



June 2015

SARS U-6 & U-7 MEETING WITH PARENTS

Agenda

- Coaching Team
- Coaching Approach – “Encouragement & Development”
 - Practice at Home
- Hurleys – Size & Replacement
- Outline Plan for the Year
 - Street Leagues
 - Monster Blitzes
- Notification/Responding to Texts
- In Case of Injury
- Summer Training Camp 2015 (1st to 4th July)
- Development at Kiely Park – (Buck Leary’s Cross)

Coaching Teams

U-7 (Born 2008)

Head Coach: John O'Flynn

- John Sheehan
- Shane Fennessy
- Tony Dunlea
- Shane Deane
- Peter Conway
- Declan Hurley
- David Walsh

U-6 (Born 2009)

Head Coach: Sean McCarthy

- Garry Mc Carthy
- Eoghan Crowley
- Ben Graham (U16)
- Shane Crowe (U16)
- Ryan Butler (U16)
- Cormac Dawson
- Alan Hurley
- Paudie Meaney
- Donal Mulkerrins
- Philip Hogan
- Conor Desmond
- John Healy
- Ronnie Hennessy

Coaching Team

- All Coaches must complete the Garda Vetting process
- All Coaches are required to complete the Foundation Coaching Course (looking at running a internal course.)
- All coaches are required to become members of the adult club.

Approach

- Approach
 - Positive => Encourage, Encourage, Encourage (Sandwich technique)
 - Firm but Fair
 - Parents should encourage children to behave and to be respectful to coaches and other children .
 - Players will be asked to behave and then asked to step out of the drill or exercise until they are ready to behave.
 - Please reference the club code of conduct accessible on Sarsfields web site.
 - If a parent feels unhappy with any element of a match / training then they should discuss the matter with the Head Coach.
 - **PRACTICE AT HOME**

Hurling Philosophy

- First time, direct hurling with a big emphasis on FIRST Touch
- Core of 2015 will be on Basic skills (grip, strike, catch, playing off both sides, protection in the tackle).
- Age appropriate drills will be used to teach these.
- Games – a number of events will be organised this year including matches against other Clubs these will be primarily in the go –game format.
 - Long term player development is the ultimate aim and to nurture a love of the game .

Practice at Home

- We can only introduce the skills – correct the common errors
- A player hones his skills by ‘pucking around’
- No substitution for Practice at home
- N.B Correct Hurley (size, weight) + Correct Grip
- Watch the striking action =>
 - Chicken Wings
 - Go to games !
 - Wrists, speed .
 - Get a Tyre !



Be smart and bright...

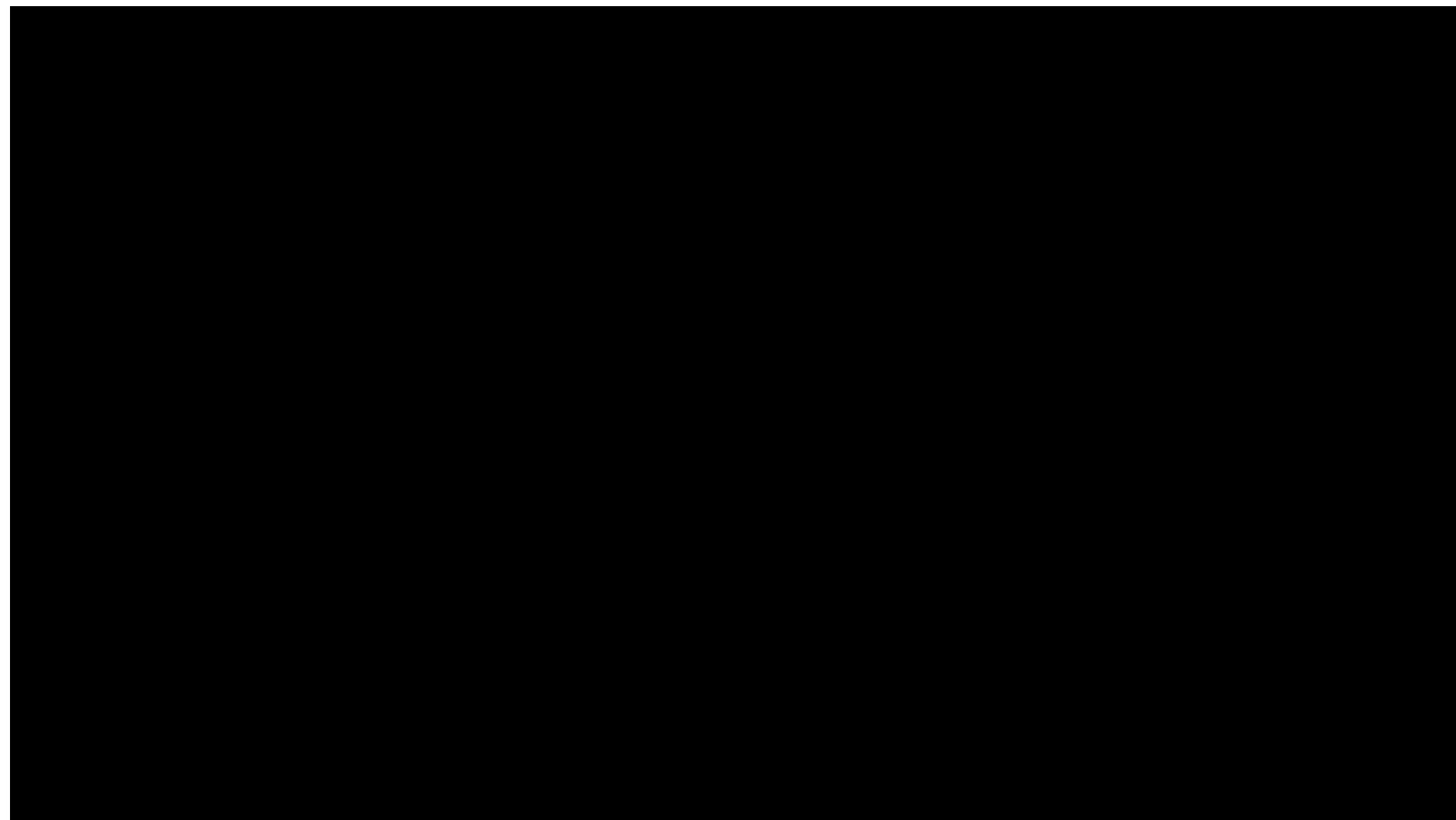
Choose short and light

GAA



facebook.com/hurleysize

Tyre Drill



Notification

- Primary notification by Text
- We will also be putting events up on twitter and the Sarsfields web site .
- Cancel training with at least 1 hour notice .
- Please respond to Notification for games as we need this information in order to plan teams.
- Sars Website
 - Code of Good Behaviour
 - Training Times
 - Lost & Found
 - Photographs
 - Links to Youtube for Hurling Videos

Replacement Hurleys

- Hurleys should be purchased at the Club shop. They are of good quality and at cost price.
- Urge parents to buy a new hurley once a year
- Give the broken Hurley to team manager with 2 euro and take a temporary replacement.
- Return the temporary replacement when the hurley is repaired.
- Hurleys that are not repairable will need to be replaced by the parent.
- **ENSURE NAMES ON HURLEYS AND GEAR**

In Case of Injury

- **If a child is injured coaches need to be informed immediately** – this will need to be reported at the Sarsfields committee meetings .
- Urge your children to come & tell coach if they are injured during training or match.
- GAA Injury Scheme covers for visit to GP or A&E.
- It does not cover Physiotherapy visits.
- A Claim Form must be completed by the Parents and submitted to the Club (via team manager) for the Secretary to Sign within 60days.

Additional Plans for the Year

- Challenge Matches / Street Leagues

- Monster Blitzes

Rebel Og Coaching Monster Blitz Programme 2015

Date	Age / Code	Venue / Off Competition
1. Sun, March 22nd	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
2. Sun, March 29th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
3. Sun, April 5th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
4. Sun, April 12th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
5. Sun, April 19th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
6. Sun, May 3rd	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
7. Sun, May 10th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
8. Sun, May 17th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
9. Sun, May 24th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
10. Sun, June 7th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
11. Sun, June 14th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
12. Sun, June 21st	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
13. Sun, July 5th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
14. Sun, July 12th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
15. Sun, July 19th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
16. Sun, July 26th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
17. Sun, August 2nd	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
18. Sun, August 9th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
19. Sun, August 16th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
20. Sun, August 23rd	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
21. Sun, August 30th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
22. Sun, Sep 6th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
23. Sun, Sep 13th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)
24. Sun, Sep 20th	U12 (Female)	Shane Rossignol GFC, Limerick (FC), Mallow (FC), Monaghan (FC), Roscommon (FC), Sligo (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC), Wick (FC), Wexford (FC), Carlow (FC), Kerry (FC), Clare (FC), Donegal (FC), Leitrim (FC), Mayo (FC), Galway (FC), Louth (FC)

Monster Blitz Rules

Football Rules	Hurling Rules
U12 • Quick Touch Football only • 8 a side • One hop, one step • Keeper takes Kick Out • Player fouled takes free • Player closest to sideline to take • Domination rules in effect Skill Point: Score with non-dominant foot Non-dominant foot kick from 6m, over goal line	U12 • Quick Touch Hurling only • 8 a side • No solo allowed • Press taken as normal • Keeper to take puck out • Domination rules in effect • 2nd game to be Ground Hurling Skill Point: Overhead Catch L/R into hand, strike for point from 10m, over goal line

Monster Blitz Finals

Monies presented by Core Players

Sun, Oct 3rd - U12 & U19 Football
 Sun, Oct 10th - U12 & U19 Hurling
 Sun, Oct 17th - U12 Hurling

ENTER ON LINE THROUGH WWW.REBLOG.IE

Before 1pm on Wednesday before each blitz

Include (i) Venue (ii) Age / Code
 (iii) No. of teams (iv) Young Referee

GAA CONTACTS

Club	Contact	Phone	Email
CCF	Paul O'Sullivan	086 1705471	psullivan@rebelog.ie
CCF	Paul O'Sullivan	086 1705471	psullivan@rebelog.ie
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– http://www.sportsmanager.ie/cake/gaa2/coiste/taggedNews/357885/211/monster_blitz_registration_live

- Summer Camp – Next Slide

Sars Summer Camp (Training Week)



Sarsfields Hurling Club
Riverstown,
Glanmire,
Co. Cork.

Club Newsletter

Hello All,

It's that time of year again for Sarsfields Annual Summer Training Week for registered players from the U6 to U12 teams.

This is our 10th year holding such an event and this year it will be for 4 days from Wednesday July 1st to Saturday July 4th.

The camp runs from 10:00 am to 1:00 pm daily with the the first morning beginning at 9:30 am.

The camp is limited to 130 players and of course all players need to be registered members for the 2015 season.

The cost is €40 per child, €70 for 2 and €100 for 3 or more.

A registration day takes place this Saturday 6th June in the Club Pavilion in Riverstown from 9:30 am to 1:00 pm.

You can also subscribe & pay online @ <http://www.sarsfields.ie/summer-camps/>

If you need to pay annual membership in advance please follow link <http://www.sarsfields.ie/online-memberships/>

Any queries please email to membership@sarsfields.ie

Sars Summer Camp (Training Week)

Sarsfields Juvenile – 10th Annual Training Week

By Sarsfields | on May 29, 2015 | 0 Comment

[General News](#) [Juvenile News](#)



Sarsfields Juvenile Hurling Club will hold their 10th Annual Training Week for registered players from the U6 to U12 teams beginning on Wednesday July 1st until Saturday July 4th.

This provide boys with an action-packed and fun-filled week of hurling activity at the start of their summer holidays and will help them develop a love for the game.

So now is you chance to register online to secure a place as space is limited to 130.

[Click Here](#) to register online

Registration day will be notified later for those wishing to pay by cash/cheque at the Sarsfields Clubhouse.

Comments

0 comments

AIB

Allied Irish Bank

PLAY LOTTO ONLINE

Next Draw: 08/06/2015
Jackpot: € 2,600
Play Online Now
Last Draw : 02/06/2015
Jackpot: € 2,400
1 5 6 9
powered by localotto.ie

SUMMER CAMPS →

 **CLICK HERE TO PAY ONLINE!**
MyClubFinances.com
MANAGING YOUR CLUB FINANCES

FOLLOW US ON TWITTER

@SarsfieldsCork 3 hours

 Fixture: SHL tonight 4/6. Sars playing away versus Ballymartle at Riverstick. Throw in 7:30pm.

#BBAWS



**Sarsfields
Hurling Club**

Cumann Iománaíochta na Sáirséalai



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Main Fundraiser for our New Dressing Rooms Project at Buck Leary's Cross

By Sarsfields | on May 28, 2015 | 0 Comment

General News



Sarsfields Hurling Club – Annual Golf Classic

Wednesday 24th June 2015 | Friday 26th June 2015 | Tuesday 30th June 2015 | 02:00pm - 6:00pm | 15th June 2015

PITCH SPONSORS



PLAY LOTTO ONLINE

Next Draw: 08/06/2015

Jackpot: € 2,600

[Play Online Now »](#)

Last Draw : 02/06/2015

Jackpot: € 2,400

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SUMMER CAMPS →



**CLICK HERE TO
PAY ONLINE!**

Sarsfields hurling Golf Classic - Golf Classis

- Sarsfields Hurling Club – Annual Golf Classic Wednesday 24th June and Friday 26th June
- This year our Annual Golf Classic which will take place at Cork Golf Club
- Main Fundraiser for our New Dressing Rooms Project at Buck Leary's Cross.
- At a cost in excess of 40k, this development will enhance this facility dramatically, and will prove hugely beneficial going forward.

Sarsfields Hurling Golf Classic

You/Businesses can contribute in 2 ways:

1. Sponsor a €50.00 “Tee box” or “Green”.

All our sponsors will not alone be highlighted on the day on our display boards, but will also be acknowledged on our very popular Club Website, Facebook and on our Club Information Screen in the foyer of our Club Pavilion.

2. Take the opportunity to bring yourself and some colleagues, clients or friends to a championship standard golf course in the inner reaches of Cork Harbour followed by dinner that evening in Golf Club.

At a cost of just €200 for team of 3 including dinner this will be a wonderful outing.

Please check our website for further updates plus information on the Buck Leary's Development.

<http://www.sarsfields.ie/general-news/main-fundraiser-for-our-new-dressing-rooms-project-at-buck-learys-cross/>

Mol an Óige agus tiocfaidh sí .

