



Friday 9th February 2018

St. Moninna's G.A.C.

Killeavy Club News

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Launch of new underage programme

Early season training is underway across all codes – football, hurling and camogie – for most age groups. The big news this week is notice of a new integrated approach being taken to football coaching for our youngest members. More build up this week to “Fit in 40” - our new health and wellbeing initiative which will commence at the beginning of Lent. Signs are that it is set to be hugely successful as uptake from shapes, ages and genders continues. Meanwhile momentum for the club’s annual Dinner Dance has also started to accelerate as we prepare for a fantastic night in the Flagstaff Lodge on March 3rd. Information also on how you can get the weekly bulletin into your inbox each Friday evening.



New underage football structure in place...

After reviewing the current underage football structures and having received feedback from both coaches and parents, the club’s Football subcommittee is delighted to announce the launch of a new integrated Killeavy Football Academy. The new Academy will cover u6, u8 and u10 age grades for both boys & girls (Primary 1-6)

The main change is that the committee has taken the decision to coach all the above age groups in the same time slot. A prime motivation for this was to minimise disruption and travel commitments for parents with two or more children attending training sessions. The new Academy structure will start on Sunday week, February 17th, with the session lasting from 10.45 to 12.00. The u6 boys and girls will be in the youth club initially and the other age groups will use our 3G facility and/or Pitch 2. From 6th April, when the evenings will be a bit brighter, training will shift to Friday nights from 6.15 to 7.30.

As the new season gets underway we encourage any prospective players to come and give football for Killeavy GAC a go. The Academy will be a fantastic opportunity for young children to meet new friends, learn new skills and gain in confidence with bountiful games, blitzes and organised trips for everyone involved. We hope that the new streamlined schedule will also encourage more parents to get involved in coaching or just help out in any capacity. We are delighted that the level of interest in helping with the Academy means that already, the initiative has at least eight coaches per age group – all of whom have undertaken coaching workshops in advance of the new season.

The Football Committee also hopes to improve its communications with parents. WhatsApp groups will be established for parents of each age group and we encourage parents to message one of the age group coordinators before the season starts in order to receive all relevant updates and information. Similarly an open feedback loop will be running in order to gather thoughts from parents on the new scheme, improvements that can be made and changes that can be considered.

For any queries regarding the new Academy, please contact the Academy co-ordinator, Adrian Doran, 078 1074 1796 or email dorney24@googlemail.com or our Coaching co-ordinator, Thomas Carroll, on tcarroll613@c2kni.net. Contact details for the Head Coaches for each group are as follows:

U6 Boys & Girls (P1 & P2):	Paul Watters 07716313020 Sarah Doran 07545641551
U8 Boys (P3 & P4):	Mark Stansfield 00353871954035 Gerard Martin 07719916427
U10 Boys (P5 & P6)	Barry Trainor 003533006699 David Crilly 07871511107
U8 & 10 Girls (P5 & P6)	Sharon Trainor 07720750701 Oliver Cromie 07860425510

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Scór Teams prepare for herculean endeavour

Next Saturday, February 17th our ceili team of Tiernan Breslin, Shane Kavanagh, Lúí Duffy, Dylan Phillips, Ellen Cromie, Hannah Mcmanus, Orla Mc Guinness and Aimee McAteer along with our quiz team of Conor King, Feargal Murphy, Grainne Boylan and Sean Boylan will travel to Sligo to compete in the All-Ireland Scór na nÓg Final 2018. The commitment and time given to their respective disciplines over the last year has been tremendous and each one of them has represented the club with distinction in reaching this stage of the competition. As they each gear up to face the best and brightest teams from across Ireland we wish the teams, who are not only representing Killeavy, but Armagh and Ulster, the very best next week. Ádh mór!

Thanks to all who supported our Culture night last Friday which raised over £1000 towards accommodation and expenses for our dancers and quizzers on Saturday night in Sligo. Thanks also to the musicians and dancers from Killeavy and beyond who performed on the night – it really was the most fitting of send-offs regardless of the result in Sligo.

Coffee Morning in aid of IPT

Emma and Paul Quinn will be having a coffee morning this Sunday morning in the Social Club from 9.00 to 13.30. Proceeds are in aid of Irish Pilgrimage Trust (IPT) which enables young people with special needs and learning disabilities to travel to Lourdes at Easter. The coffee morning falls perfectly alongside the final 'Fit in 40' registration so if you're down enlisting ensure you leave ten minutes to relax and grab a brew before heading home.

Lotto News

This week's winning numbers were:

6	18	19	25
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There was **NO** winner of this week's jackpot of £3,100

There was **ONE** Match 3 winner - £25

Paddy O'Hanlon Parkview Gabriel O'Hanlon

Promoter – £25 – **Paddy Mee**

Prize money this week **£50** Jackpot Next Week

£3,200

Fit in 40 gets underway!

Registration for 'Fit in 40' takes place in the Social Club this Sunday 11th February from 11.00am to 14.00pm. Please note that 'Fit in 40' is not a fitness camp. Though there are fitness classes for those who desire them, the initiative is much more about reconnecting our community as we move away from the cold and dark evenings and into Spring. Registration for the six week course stands at £50 and will include Yoga, community walks, circuits, motivational talks, nutritional advice and plenty of coffee as the order of the day. This Sunday represents the last chance to get involved ahead of the start of Lent and we encourage anyone interested to attend, find out more and hopefully join us in this health and wellbeing initiative. The whole event kicks off on Tuesday evening with confirmed sessions shown in the schedule below.

*****ALL CLASSES ARE SUBJECT TO CHANGE*****

KILLEAVY GAC - FIT IN 40 DAYS OF LENT 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13th Feb Welcome & Introduction & Team Weigh In 6.45pm - 8.45pm	14th Feb Circuits 9.30am Walking & Running 7pm Dance 8.30pm	15th Feb Hillwalking 7am Kettle Bells 8pm	16th Feb Curves 7.30pm-9pm	17th Feb	18th Feb Hillwalking 9am Family Walk 11am	
19th Feb Tai Chi 6.30pm-7.15pm Motivation 7.15pm-8pm Yoga 8pm-9pm	20th Feb Hillwalking 7am Elite Fitness - 10am Curves 7.30pm-9pm Badminton 8.30pm	21st Feb Circuits 9.30am Walking & Running 7pm Dance 8.30pm	22nd Feb Hillwalking 7am Spinning 6pm-7.30pm Kettle Bells 8pm	23rd Feb Curves 7.30pm-9pm	24th Feb	25th Feb Hillwalking 9am Family Walk 11am
26th Feb Tai Chi 6.30pm-7.15pm Motivation 7.15pm-8pm Yoga 8pm-9pm	27th Feb Hillwalking 7am Elite Fitness - 10am Curves 7.30pm-9pm Badminton 8.30pm	28th Feb Circuits 9.30am Walking & Running 7pm Dance 8.30pm	1st Mar Hillwalking 7am Spinning 6pm-7.30pm Kettle Bells 8pm	2nd Mar	3rd Mar Annual Dinner Dance	4th Mar Hillwalking 9am Family Walk 11am
5th Mar Tai Chi 6.30pm-7.15pm Mid Point Weigh In 6.30pm-8.30pm Yoga 8pm-9pm	6th Mar Hillwalking 7am Elite Fitness - 10am Curves 7.30pm-9pm Badminton 8.30pm	7th Mar Circuits 9.30am Walking & Running 7pm Dance 8.30pm	8th Mar Hillwalking 7am Spinning 6pm-7.30pm Kettle Bells 8pm	9th Mar Curves 7.30pm-9pm	10th Mar	11th Mar Hillwalking 9am Family Walk 11am
12th Mar Tai Chi 6.30pm-7.15pm Motivation 7.15pm-8pm Yoga 8pm-9pm	13th Mar Hillwalking 7am Elite Fitness - 10am Curves 7.30pm-9pm Badminton 8.30pm	14th Mar Circuits 9.30am Walking & Running 7pm Dance 8.30pm	15th Mar Hillwalking 7am Spinning 6pm-7.30pm Kettle Bells 8pm	16th Mar Curves 7.30pm-9pm	17th Mar	18th Mar Hillwalking 9am Family Walk 11am
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26th Mar Tai Chi 6.30pm-7.15pm Motivation 7.15pm-8pm Yoga 8pm-9pm	27th Mar Hillwalking 7am Elite Fitness - 10am Curves 7.30pm-9pm Badminton 8.30pm	28th Mar Final Team Weigh In 7pm	Some classes have limited numbers. Please book your place in advance for Curves / Mens Gym - 1 session per week per participant Thursday Spinning Classes Thursday Kettle Bells			

Please SUPPORT all our contributors who are supporting Killeavy GAC Fit in 40 Days of Lent

Jackie Cromie - Life & Business Coach
Brenda Fearon - Curves;
Geraldine McKnight - Tai Chi; Joanne Dooley - Yoga,
Lisa Rice - Circuits; Stephen Harold - Elite Fitness;
Eamon O'Malley - Dance Fit; Stevie McDonnell - Kettle Bells
Sandra Duffy - Running; Aidan Goodall - Badminton

Social Club - Induction Night - Tai Chi - Yoga - Motivation - Final Night

Youth Club - Badminton - Circuits - Dance - Kettle Bells

Own Premises - Elite Fitness - Curves - Spinning in St Paul's High School

Join our bulletin mailing list

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