful 2014 (*detail below in section 4.0*). At a county level in 2014 the long and proud Suncroft GFC tradition of producing top quality county players continued, 10 female and 7 male Suncroft GFC club members representing their community and club at inter county level. Suncroft GFC may be a small rural club but on the football field it punches way above its weight.

In 2014 there were some fantastic personal and team achievements at all levels but *for the club by far the biggest achievement was that circa 240 members represented our club and our community, playing our games, on the field of play* and that number was again up on the previous year.

#### If you don't already, please come and play with us:

At all ages the club would love to welcome more players. In addition to the health and other benefits of physical activity, with a number of different national schools in the area and children heading in all directions for secondary schools, parents and guardians commuting in all directions for work, the club is a great way to get people together and to make lifelong friends in the parish and in the community. The games are structured to allow players of all abilities to enjoy their participation and reach their potential. If you don't already, *please come and play with us*. If you or your children would like to become involved please contact one of the committee members, team managers or coaches (*details below in section 5.0*).

#### The club could always do with a bit more help making things better:

Success brings its own challenges and the club now need to build on what it has and ensure that the structures, support and facilities that the community, members, players and supporters deserve are put and kept in place.





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### Organising and running the activities of the club, volunteers:

The current committee and team management structure of Suncroft GFC is outlined below (*section 5.0*) and as you can see from that there are a small, but substantial number, of members doing the organising, coaching and administration. These members do get fantastic support and help from a wide range parents/guardians, members, players, local businesses and people from across the community and without this help and commitment the club would have severe difficulties operating.

Everyone can help but there are some roles where it is very important that all parents / guardian, supporters and sponsors have confidence that the people doing the jobs have the required skills and experience. Suncroft GFC is fortunate to have members with all kinds of excellent coaching, business, organising, fundraising, catering and facilities maintenance skills. The club is particularly fortunate in the areas of Child Welfare and finance. The club's Children's Officer is a retired Garda Sergeant and the Vice-Chairman is a serving member of the Gardaí. The Treasurer, Pat Sutton, is a Chartered Accountant and a Fellow member of the Chartered Association of Certified Accountants (Managing Partner, O'KellySutton Chartered Accountants, Chartered Tax Advisors and Business Consultants [www.okellysutton.ie](http://www.okellysutton.ie)).

Many hands make light work and the current team of people would really appreciate and value some more help. At one end there are vacant spots on the Executive Committee and at the other end can you give an hour to direct traffic, sell a few tickets or wash the kit after a game.

If you can **give just One Hour** to help it is another job done. Apart from being valued and appreciated by the club's other workers, organisers and administrators, when you see the smile on a players face and the glint in their eye when they manage to catch their first high ball or kick the ball with their bad foot without falling over, play their first match, win their first game, collect their first medal, win their first Division X, etc, the reward your get for your contribution is immeasurable.

There are hundreds of ways that you could help and some of the typical types of jobs, and the time involved, are briefly outlined further below (*section 6.0*). Suncroft GFC would appreciate it if you took the time to have a think about it, have a non committal chat with some of the people involved and maybe even give it a try for an hour or two. Contact details for some of the people already involved in the club are below (*section 5.0*). It is fully appreciated that volunteering is not possible for some and not suitable for others. But, if you think you might be able to help please contact one of the club committee members or coaches (contact details in section 5.0).





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### Developing the facilities:

Improving facilities is an ongoing challenge and over many decades there have been numerous and substantial efforts to put better facilities in place. Great progress was made on a number of occasions only for it to fall foul for one reason or another. The club has had access to a very good pitch, which stands up to the winter weather far better than most pitches around the country. However with growing numbers of players the club has to get more playing areas and, for years, the other basic facilities that the club have had in place are far less than the players, supporters, visitors and community deserve.

Over the last few years because of a lot of very hard work by members of the community, including Suncroft GFC, the situation has changed and *the club is now in a very good place with regards to facilities and it is going to get better.*

Particularly the Suncroft Community Development Group (SCDG) have done fantastic work bringing the community together and putting a facility in place that everyone in the community can be proud of. Suncroft GFC are now in a very fortunate position with regards to playing pitches and all the other necessary facilities.

### *Basic facilities:*

The new Community Centre has meeting rooms, toilets, a kitchen and dressing rooms which Suncroft GFC will be able to avail of along with the other community groups in the area. The Community Centre will open in early 2015 (building ready to go but a small delay getting the ESB, water and sewage connected) and in the second week of February works will commence on the adjacent children's playground. Once the power, water and sewage are connected the SCDG will need help from the community to apply the final touches to the building and its immediate environs and Suncroft GFC and its members will be 100% behind this to get the Community Centre finished and fully opened.

In addition to having playing areas, pitches and facilities for the players, supporters and visiting teams *the club now has top class toilets, meeting rooms, changing rooms, kitchen and other facilities* available via the Community Centre that enables the club to host other larger gatherings. This year for example Suncroft GFC will host its first Cúl Camp which will bring in kids and parents from all over the county.

### *Playing pitches:*

As part of the arrangements put in place to facilitate the new Community Centre the arrangements around the part of the community field that Suncroft GFC uses (the GAA pitch) have been formalised. Having that formalised meant that the club could confidently purchase the three acres of land that are adjacent to the GAA pitch. Suncroft GFC have had the use of a field belonging to the Kelly family for the last number of years. Now that the club has a home that it can 100% call its own the Kelly family, who have been great supporters of Suncroft GFC for many decades, have donated this field to Suncroft GFC.



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All the legal's, paper work and registration is complete for the community field part (the GAA pitch) and the three acres that the club purchased in 2014. It is hoped that the club will get all the necessary legal paper work and registration for Kelly's field fully sorted to everyone's satisfaction in the not too distant future. All in *there is approximately 12 acres of land for pitches and training areas* that the club can work with over time to develop.

Having its own permanent home now means, for the first time, Suncroft GFC can apply for and secure funding from central GAA, and also from other organisations like the National Lottery, for improvement works on its pitches and other facilities. The club will also continue to work with the SCDG and the other Suncroft sports and community clubs and organisations to secure funding for community based projects. For the first time it is not all down to the generosity of the local community.

It is not going to be easy but the SCDG have blazed a trail and shown us all what can be achieved with a community based professional approach, determination, and hard work. As well as developing the playing areas and associated facilities Suncroft GFC is absolutely committed to long term development of the overall area and facilities to benefit all of the community and all of the community organisations and groups. An overview map of the area and a photo of the "soon to be opened" Community Centre are shown below (section 7.0).

### In Conclusion:

With circa 240 players proficiently representing the club and the community on the field of play and with access to facilities that the club can all be proud of in 2015 Suncroft GFC is in a very positive place. This was achieved by the hard, but enjoyable and rewarding, work that has been put into the club by hundreds, if not thousands of people from the community over the last 125 years. The challenge for all the people involved today is to do their very best to look to the future, build on what has been achieved to date, and to do justice to all the work that has gone before. If you are not already involved *please come and join us on and/or off the field and help us do it better.*



**Be Part Of The Team**



## Suncroft GFC

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#### **4.0 2014 SUCCESS ON THE PLAYING FIELD**

*For the club by far the biggest achievement in 2014 was that circa 240 members represented our club and our community, playing our games, on the field of play.*

The senior men's team is in the process of rebuilding and put in a very strong performance in 2014. The main goals for 2014 were promotion from League Division 3 up to League Division 2 and reaching the quarter finals of the Intermediate Championship. Both of these goals were achieved. The minors and underage teams had many successes in 2014 and this will provide talent to enable the senior team to develop and improve over the coming years.

The senior ladies team is in the process of rebuilding from scratch and the ambition for 2014 was to keep the team together to have them competently represent the club. The team acquitted themselves excellently in 2014. As with the gents, the ladies had minor and underage successes in 2014 and this will also enable the senior team to develop and improve over the coming year.

The men's minor team narrowly missed out on a semi-final place in the Division 2 League and made the Quarter final stage of the Minor B Championship.

The minor ladies won the Division 2B shield and are looking forward to building on this in 2015.

The under 15 girls reached the league semi final and the under 13 girls won their Division 4 League.

The under 16 boys won the Division 5 League, the under 14 boys won the Division 3 Championship and the under 13 boys won the Division 3 League. The under 12 boys were the envy of all when they set a new standard by winning the Division 1 League.



**2014 Division 1 League Winners**

Suncroft GFC fielded teams of boys and girls at all age groups from under 7 and each and every player and team acquitted themselves admirably.

The three National Schools in the area all fielded school teams at various age levels and a number of county titles were brought back to the parish and the community.

A number of the underage boys and girls also got to play in Croke Park during the year.



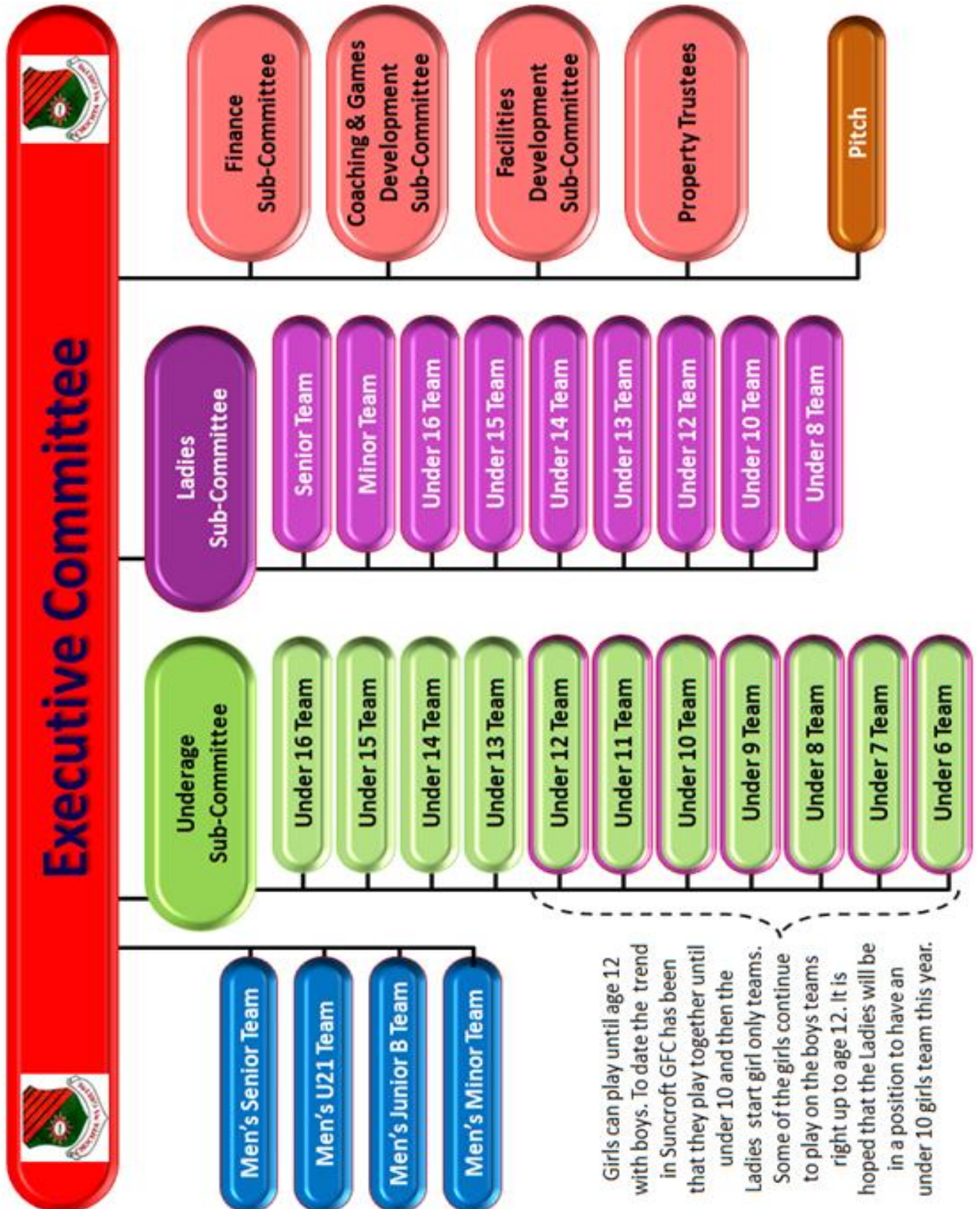


# Suncroft GFC

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## 5.0 CLUB STRUCTURE, ORGANISATION, TEAM COACHES







# Suncroft GFC

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### Executive Committee Members 2015



Office	Name	Telephone No:	E-mail
Chairman	Shane Kavanagh	087 418 7051	<a href="mailto:shanepkavanagh@gmail.com">shanepkavanagh@gmail.com</a>
Vice-Chairman	Des Brannock	087 230 9620	
Secretary	Louise McGuirk	087 056 2411	<a href="mailto:secretary.suncroft.kildare@gaa.ie">secretary.suncroft.kildare@gaa.ie</a>
Vice-Secretary	James Keane	086 817 8886	<a href="mailto:mandikeane@eircom.net">mandikeane@eircom.net</a>
Treasurer	Pat Sutton	086 252 3637	<a href="mailto:sutton@okellysutton.ie">sutton@okellysutton.ie</a>
Vice-Treasurer	Paddy Behan	086 606 7619	<a href="mailto:paddybehanmrt@hotmail.com">paddybehanmrt@hotmail.com</a>
Irish Language & Culture	Eamonn O'Modhrain	087 286 6299	<a href="mailto:suncroftladieschair@gmail.com">suncroftladieschair@gmail.com</a>
Registrar	To Be Advised		
Public Relations Officer	Mick Kehoe	086 813 5979	<a href="mailto:mick.kehoe@2rn.ie">mick.kehoe@2rn.ie</a>
Children's Officer	Mary Keane	087 611 5596	<a href="mailto:mandikeane@eircom.net">mandikeane@eircom.net</a>
Players Representative	To Be Advised		
Alcohol & Substance Abuse Prevention	To Be Advised		
Coaching & Games Development	Eamonn O'Modhrain	087 286 6299	<a href="mailto:suncroftladieschair@gmail.com">suncroftladieschair@gmail.com</a>
Pitch Co-ordinator	Alan Troy	087 206 8716	
County Board Delegates	Shane Kavanagh James Keane	087 418 7051 086 817 8886	<a href="mailto:shanepkavanagh@gmail.com">shanepkavanagh@gmail.com</a> <a href="mailto:mandikeane@eircom.net">mandikeane@eircom.net</a>
Underage	Mark Prendergast	087 754 8744	<a href="mailto:marki.prendergast@defenceforces.ie">marki.prendergast@defenceforces.ie</a>
Ladies	Eamonn O'Modhrain	087 286 6299	<a href="mailto:suncroftladieschair@gmail.com">suncroftladieschair@gmail.com</a>





# Suncroft GFC

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### Executive Committee Remit & Responsibilities



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Make, alter and appeal all such regulations as deem necessary, expedient or convenient for the proper conduct and management of the club. Agree and implement an organisational structure for the club. Ensure compliance with all laws, regulations, rules and codes of practice of the State, the GAA and the club.

Have ultimate responsibility for the management of all club assets and activities. Decide on all applications for membership. Deal with matters of discipline within the club. Ensure that club's Real Property is vested in the GAA and that new Trustees are appointed when necessary. Approve annual budgets for various club activities.

Make every reasonable effort to maximise the number of players playing and enjoying our games. Make every reasonable effort to maximise the number of members in the club. Make every reasonable effort to have as many club members as possible involved in the management and operation of the club at all levels.

Operate from the conclusion of one Annual General Meeting (AGM) to the conclusion of the next AGM and be responsible for the planning and hosting of the AGM of the club each year. Appoint the Children's Officer at the AGM.

Ensure that all decisions made by the Executive Committee are made at organised meetings of the Executive Committee and are fully captured in the minutes. Ensure that every member of the Executive Committee is given sufficient notice of any Executive Committee meeting. Ensure that any members of the Executive Committee that cannot attend a meeting of the Executive Committee are afforded the opportunity to participate by electronic means such as telephone, skype, video conferencing. Ensure that no major or material decisions are made without being adequately considered by the full Executive Committee.

An Executive Committee meeting can be held with four members present, constituting a quorum. A quorum meeting will only be held where a specific quorum has been previously agreed by the full Executive Committee to deal with a specific issue, or in an emergency situation where an immediate formal decision is required, or after being given reasonable notice and opportunity no more than four members were able to attend a meeting. Any decisions made at a quorum will be ratified at the next full Executive Meeting.

*This is not an exhaustive listing of the remit and/or responsibilities of the Executive Committee.*





# Suncroft GFC

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### Men's Teams Managers, Selectors and Coaches 2015

Team	Name	Role	Telephone No:
Seniors	Wayne Middleton	Manager / Coach	083 313 3450
	Alan Troy	Selector	087 206 8716
	Jody Cooke	Selector	
Under 21	Dean Slattery	Manager / Coach	085 140 7119
Junior B	Johnny Moore	Manager / Coach	086 804 8358
	Paddy Philips	Selector / Coach	086 120 2172
Minor	Ollie Brannock	Manager / Coach	087 271 4146
	Paddy Philips	Selector / Coach	086 120 2172

#### Men's Teams Managers, Selectors and Coaches shall:

Always remember that people participate for pleasure and winning is only part of the fun. Place the well-being and safety of all people involved (player, visiting player, supporter, or any other) above development or performance and fully adhere to all rules, guidelines and codes of conduct laid down by the GAA and by the club. Ensure that all players get the chance to play and get to try different positions. Create opportunities for participants to learn appropriate sports behaviour as well as skills. Give priority to free play activities, skills learning and activities that are structured to optimise the level of fun, friendship and fair play. Ensure that people train and play in a safe, supportive and stimulating environment where they are encouraged to risk error, to learn and to derive maximum enjoyment from their involvement. Ensure that activities are appropriate to the age, maturity and ability of the players. Keep up to date with coaching practices and qualifications and the principles of physical growth and development. Help people that participate to understand that playing by the rules is their responsibility. Relate to each, officials, oppositions players, coaches, mentors and supporters in a courteous and polite way. Endeavour to ensure that everyone involved, whether as players, parents/guardians, spectators, supporters, coaches, mentors, teachers, officials, etc., adhere to the key underpinning principles, and give expression to, the GAA 'Give Respect, Get Respect' initiative.

**Lead by example and encourage players to have a lifelong involvement in all aspects of the club.**

*This is not an exhaustive listing of the remit and/or responsibilities of the Men's Team Managers, Selectors and Coaches.*



# Suncroft GFC

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## Men's Teams Season 2015

MENS INDICATIVE TRAINING/PLAYING SEASONS - WILL CHANGE SUBJECT TO COMPETITIONS ENTERED, CLUB & COUNTY & SUCCESSES/PROGRESSION												
	January	February	March	April	May	June	July	August	September	October	November	December
Men's Senior Team												
Mens U21 Team												
Mens Junior B Team												
Men's Minor Team												





# Suncroft GFC

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### Underage Sub-Committee 2015

Office	Name	Telephone No:	E-mail
Chairman	Mark Prendergast	087 754 8744	markj.prendergast@defenceforces.ie
Vice-Chairman	Mick Kehoe	086 813 5979	mick.kehoe@2rn.ie
Secretary	Derry Enright	087 263 4588	derryenright@gmail.com
Assistant Secretary	Tanya Duignan	087 798 8451	
Children's Officer	Mary Keane	087 611 5596	mandjkeane@eircom.net
Bord na nÓg Representative	John Browne	087 830 0124	Johnbrowne29@gmail.com
South Board Representative	Marie Knight John McGuirk	086 302 0101 087 243 5625	mcguirkroofing@gmail.com

#### The Underage Sub-Committee shall:

Co-ordinate all activities in respect of underage football including appointment of underage football managers, coaches and mentors. Co-ordinate and plan all fixtures and underage competitions run by the club and by other clubs. Encourage games development and coaching and support the Coaching and Games Development Officer in his/her duties and encourage underage team coaches and mentors to participate in recognised GAA coaching courses. Implement club policies and support the Children's Officer in the implementation of the codes of conduct. Ensure that all underage team managers are provided with a list from club of all relevant underage members, medical information and contact details for their parents. Ensure an attendance record is maintained by all underage managers of training sessions and matches.

*This is not an exhaustive listing of the remit and/or responsibilities of the Underage Sub-Committee.*





# Suncroft GFC

## Crochta na Gréine



### Underage Team Coaches 2015

Underage Coaches and Mentors shall:  
 Always remember that people participate for pleasure and winning is only part of the fun. Place the well-being and safety of all people involved (player, visiting player, supporter, or any other) above development or performance and fully adhere to all rules, guidelines and codes of conduct laid down by the GAA and by the club. Ensure that all players get the chance to play and get to try different positions. Create opportunities for participants to learn appropriate sports behaviour as well as skills. Give priority to free play activities, skills learning and activities that are structured to optimise the level of fun, friendship and fair play. Ensure that people train and play in a safe, supportive and stimulating environment where they are encouraged to risk error, to learn and to derive maximum enjoyment from their involvement. Ensure that activities are appropriate to the age, maturity and ability of the players. Keep up to date with coaching practices and qualifications and the principles of physical growth and development. Help people that participate to understand that playing by the rules is their responsibility. Relate to each, officials, oppositions players, coaches, mentors and supporters in a courteous and polite way. Endeavour to ensure that everyone involved, whether as players, parents/guardians, spectators, supporters, coaches, mentors, teachers, officials, etc., adhere to the key underpinning principles, and give expression to, the GAA 'Give Respect, Get Respect' initiative. Lead by example.

*This is not an exhaustive listing of the remit and/or responsibilities of the Underage Coaches and Mentors.*

Team	Name	Telephone No:
Under 6 & Under 7 & Under 8	Trish Tobin Austin Brannock Jenna Brannock	087 943 5634 087 962 7906
Under 9	Tanya Duignan Anthony Delaney	087 798 8451 087 919 8779
Under 10	Dave Kearney Robert Doyle	086 268 0448 087 958 0134
Under 11	Mick (Hiker) Stynes Ger (Scoby) Fox Paddy Behan	087 134 2699 087 664 4404 086 606 7619
Under 12	Derry Enright Andy Hynes Declan Duignan Denis King Ciaran Troy	087 263 4588 087 234 8129 087 649 1226 087 269 4975 087 315 2397
Under 13 & Under 14	Marie Knight Paddy Guidera Owen Murphy Robert Doyle John McGuirk	086 302 0101 086 064 0888 087 643 8226 087 958 0134 087 243 5625
Under 15	John Browne Mark Prendergast	087 830 0124 087 754 8744
Under 16	Pat Sutton John Browne John Stack Mark Prendergast Thomas Cleary	086 252 3637 087 830 0124 087 245 8833 087 754 8744



# Suncroft GFC

Crochta na Gréine



## Underage Teams Season 2015

UNDERAGE INDICATIVE TRAINING/PLAYING SEASONS - WILL CHANGE SUBJECT TO COMPETITIONS ENTERED, CLUB & COUNTY & SUCCESSES/PROGRESSION	January	February	March	April	May	June	July	August	September	October	November	December
Underage U16 Team												
Underage U15 Team												
Underage U14 Team												
Underage U13 Team												
Underage U12 Team												
Underage U11 Team												
Underage U10 Team												
Underage U9 Team												
Underage U8 Team												
Underage U7 Team												
Underage U6 Team												





# Suncroft GFC

## Crochta na Gréine



### Ladies Sub-Committee 2015

Office	Name	Telephone No:	E-mail
Chairman	Eamonn O'Modhrain	087 286 6299	suncroftladieschair@gmail.com
Secretary	Karen Ennis	086 070 5284	suncroftladiessec@gmail.com
Ladies Registrar	Mary Howe	087 981 4119	
Children's Officer	Mary Keane	087 611 5596	mandjkeane@eircom.net
County Board Delegates	Louise McGuirk John McGuirk	087 056 2411 087 243 5625	secretary.suncroft.kildare@gaa.ie mcguirkroofing@gmail.com

#### The Ladies Sub-Committee shall:

Co-ordinate all activities in respect of all ladies football including appointment of football managers, coaches and mentors. Co-ordinate and plan all fixtures and competitions run by the club and by other clubs. Encourage games development and coaching and support the Coaching and Games Development Officer in his/her duties and encourage all team coaches and mentors to participate in recognised LGFA and GAA coaching courses. Implement club policies and support the Children's Officer in the implementation of the codes of conduct. Ensure that all team managers are provided with a list from club of all relevant members, medical information and contact details (where underage contact details or their parents). Ensure an attendance record is maintained by all managers of training sessions and matches.

*This is not an exhaustive listing of the remit and/or responsibilities of the Ladies Sub-Committee.*





# Suncroft GFC

## Crochta na Gréine



### Ladies Teams and Coaches 2015



#### Ladies Coaches and Mentors shall:

Always remember that people participate for pleasure and winning is only part of the fun. Place the well-being and safety of all people involved (player, visiting player, supporter, or any other) above development or performance and fully adhere to all rules, guidelines and codes of conduct laid down by the LGFA, GAA and by the club. Ensure that all players get the chance to play and get to try different positions. Create opportunities for participants to learn appropriate sports behaviour as well as skills. Give priority to free play activities, skills learning and activities that are structured to optimise the level of fun, friendship and fair play. Ensure that people train and play in a safe, supportive and stimulating environment where they are encouraged to risk error, to learn and to derive maximum enjoyment from their involvement. Ensure that activities are appropriate to the age, maturity and ability of the players. Keep up to date with coaching practices and qualifications and the principles of physical growth and development. Help people that participate to understand that playing by the rules is their responsibility. Relate to each, officials, oppositions players, coaches, mentors and supporters in a courteous and polite way. Endeavour to ensure that everyone involved, whether as players, parents/guardians, spectators, supporters, coaches, mentors, teachers, officials, etc., adhere to the key underpinning principles, and give expression to, the GAA 'Give Respect, Get Respect' initiative.

Lead by example and encourage players to have a lifelong involvement in all aspects of the club.

*This is not an exhaustive listing of the remit and/or responsibilities of the Ladies Coaches and Mentors.*

Team	Team Coaches & Co-ordinators	Telephone No:
Under 8 & Under 10	Eamonn O'Modhrain Pending - Starts in March.	087 286 6299
Under 12 & Under 13	Eamonn O'Modhrain Pending - Starts in March.	087 286 6299
Under 14 & Under 15	Karen Ennis Becca Johnson	086 070 5284
Under 16	Derry Enright Karen Ennis	087 263 4588 086 070 5284
Minors	Pending - Starts in Oct. Evelyn Pool Sandra Johnson	086 120 4451 087 211 6965
Seniors	Eamonn Mahon Sandra Johnson	087 224 9507 087 211 6965



# Suncroft GFC

## Crochta na Gréine



### Ladies Teams Seasons 2015

LADIES INDICATIVE TRAINING/PLAYING SEASONS - WILL CHANGE SUBJECT TO COMPETITIONS ENTERED, CLUB & COUNTY & SUCCESSES/PROGRESSION											
	January	February	March	April	May	June	July	August	September	October	November
Ladies Senior Team											
Ladies Minor Team											
Ladies U16 Team											
Ladies U15 Team											
Ladies U14 Team											
Ladies U13 Team											
Ladies U12 Team											
Ladies U10 Team											
Ladies U8 Team											





# Suncroft GFC

## Crochta na Gréine



### Finance Sub-Committee 2015

Office	Name	Telephone No:	E-mail
Chairman	Pat Sutton	086 252 3637	sutton@okellysutton.ie
Member	Paddy Behan	086 606 7619	paddybehanmrtts@hotmail.com
Member – Ladies	Sandra Johnson	087 211 6965	
Member – Underage	Tanya Duignan	087 798 8451	
Member	Eamon Mahon	087 224 9507	
Member	Alan Troy	087 206 8716	
Member	Denis King	087 269 4975	
Member	David Martin	087 132 0890	
Member	Mary Val Dillon	087 766 9931	
Member	John Duffy	086 827 3236	
Member	Pat Fleming	087 911 4747	
Member	Mary Keane	087 611 5596	
Member	Kevin Murphy	087 682 9160	
Member	Liam Troy		

#### The Finance Sub-Committee shall:

Support the club Treasurer in his duties. Establish and rigorously maintain and monitor a base line of the current financial position of the club.  
Facilitate preparation of budgets for the club in consultation with the subcommittees and ultimately get these approved by the Executive Committee. Ensure that finance is given priority by club Executive Committee and all Sub-Committees and to support and interact with other Sub-Committee's within the Club. Co-ordinate and oversee club lottery. Co-ordinate and oversee club sponsorship.  
Co-ordinate all club fundraising. Play a supporting role to the Treasurer in assisting him with preparation of annual financial statements for the club.  
Undertake regular financial health checks of the club finances specifically ensuring all income and expenditure is properly and fully accounted for and fully documented. Monitor, oversee and make recommendations in relation to the financial procedures, books and records of the club.  
All expenditure of the Finance Sub-Committee, and expenditure recommended by the Finance Sub-Committee, must be approved by the Executive Committee.

*This is not an exhaustive listing of the remit and/or responsibilities of the Finance Sub-Committee.*





# Suncroft GFC

## Crochta na Gréine



### Coaching & Games Development Sub-Committee 2015

Office	Name	Telephone No:	E-mail
Chairman	Eamonn O'Modhrain	087 286 6299	suncroftladieschair@gmail.com
Health & Fitness / Men's	Wayne Middleton	083 313 3450	middleton.w@gmail.com
Children's Officer	Mary Keane	087 611 5596	mandjkeane@eircom.net
Member - Ladies	Karen Ennis	086 070 5284	suncroftladiessec@gmail.com
Member - Underage	Mick (Hiker) Stynes	087 134 2699	

The Coaching & Games Development Sub-Committee shall:

Prepare and maintain a Coaching Plan for the club. Implement a coherent framework for managing and directing the content of all club and GAA coaching programmes within the club. Ensure that club coaches and mentors are up to date with resources, coaching education opportunities, child protection issues and practice. Oversee the management of the smooth transition and development of players from child to adulthood. Ensure that FUN is at the core of our games and to place emphasis on games participation. To create an identity for players within the club and encourage games development through such events as trips to Croke Park, Family Fun Days, Cúl Camp, internal skills competition, recreational games, charity games etc. Ensure that club coaches and mentors have access to the all GAA coaching and games development resources. Maintain a register of courses undertaken by club coaches and mentors. Work in close co-operation with the Children's Officer to ensure that all players, coaches and mentors have signed the club Coaches Code of Conduct. Ensure that the club Coaching Plan is developed in progressive and inclusive way.

**All expenditure of the Coach & Games Development Sub-Committee must be approved by the Executive Committee.**

*This is not an exhaustive listing of the remit and/or responsibilities of the Coaching & Games Development Sub-Committee.*





# Suncroft GFC

## Crochta na Gréine



### Facilities Development Sub-Committee 2015

Office	Name	Telephone No:
Chairman	Val Dillon	087 272 9366
Member & Reporting to the Executive Committee	James Keane	086 817 8886
Member & Reporting to the Executive Committee	Des Brannock	087 230 9620
Member	Paddy Behan	086 606 7619
Member	Pat Sutton	086 252 3637
Member	John Troy	087 273 5086
Member	Eamonn O'Modhrain	087 286 6299
Member	John McGuirk	087 243 5625
Member	Mick Kehoe	086 813 5979

#### The Facilities Development Committee shall:

Consult with club members and the overall Suncroft community and prepare an overall development plan for the clubs playing area.  
Examine what funding would be required, what funding could realistically and practically be generated through fundraising, and what external sources of funding would be available (i.e. rural development funds, GAA development grants, lottery grants, etc).  
Ensure that the timeline of the overall development plan is co-ordinated with funding.

All expenditure of the Facilities Development Sub-Committee must be approved by the Executive Committee.

*This is not an exhaustive listing of the remit and/or responsibilities of the Facilities Development Sub-Committee.*



# Suncroft GFC

## Crochta na Gréine



### Trustees

Real Property of the Club is vested in trustees in accordance with Rule 5.3 of the Official Guide. The club's Real Property generally refers to land and whatever is erected upon or affixed thereto. In Suncroft GFC's case it substantially refers to the three acres purchased in 2014.

It is necessary to vest real property for the clubs protection to ensure that it remains under the permanent control of the club, that it will be used for GAA purposes, that continuity of ownership is maintained, that there is certainty of legal ownership by the club and that it will be eligible for GAA loans and grants.

Trustees Appointed By:	Name
Suncroft GFC	Des Brannock
Suncroft GFC	Shane Kavanagh
Suncroft GFC	Pat Sutton
County GAA Committee	Kathleen O'Neill
Provincial GAA Committee	Michael Delaney

Personal Property of the Club is vested the Chairman, Treasurer and Secretary of the club. The club's Personal Property generally refers to all property that is not Real Property, money, maintenance equipment, training equipment, jerseys, balls, etc.





# Suncroft GFC

Crochta na Gréine



Pitch

**Pitch: maintenance works / access:**

Name	Telephone No:
Kevin Murphy	087 682 9160

**Pitch: games co-ordinator:**

Name	Telephone No:
Alan Troy	087 206 8716





# Suncroft GFC

## Crochta na Gréine



### 2015 Scheduled Meetings

Suncroft GFC Scheduled Meetings 2015												
	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Tue									1			1
Wed				1			1		2			2
Thurs	1			2			2		3	1		3
Fri	2			3	1		3		4	2		4
Sat	3			4	2		4	1	5	3		5
Sun	4	1		5	3		5	2	6	4	1	6
Mon	5	2		6	4	1	6	3	7	5	2	7
Tue	6	3		7	5	2	7	4	8	6	3	8
Wed	7	4		8	6	3	8	5	9	7	4	9
Thurs	8	5		9	7	4	9	6	10	8	5	10
Fri	9	6		10	8	5	10	7	11	9	6	11
Sat	10	7		11	9	6	11	8	12	10	7	12
Sun	11	8		12	10	7	12	9	13	11	8	13
Mon	12	9		13	11	8	13	10	14	12	9	14
Tue	13	10		14	12	9	14	11	15	13	10	15
Wed	14	11		15	13	10	15	12	16	14	11	16
Thurs	15	12		16	14	11	16	13	17	15	12	17
Fri	16	13		17	15	12	17	14	18	16	13	18
Sat	17	14		18	16	13	18	15	19	17	14	19
Sun	18	15		19	17	14	19	16	20	18	15	20
Mon	19	16		20	18	15	20	17	21	19	16	21
Tue	20	17		21	19	16	21	18	22	20	17	22
Wed	21	18		22	20	17	22	19	23	21	18	23
Thurs	22	19		23	21	18	23	20	24	22	19	24
Fri	23	20		24	22	19	24	21	25	23	20	25
Sat	24	21		25	23	20	25	22	26	24	21	26
Sun	25	22		26	24	21	26	23	27	25	22	27
Mon	26	23		27	25	22	27	24	28	26	23	28
Tue	27	24		28	26	23	28	25	29	27	24	29
Wed	28	25		29	27	24	29	26	30	28	25	30
Thurs	29	26		30	28	25	30	27		29	26	31
Fri	30	27			29	26	31	28		30	27	
Sat	31	28			30	27		29		31	28	
Sun					31	28		30			29	*
Mon						29		31			30	
Tue						30						

Executive Committee Meetings  
 Annual General Meeting (AGM)  
 Club Members Meeting  
 Public Meeting  
 Special General Meeting

Attendance: Executive Committee Members. Others part time, as invited by the Chairman.  
 Attendance: Public meeting. Only full members over the age of 18 years have voting rights.  
 Attendance: Club Members including Executive & Sub-Committees as available.  
 Attendance: Public meeting.  
 Attendance: Club Members including Executive & Sub-Committees. Meetings called by members or Executive Committee in accordance with rules 8.7 & 8.8 of the club constitution

\* Public & AGM meetings will be confirmed closer to the actual dates.



# Suncroft GFC

## Crochta na Gréine



### **Notes:**

*Suncroft GFC has adopted the official GAA Club Constitutions and to the best of its ability conforms to the associated rules, regulations and recommendations. An Executive Committee sits with overall responsibility and it has in place roles and Sub-Committees as required by the rules of the GAA Club Constitution and as required by the needs of the club. The requirements of the GAA Club Constitution in this area are outlined in rules 7.2, 7.15, 7.16, 7.17 and 7.18 and outlined in the GAA Club Manual.*

*Members of the Executive Committee, including the player's representative, are elected by the full members of the Club at the Annual General Meeting which is usually held in late November. The only exception to this is the Children's Officer, who is appointed at the AGM on the recommendation of the outgoing Executive Committee.*

*To qualify to be elected to the Executive Committee, or to be appointed to any Sub-Committee or role within the club, the person must be a full member of the club. To vote at the AGM the person must be a full member and over the age of eighteen.*

*To fully comply with rule 7.2 of the Club Constitution the Executive Committee should have 14 members and would be comprised as follows; Chairman, Vice-Chairman, Treasurer, Secretary, Registrar, Officer for Irish Language and Culture, Public Relations Officer, Child Welfare Officer, a Players Representative and at least five other Full Members. In Suncroft GFC these five other full member roles are Vice-Chairman, Vice-Secretary, Coaching and Development Officer, Pitch Co-ordinator and County Board Delegate. In Suncroft GFC the Chairman of the Underage Club and the Chairman of the Ladies Club are also members of the Executive Committee. Suncroft GFC has also added the position of Alcohol and Substance Abuse Prevention (ASAP) Officer to the Executive Committee. This is in line with current GAA recommendations and is to support the 'Alcohol and Substance Abuse Prevention Programme' which is a joint venture between the GAA and the HSE that aims to reduce the harm being caused by alcohol and other drugs.*

*In Suncroft GFC, as with a lot of small clubs, there are not always sufficient numbers of members available or able to take up all of the positions on the Executive Committee at the AGM. When this happens the elected Executive Committee take on responsibility for more than one role and the Executive Committee continues to work to co-opt new people into the roles throughout the year.*

*In Suncroft GFC the Underage Club Sub-Committee and the Ladies Club Sub-Committee look after large parts of the clubs operations and each of these Sub-Committees endeavour to hold their AGM's in advance of the clubs main AGM. They appoint their Sub-Committee Chairman, members, team managers, coaches, etc. The Chairman of each of these Sub-Committees and the members are then ratified by the incoming Executive Committee.*

*The Executive Committee defines the duties of each Sub-Committee and retains full control of all matters and activities of Sub-Committees. The Executive Committee has the sole right to appoint all Sub-Committees in the club and has the power to nominate the chairman of each Sub-Committee. While it is not hard and fast rule a rule the GAA Club Manual recommends that the Executive Committee appoints one of its members as Sub-Committee Chairman and that Sub-Committees have no more than five members. The Chairman, Vice-Chairman, Secretary and Treasurer of the Executive Committee are ex-officio members of all Sub-Committees. Where the Executive Committee do appoint a Chairman to a Sub-Committee who is not a member of the Executive Committee, the Executive Committee shall also nominate a member of the Sub-Committee, who is also a member of the Executive Committee, to report on the work of that specific Sub-Committee to the Executive Committee.*





# Suncroft GFC

## Crochta na Gréine



## 6.0 GETTING INVOLVED

There is no organisation like the GAA. Nowhere in the world is there a national movement that has played such a positive role in the lives of its citizens or has given such meaning and purpose to small communities, large towns and the whole nation. GAA and LGFA clubs are the jewels in the crown of the GAA and LGFA associations and are their most important asset.



It is the incredible work carried out by thousands of volunteers, young and old, male and female, from every walk of life which drives this remarkable organisation and keeps it fresh, relevant and a critically important part of the lives of Irish people at home in Ireland and spread across the world.

Being involved in the LGFA and GAA gives a sense of fulfilment which is unrivalled. It brings membership of the biggest club in Ireland, puts member's right at the heart of Irish culture, and provides a pastime for every member of the family in an extremely social environment.

Lots of work can be done just by turning up to give a hand but Child protection and other issues means that the club cannot just have people turn up un-announced and walk into some jobs and roles i.e. team management, coaching and mentoring. For these types of roles the necessary processes, procedures and training are in place. They are not complicated, difficult or time consuming and the club would be delighted to help people get involved.

*Many hands make light work.*

### Some examples of jobs and an estimate the commitment involved:

- |  |             |
|--|-------------|
| 1. Put out flags and/or cones before a training secession or match.  | 30 minutes  |
| 2. Collect flags and/or cones after a training secession or match.   | 30 minutes  |
| 3. Put out and collect the flags and/or cones and support the coach and players for a training secession or match. | 120 minutes |
| 4. Shout some encouragement at an underage game.   | 60 minutes  |
| 5. Open up and put out some chairs for a meeting.  | 30 minutes  |
| 6. Help erect new goal posts on a Saturday (two new sets ready to be put up in the back pitch in February)         | 180 minutes |
| 7. Help re-sod a dug-up area of the pitch.   | 120 minutes |
| 8. Direct traffic on a busy morning (blitz, sports days, Cúl Camp, etc.)   | 60 minutes  |
| 9. Sell tickets at a club organised location   | 60 minutes  |
| 10. Help at a club organised bag pack  | 60 minutes  |
| 11. Collect attendance fees on the gate on a match day   | 60 minutes  |



# Suncroft GFC

## Crochta na Gréine



### A few examples of jobs that are a bit more involved:

#### Role: Club Registrar

**Description:** Register players and members on the online registration system.

**Time:** This will involve around 6 hours work in total on the online system in January, February and March. It also involves attending the club underage/juvenile registration day which is usually on a weekend in February.

**Training:** The County IT Officer will provide training.

#### Role: Under 12's coach

**Description:** To provide coaching to the under 12 footballers in a fun and safe environment.

**Time:** Coaching will take place each Saturday morning from 11am until 12am from April to September. There will be four under 12 coaches in the club as well as a number of parents helping out. If you can't make it on a Saturday or are going on holidays there will be plenty of cover.

**Training:** You will be provided with a GAA Foundation Coaching Course and further training if required. All coaches will be encouraged and supported.

#### Role: Club Website Updating

**Description:** To update the club website with information provided by the club Public Relations Officer.

**Time:** Subject to IT skills between 30 and 60 minutes each week.

**Training:** Training will be provided by the club website hosting company.

Each of the above jobs are straightforward and easy to do, but when taken off the workload of a hard pressed volunteer, can make a great difference to the running of the club. More importantly, it is the minimum commitment which is required to make a difference.

As mentioned earlier contact details for some of the people already involved in the club are above (*section 5.0*). It is fully appreciate that volunteering is not possible for some and not suitable for others. But, if you think you might be able to help it would be appreciated if you took the time to look into it in a bit more detail and had a go.







# Suncroft GFC

## Crochta na Gréine



## 7.0 THE FIELD

After many years of struggling Suncroft GFC now has a permanent home in the heart of Suncroft Village and it is in a very strong position to develop the type of playing pitches and training areas that the club's players and members deserve.

At the moment the club has 8 acres of land under its 100% control (c.5 acres on a 99 year lease, outlined in red on the graphic below, and c. 3 acres purchased in 2014, outlined in blue on the graphic below).

There is a further c. 4 acres that the club hope to have in its full ownership in the not too distant future, outlined in yellow on the graphic below. The Kelly family are very kindly donating this area of land to Suncroft GFC but it will take a bit of time as there are some legal, planning and other issues to be resolved before the club can 100% say that it is theirs. There are no set timetable for resolving these types of issues as they depend on a number of factors and the timescale for fully resolving them is substantially outside the control of the Kelly family and the club.

In the meantime this land, outlined in yellow on the graphic below, is permanently available for use by Suncroft GFC.

The Kelly family is 100% committed to this and the club is very grateful. After some 125 years in existence the club has managed to properly establish a permanent home in the last couple of years (red and blue land outlined in the graphic below). So if it takes a number of months or a few years to sort out this additional 4 acres of land the club will be patient and will continue to work with the Kelly family. The main thing for the time being is that the land is available for use by Suncroft GFC.





# Suncroft GFC

Crochta na Gréine



**Suncroft Community Development Group's new Community Centre which will open imminently.**







## Suncroft GFC

### Crochta na Gréine



## 8.0 CLUB CATCHMENT AREA

The GAA and LGFA have strict rules on club catchment areas and membership which are substantially based around traditional parish boundaries. Each county board can also have a set of bye-laws where the rules can be amended. Particularly if a player is looking to transfer they should check the county bye-laws as well as the national rules.

Generally speaking a player's home club or first club means the club in a player's 'club catchment area' which is broadly defined as follows.

- The club in the club catchment area in which a player resides, or;
- The first club with which a player legally played in an officially recognised club competition, or;
- The club catchment area in which the players parents resided at the time of their birth.

For clubs there is always a risk that very young players from the catchment / parish area could formally affiliate with a neighbouring club by playing for them in their first officially recognised club competitions (subject to national rules and county bye-laws). But there is also the potential that very young players from outside the traditional parish / club catchment area would decide to commit to Suncroft GFC.

The GAA & LGFA are the only substantial parish based sporting / cultural organisations and the playing career of any of their players is only a small part of their lifelong connection with their community, family, friends, neighbours, teammates and hopefully their club. The shared experiences that players and the community have together (*when winning, losing, celebrating, commiserating, when the bus breaks down, when Mary broke her leg, when Paddy took out Joe, the game of the 5 red cards, when Jenny got the winning point in the last second, when we went on the trip to, etc. etc...*) build strong lifelong bonds and create occasions, events and incidents that are discussed and re-lived for decades after players have stopped playing. For genuine reasons (moving home, no suitable team, an irresolvable row, no hurling, no football, etc) some players do join clubs outside their catchment area and some players transfer. Overwhelmingly however the LGFA and GAA community understands, and very much values, the lifelong connection with the local community, family, friends, neighbours and teammates that playing with the locals, with the local club, helps to build and strengthen.

For GAA and LGFA players and families it is critically important that the club provides the best environment possible for all its players at all ages and grades. What the club provides across the board has to be sufficient to ensure that players, parents and guardians want a lifelong relationship with the club.

To attract new or non traditional GAA or LGFA players, parents and families the club understands that it has to offer a life enhancing, enjoyable experience, in quality, safe surroundings.



# Suncroft GFC

## Crochta na Gréine



The following table is an overview of the number of people that are within Suncroft GFC's general catchment area. The figures are extracted from the Central Statistics Offices 2011 Census. The data is rounded and a bit out of date but won't be far off the mark for today.

SUNCROFT GFC CATCHMENT			
DESCRIPTION	TOTALS	Potential Players	Potential Helpers
Private Households In The Catchment Area	1,300		
Tota Population	3,920		
Males	1,990		
Females	1,930		
Age 0-4 Years	320		
Age 5-9 Years	330		
Age 10-14 Years	280		
Age 15-24 Years	490		
Age 25-44 Years	1,130		
Age 45 & Over	1,370		
		2,230	2,600

There is a lot of potential in the catchment area and a lot of work to be done to ensure what is on offer by the club is sufficient to attract that potential to the club.





# Suncroft GFC

## Crochta na Gréine



## 9.0 FINANCES

Club finances can often be perceived as a big secret where contributions are made by the masses and the figures are only known to the few.

Nothing could be further from the truth. Any member, sponsor, or any person that wants to know where the money is coming from, and going to, can look at the annual accounts which are presented to all at the public Annual General Meeting (AGM). If they want an explanation during the AGM, after the AGM or anytime during the year all they have to do is ask the Treasurer. Finance matters are also discussed at other public meetings during the year.

Please don't ask your buddy that heard this or that in the pub, don't assume, don't speculate and don't pass on information unless you are 100% sure it is accurate. It is easy to start false and damaging rumours but hard to stop them. If you want to know anything go straight to the Treasurer. If you don't know the treasurer go to one of the other Executive Committee members as they will know the answers to most questions and if they don't know the answer they will be get it for you.

While there is a certain amount of loyalty to the GAA, LGFA and to Suncroft GFC that has been built up over the last 125 years, Suncroft GFC is very aware that it has no right to receive money in any way shape or form from any member of the community. The club works hard to deliver a quality experience for everyone involved and works hard to make a positive contribution to the community it serves. The club believes the experience for everyone involved and the positive contribution that it makes to the community is value for money and hopes that the very generous financial support that has been forthcoming to date will continue into the future.

For any club like Suncroft GFC transparency in the decision making and finances is fundamentally important to maintain the confidence and trust of the wider community. The club believes that the decision making process in the organisation are open, clear and transparent. The club also believes that its financial controls are rigorous and also open, clear, and transparent. The current Treasurer has put a number of additional process and controls in place over the last number of years to ensure that the finances are tightly and rigorously controlled. The club has also just established a Finance Sub-Committee and this Sub-Committee will add another layer of control, audit and transparency. It is always possible to improve and the club will continue to work at improving.

### SOME OF THE BIG FIGURES:

#### Day to day operation of the club:

For the last few years the operation of the club has cost in or around the €43,000/€45,000 mark per year. This money is mostly generated from profits from the lottery and other events such as the golf classic and competitions, gate receipts, sponsorship, and other fundraising activities like bag packing, come dine with me and membership fees.

For 2015 there are a few increased expenses and it is calculated that the operation of the club will cost in or around €47,500.



# Suncroft GFC

## Crochta na Gréine



An additional allowance has been made in the 2015 costs for access to the new community centre facilities however it could be a bit more, or possibly less, as the charges for the clubs use of the facilities are not finalised as yet and it is going to take a bit of time. The facilities that have been available in recent years were not fit for purpose and the new, up to date facilities, are naturally going to cost a bit more.

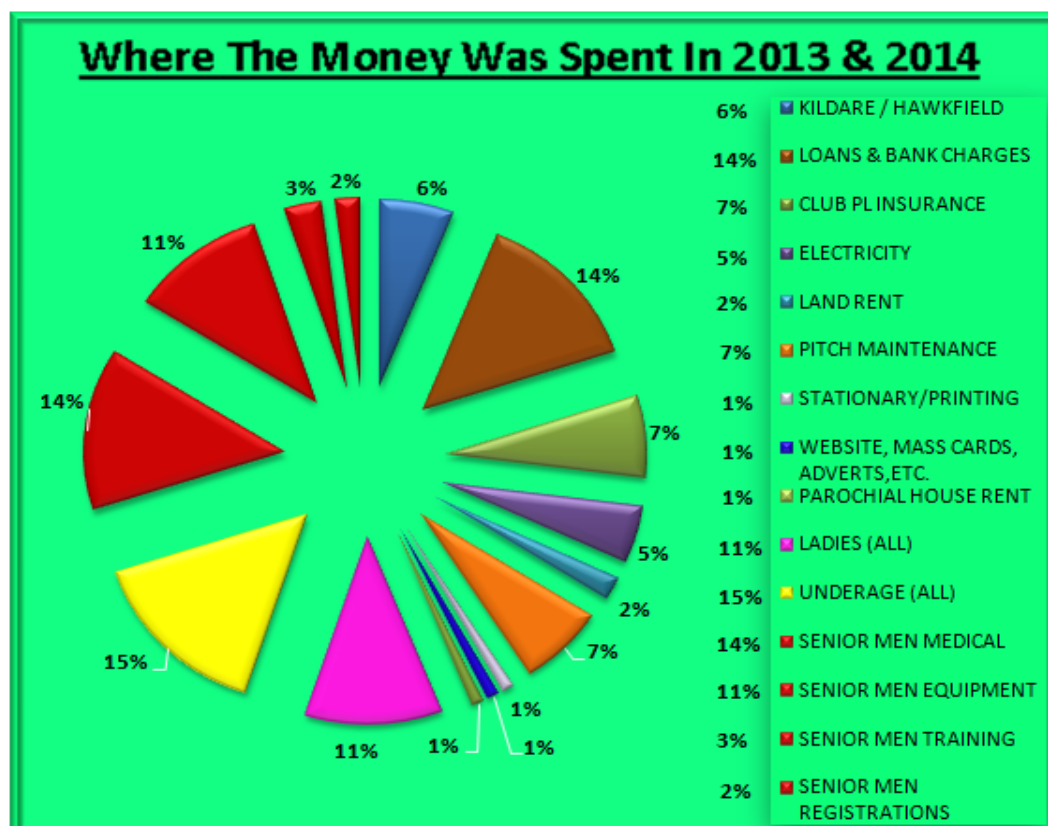
There will be around 24 different football teams on the go this year (3 senior and 21 underage) and it will take a little bit of time for the club to get to grips with how often and how long it will actually want, or need, access to the community centre facilities.

Along with the 24 football teams the soccer, athletics and other community groups will also have access to the community centre facilities so it will also take a bit of time for SCDG and all the community groups, including this club, to get to grips with a booking system, the actual cost of keeping the centre maintained in good order and the cost keeping the necessary insurances and utility bills paid.

By the end of the year the costs, access requirements and availability to all the community groups should be fairly clear and in the meantime we all need to be patient, tolerant and altruistic as it beds in.

With 24 football teams, soccer, athletics, etc. the four community centre dressing rooms are not going to be sufficient to cater for all the teams and groups all the time so the club will be keeping the containerised dressing rooms in place as well.

The following graph gives a good indication of the spread of where the money required for the day to day operation of the club was spent over the last couple of years.







# Suncroft GFC

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### Field Costs:

There were substantial cost over the last number of years dealing with the legal and other cost associated with getting the 99 year lease in place for the GAA part of the community field and last year for purchasing the adjacent c. 3 acres of land. The land was purchased from Ulster Bank / Arjay Construction Limited (Based in Naas) for a price of €55,000. Arjay Construction Limited had acquired the land in or around 2006 (with charges noted in the property folio in favour of Ulster Bank Ireland Ltd) and since then they made two development planning applications which were rejected. The first application was for houses and the second for industrial units.

In total (between legal costs, stamp duties, land registry and purchasing) securing the 99 year lease and buying the other land has cost in the order of €63,000. The GAA at county and national level were very supportive and provided a grant and facilitated a ten year low interest (3%) loan. At the end of 2014 the club has an outstanding loan balance of c. €42,000 which (if the current loan arrangement remains unchanged) places an annual burden of around €5,200 on the clubs finances for the next nine years. Loan repayments of €6,400 were made in 2013 and in 2014 loan repayments of €3,900 were made, so annual loan re-payment at this level have been managed from the clubs resources in previous years.

On the very positive side it gives the club its own permanent home in the heart of Suncroft village. It opens the door to significant grants and funding from the GAA and other organisations. It facilitates better sponsorship arrangements. It allows the club to undertake pitch development works and to develop its own plans for the future.

In 2015, as part of drawing up a plan and in advance of any plan being ratified by the Executive Committee, the Facilities Development Sub-Committee will hold a series of public meetings, with all club members, and the greater community specifically to ensure as far as is possible and practical that this land is developed appropriately over the next number of years and put to the best possible use for Suncroft GFC and for the community that the club serves.

### Professional & Paid Services:

Without exception no club member or committee member get any payments for their work or involvement in the club. When courses are attended by club members, coaches or officers the costs of the courses are covered by the club but any travel or other associated personal expenses are not. Travel to and from matches by managers/coaches is at the managers/coaches own costs. When officers/committee members go to County or Croke Park meetings it is at the officers/committee members own costs.

Every Euro that comes into the club is spent on facilities, equipment, player development and welfare.

The club does pay a very small number of people or companies for a few essential and professional services. Services such as grass cutting, legal, medical and physiotherapy. All of these costs are clearly detailed in the clubs accounts.



# Suncroft GFC

## Crochta na Gréine



They are only a small part of what the club does but the senior teams are the flagships for the club. The senior teams are both in the midst of a major rebuilding programmes with a mix of seasoned campaigners and a cohort of young players and they need as much help as the club can be reasonably provide.

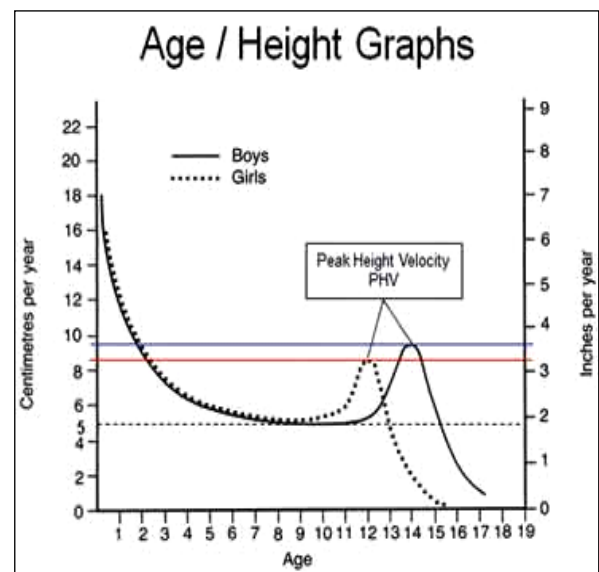
The larger part of what the club does involves the circa 190 growing youngsters that are training and playing games each year. The club must also make every reasonable effort to ensure that each and every one of these youngsters gets to achieve their full potential and gets the best possible lifelong outcomes from being involved with the club.

After the close of the 2014 season the use of some external professional health and fitness expertise was considered and a decision was made to bring some help in this area onboard in 2015. The work will involve improving the player and coaching training and development systems, processes and procedures that we have in place. The first steps have already been taken with the formation of a Coaching and Games Development Sub-Committee and Wayne Middleton has come on board as the club's health and fitness adviser.

Wayne is a Suncroft native and an experienced health and fitness professional that has operated at county level within the GAA as well as working in a professional capacity with rugby teams, in gyms and in health facilities. Wayne is also an experienced athlete who represented Ireland at youth level playing rugby.

The players that have finished or are near finished growing (senior teams) have more general requirements that will be catered for and complimented with individual programmes to improve their skills, fitness and injury resistance.

With younger players, lifelong damage can be done if training, diet and coaching are not age appropriate. Programmes will be developed with players and coaches to ensure the best possible lifelong outcome is achieved for the players. Bone and muscle development, aerobic and anaerobic development, growth related injury, training and skills development are some of the key issues that we have to get right for the growing players. Developing good food and nutrition information and practices will also be a big part of the programme.



As a consequence of Wayne's involvement, described above, the club is delighted that Wayne has also agreed to train and manage the senior team.

Unfortunately Wayne does not live or work within the immediate environs of Suncroft and to get him on board the club has agreed to cover his travel and other expenses associated with doing this work for the club. It is estimated that expenses will cost in the order of €8,000 over the full year, 2015. This is up c. €5,600 on the c. €2,400 that was spent in this





# Suncroft GFC

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area in 2014, however in 2015 the services will be provided for a much longer period of time and the work is much more involved than anything that was done in previous years. It is an increased expense on the club (included in 2015 annual budget of circa €47,500 mentioned above) and it will be very closely managed and monitored to ensure that good value is being obtained and that we can afford it without getting the club into any unnecessary financial difficulties.

If the senior teams do really well their 2015 season wouldn't finish until around March 2016. This would cause a bit of a budget overrun but it is a problem that everyone in the club would love to have to deal with.



# Suncroft GFC

## Crochta na Gréine



## 10.0 PLAYER, PARENT, GUARDIAN & SUPPORTERS BEHAVIOUR

Gaelic Games are often described as a fast-paced, frantic kaleidoscope of action that will have you trying to look in several directions at once. They are a rip-roaring good time. It's tribal and about deeply engrained rivalries. Physically challenging and emotionally explosive.

All that said it is family entertainment and it is a game. There will be another game next week, next month and games regularly for years to come. Everyone involved should be passionate in their support but at the same time always be respectful to all the players, officials and supporters of both teams.

Remember the club's Mission, Vision and Values (section 1.0)

At the highest level, with replays from television cameras pointing from numerous different angles, different neutral expert commentators and pundits often disagree as to the severity of a foul, the intent behind a foul, was it over the line, it should have been a free in, no it should have been a free out, etc. The team manager or coach seldom play the teams that the neutral expert commentators and pundits would have played, the tactics are mostly wrong and the substitutions are mostly viewed as being for the wrong players at the wrong time.

When at a local club match all involved are playing, watching and supporting with a natural bias towards their club.

The referee and other match officials will get some calls wrong, mostly it will end up being balanced but some days it will go for your team and some days it will go against. That is the nature of the amateur games we play and when at a game we must accept it for what it is. The same can be said for team managers, coaches and players. They will all have average days, great days and crappy days, again that is the nature of the amateur games we play and when at a game we must accept it for what it is.

Respect the time, effort and commitment that the players, team coaches and managers have voluntarily given to provide this excitement and entertainment.

Every effort should be made not to have any heat of the moment outbursts. If you genuinely believe you can do it better get involved with the club and the team and help them to improve. Or become a referee, the GAA and LGFA are always looking for more referees.

### RESPECT

- RESPONSIBLE
- ENCOURAGING
- SUPPORTIVE
- POSITIVE
- ENABLING
- CONSIDERATE
- TOLERANT







**Suncroft GFC**  
Crochta na Gréine



## APPENDIX 1

### Suncroft GFC Injury Physiotherapy Policy

Fortunately the vast majority of players and coaches get through their careers without sustaining any injuries that require material medical treatment but unfortunately some people are not so lucky. There can be some confusion in relation to responsibility, insurance and treatments and the attached six page “*Injury Physiotherapy Policy*” seeks to clarify this appropriately. If you are in any doubt please contact your health insurance or the LGFA or GAA injury schemers as appropriate.

*Please read the attached policy carefully.*



## SUNCROFT GFC



### Injury Physiotherapy Policy

**Report -> Pay -> Reclaim**

#### Introduction

The GAA and the LGFA both run separate **mandatory** injury schemes for their members. These **are injury scheme**, they **are not insurance**. The schemes are entirely self-funded benefit cover which is in place only in respect of otherwise unrecoverable expenses. They are not in place to fully compensate but to supplement other covers such as National Health Insurance, Private Health Insurance or other personal income or accident protection. The schemes do not seek to compensate fully for injury but rather they seek to lessen the hardship to players, parents / guardians and officials.

Risk is an inherent factor in sport, as in life. When members voluntarily take part in club activities, they accept the risks that such participation may bring. **Ultimately the responsibility to ensure that adequate insurance or other cover is in place lies with the individual member (player or coach), commensurate with his or her specific needs.**

The benefits under the GAA and LGFA injury schemes are available only to current fully registered members, who incur otherwise unrecoverable expenses following accidental bodily injury sustained whilst participating on a team registered with the schemes, either in an official supervised training session or at an official fixture. There is no cover available under the schemes for charity or recreational games organised by clubs or members. Players who participate in such events do so completely at their own risk.

While the club does not have any responsibility whatsoever for any costs arising from an injury the Executive Committee of the club is aware of the financial burden that this can place on players or coaches in the event of them receiving an injury which requires treatment that is not covered by the HSE, personal insurance, or the GGA and / or LGFA injury schemes. As a result the club may contribute towards the costs of physiotherapy treatments, while at all times being mindful of protecting the financial viability of the club.

#### **Responsibility:**

It is the responsibility of the individual player / parents / guardians / coach to ensure that they have adequate insurance or other cover is in place commensurate with his or her specific needs. It is the responsibility of the individual player / parents / guardians / coach to ensure that they are registered correctly and where a claim is to be made, to private insurance, the GAA or LGFA injury schemes (or to Suncroft GFC for a contribution towards the cost of physiotherapy treatments) that all relevant documentation is completed correctly and that procedures are followed correctly.

The club has the responsibility to put in place a safe environment for supervised training sessions and official fixtures but it has no responsibility whatsoever for any injury that a player or coach may suffer while training or playing unless the injury is caused as a result of the club being remiss in the provision of the physical infrastructure being used (pitch, goal posts, etc.). With regards to access to, and use of, the club's facilities for training and matches the club has Public Liability insurance in place. Any claim against the Public Liability insurance will have to be validated to the satisfaction of the insurance underwriters.





# SUNCROFT GFC



## Treatment Supports

### 1) HSE:

The HSE provides health and social services to everyone living in Ireland. Their services are delivered to young and old, in hospitals, health facilities and in communities across the country.

### 2) Claim through personal / schools / or other insurance:

Any costs accrued due to injury should to be claimed through the players or coaches own personal medical insurance, schools insurance scheme in the case of some younger members, or any other insurance.

Each individual's insurance policy will have specific strict reporting policies, procedures and deadlines for claims. Check your policy and make sure any claim is made on time, on the appropriate claims form, and that it has the correct supporting documentation attached.

Only claims that are not reclaimable through the player or coaches own private medical or schools insurance may be submitted to the GAA and LGFA injury schemes.

### 3) Claim through the GAA or LGFA Injury Scheme's as appropriate:

These injury schemes cover those registered to the schemes for injuries sustained in an official competitive or challenge game or an official and supervised training session. The injury funds also covers club officers, team mentors and match officials (referees, umpires and linespersons) if registered to the injury funds.

The GAA and LGFA will only process claims for costs that are not reclaimable through the player or coaches own private medical, schools, or other insurance.

When an injury occurs it must be recorded and correctly reported to the club (within seven days of the injury occurring) and to the appropriate GAA or LGFA injury scheme by the injured party.

**For the GAA injury scheme** any claim must be submitted on the appropriate claims form within 60 days of the date of the match/training secession where the injury occurred. Full details of the GAA Injury Scheme are at the link below. The GAA injury scheme covers post-operative physiotherapy treatment only. It does not cover physiotherapy for injuries that do not require surgery.

**For the LGFA injury scheme** a preliminary claim form must be submitted immediately and a claim number received in advance of any private treatment. However for expedience in treatment, the LGFA injury scheme covers up to six physiotherapy treatments (including treatments to injuries that do not need surgery) which can be undertaken in advance of receiving the claim number. Treatments must be by a qualified physiotherapist or physical therapist.

If additional physiotherapy treatments are required a full report must be submitted, by a registered chartered physiotherapist or physical therapist, to the LGFA for consideration, in advance of the treatments.



## SUNCROFT GFC



*To qualify for claiming from the GAA or LGFA Injury Schemes any physiotherapy treatment must be undertaken by an individual with an appropriate third level qualification, who are members of a regulatory professional body in line with their qualifications and who have appropriate insurance/ indemnity.*

The club will assist with processing claims to the GAA and LGFA injury schemes however, ultimately the responsibility to ensure that adequate insurance or other cover is in place and that claims are made correctly lies with the individual member commensurate with his or her specific needs.

GAA and LGFA rules (GAA 2.1 (d) / LGFA 41 & 42) require that only members that have paid their membership can be registered as members of the associations or the club (and therefore with the injury schemes). Any payment by the GAA or LGFA injury schemes will only be made if club membership of the party claiming has been fully paid.

The terms of conditions, policies and procedures of the GAA and LGFA Injury Schemes do change from time to time. Please ensure that you are aware of the current status of the scheme applicable to you;

- GAA Injury Scheme: <http://www.gaa.ie/clubzone/gaa-injury-scheme/>
- LGFA Injury Scheme: <http://ladiesgaelic.ie/players/injury-fund/>

*If there are any conflicts between this policy document and the GAA or LGFA Injury Schemes the GAA and LGFA Injury Schemes takes precedence.*

#### **4) Suncroft GFC Physiotherapy Treatment Support:**

Suncroft GFC may only consider claims for a contribution towards the cost of physiotherapy that are not reclaimable through the player or coaches own private medical, school or other insurance and that are not reclaimable through the GAA and / or LGFA injury schemes.

All treatment must be paid for upfront by the player / parent / guardian / coach to the physiotherapist. The player / parent / guardian / coach can only apply to the club for a contribution towards treatments that have been paid for.

#### **The process for claiming towards physiotherapy treatments from Suncroft GFC:**

##### **1) Report the injury:**

An injury form (copy attached) must be completed and submitted to the club secretary within 7 days of the injury occurring. The form must be signed by the manager/coach of the team who was present at the time the injury occurred. In the case of a coach injury the form must be signed by the manager of the team who was present at the time the injury occurred or if in the absence of a team manager by a committee member. If the injury occurred at a match a report from the referee must be attached to the form.  
*No payment may be considered unless the injury form is completed correctly and submitted within 7 days of the injury occurring.*

##### **2) Submit receipts:**

Original receipts for physiotherapy treatments must be submitted within 21 days of the treatment. *No original receipt, no payment.*





## SUNCROFT GFC



### **Description of Suncroft GFC contribution towards physiotherapy treatments:**

- 1) Any payment by the club may only be made if club membership of the party claiming has been fully paid.
- 2) The club may only consider paying a contribution towards the cost of physiotherapy treatments that are not reclaimable through the injured parties own private medical, school or other insurance and that are not reclaimable through the GAA and / or LGFA injury schemes.
- 3) The club may reimburse the injured party for up to 3 physiotherapy treatments, at the rate charged by the physiotherapist or €30 per treatment whichever is the lower.
- 4) If the injured party wishes to claim for more than 3 physiotherapy treatments, the injured party must be medically accessed by a practicing General Practitioner (GP). A written recommendation from the GP giving details of the treatment plan should then be submitted to the club. The club may reimburse the injured party at the rate of €20 each for the recommended number of treatments. The club may also reimburse the player for the GP visit at the rate charged by the GP or €50 whichever is the lower.
- 5) Original receipts for any GP visit or physiotherapy treatments must be submitted within 21 days of the treatment.

*Payments by the club are subject to the funds being available from within the clubs financial resources. The club reserve the right to update this policy from time to time as appropriate.*

***You can claim tax relief for medical expenses incurred by you whether you, your spouse, your dependent child or a dependent relative attend a physiotherapist privately. Get the physiotherapist to complete a MED1 form.***

*If there are any conflicts between this policy document and the GAA or LGFA Injury Schemes the GAA and LGFA Injury Schemes takes precedence.*



# SUNCROFT GFC



## OVERVIEW OF PROCEDURE FOR RE-CLAIMING COSTS INCURRED IN TREATING AN INJURY

Steps 1 to 4 should be followed in order.

### **STEP 1:** HSE

- Avail of services provided by the HSE



### **STEP 2:** PERSONAL INSURANCE

- Register the injury with the club within 7 days of the injury by completing the club's Physiotherapy Claim Form
- Claim costs through any personal insurance.
- Consult personal insurance 'terms and conditions' as soon as possible (all insurers have strict reporting conditions and periods)
- Claiming for costs through your own personal insurance is a requirement for later claims through the GAA or LGFA injury schemes. If you are covered for physiotherapy it will normally mean you get fully reimbursed for visits.



### **STEP 3 LADIES:** LGFA INJURY SCHEME

- If you have no personal insurance or have un-reclaimable costs (and have fully paid your club membership) you can claim through the LGFA Injury Scheme WITHIN TWO MONTHS of the injury date.
- Submit a LGFA injury scheme preliminary claim form immediately.
- A claim number from the LGFA injury scheme must be received in advance of undergoing any private treatment. However for expedience in treatment, the LGFA injury scheme does covers up to six physiotherapy treatments (including treatments to injuries that do not need surgery) which can be undertaken in advance of receiving a claim number. Treatments must be by a qualified professional.
- If additional physiotherapy treatments are required a full report must be submitted, by a registered chartered physiotherapist or physical therapist, to the LGFA for consideration, in advance of the treatments.
- The responsibility for reading the documentation and submitting the completed claim form rest completely with the injured player / party.
- Make sure you have reported the injury to the club within 7 days of the injury, using the club's Physiotherapy Claim Form.
- The clubs club's Physiotherapy Claim Form must be accompanied by a referee's report.
- All completed LGFA injury scheme claim forms should be checked and signed by the club secretary.
- Full details of the LGFA Injury Scheme and claim forms can be found at the following link <http://ladiesgaeltic.ie/players/injury-fund/>



### **STEP 3 GENTLEMEN:** GAA INJURY SCHEME

- If you have no personal insurance or have un-reclaimable costs (and have fully paid your club membership) you can claim through the GAA Injury Scheme WITHIN 60 DAYS of the injury date.
- Without exception if the claim form is not submitted within 60 days the claim will fail.
- The GAA injury scheme covers post-operative physiotherapy treatment only. It does not cover physiotherapy for injuries that do not require surgery.
- The responsibility for reading the documentation and submitting the completed claim form rest completely with the injured player / party.
- Make sure you have reported the injury to the club within 7 days of the injury, using the club's Physiotherapy Claim Form.
- The clubs club's Physiotherapy Claim Form must be accompanied by a referee's report.
- All completed GAA injury scheme claim forms should be checked and signed by the club secretary.
- Full details of the GAA Injury Scheme and claim forms can be found at the following link <http://www.gaa.ie/clubzone/gaa-injury-scheme/>



### **STEP 4:** SUNCROFT GFC PHYSIOTHERAPY SUPPORT

- If you have no personal insurance or have physiotherapy treatment costs that are un-reclaimable from personal insurance or the GAA or LGFA injury schemes (and have fully paid your club membership) you may submit a claim to Suncroft GFC.
- The responsibility for reading the club policy and for completing and submitting the clubs physiotherapy claim form rest completely with the injured player / party.
- The physiotherapy claim form must be completed and submitted within 7 days of the injury occurring. The physiotherapy claim form must be accompanied by a referees report if the injury occurred at a match.
- The club may reimburse the injured party for up to 3 physiotherapy treatments, at the rate charged by the physiotherapist or €30 per treatment whichever is the lower.
- If the injured party wishes to claim for more than 3 physiotherapy treatments, the injured party must be medically accessed by a practicing General Practitioner (GP). A written recommendation from the GP giving details of the treatment plan should then be submitted to the club. The club may reimburse the injured party at the rate of €20 each for the recommended number of treatments. The club may also reimburse the player for the GP visit at the rate charged by the GP or €50 whichever is the lower.
- Original receipts for any GP visit or physiotherapy treatments must be submitted within 21 days of the treatment.





# Suncroft GFC - Physiotherapy Claim Form



1. This form must be completed and returned to the Secretary, Treasurer, Chairman or Assistant Treasurer within **7 days** of an injury.
2. Where an injury occurred at a match this form must have a **referees report attached**.
3. This form must be **signed by the coach or manager** of the team you were with when the injury occurred. In the case of a coach injury the form must be signed by the manager of the team who was present at the time the injury occurred or if in the absence of a team manager by a committee member.
4. All treatment **must be paid for upfront** by the injured party. The **original receipts** must be returned to the Club Treasurer or Assistant Treasurer, within **21 days** of the treatment.
5. The club may reimburse the injured party for up to **3 physiotherapy treatments**, at the rate charged by the physiotherapist or **€30** per treatment whichever is the lower.
6. If the injured party wishes to claim for **more than 3 physiotherapy treatments**, the injured party must be medically assessed by a practicing General Practitioner (GP). A written recommendation from the GP giving details of the treatment plan should then be submitted to the club. The club may reimburse the injured party at the rate of **€20** each for the recommended number of treatments. The club may also reimburse the player for the visit to the GP at the rate charged by the GP or €50 whichever is the lower. **Original receipts** must be returned to the Club Treasurer or Assistant Treasurer, within **21 days** of the GP visit and of the treatment.

Name:	
Contact Number:	
Team Grade:	
Team Manager/Coach:	
Date of Injury:	
Type of Injury:	
Training or Match:	
Has this injury occurred before?	
Was any treatment completed on the day?	
If yes please provide details:	
Signature of Player:	
Signature of Manager/Coach:	
Date:	
Manager, was this injury notified to you and the referee at the time it occurred?	
Is the referees report attached? If not why?	

*You can claim tax relief for medical expenses incurred by you whether you, your spouse, your dependent child or a dependent relative attend a physiotherapist privately. Get the physiotherapist to complete a MED1 form.*