



*Welcome to the **First Edition** of the Kildare GAA Newsletter to keep all Clubs and GAA Fans alike updated with the current happenings within the County.*

The Newsletter will be issued on a Quarterly basis to all club secretaries in the county and will be published on the official Kildare GAA Website

www.kildaregaa.ie

Check out our Facebook & Instagram accounts for team news, competitions & much more!!!



C I L L D A R A
KILDARE

WELCOME TO OUR JUNE EDITION





June 2017
Kildare GAA
Nuachtlitir
Meitheamh 2017

Kildare will now take on near neighbours,

Laois in the next round of the Leinster

Championship in Tullamore on 4th June!

COMPETITION

*Kildare Gaa are holding a
competition to
name our Quarterly Newsletter!*

As a new venture we would like all of our
readers to get involved and give our
Newsletter a Name!!

The winner of this competition will
receive two tickets to the Leinster Final.

Please send your entries to
kildaregaanewsletter@gmail.com .

Closing Date is Friday 23rd June.

Winner will be chosen by Kildare
Communications Committee and

Will be announced on the Kildare GAA
Website.

KILDARE GAA



FOOTBALL NEWS

Former pros at the heart of Kildare's championship challenge

By Patrick Ward

There may be a sizable sense of change in this Kildare team from the time they last faced off against Laois in the Leinster Championship, but the player turnover has not been all that stark when you look at it on paper.

12 of the players who featured in the replay win over Laois in 2015 are involved with the panel once again on Sunday, though the presence of those players has been well supplemented by the emergence of youth and the return of a few stars from professional sport.

A clutch of young players who came off the bench that day – David Hyland, Tommy Moolick, Niall Kelly and Eoin Doyle – have all established themselves as lynchpins of Cian O'Neill's team, with Doyle being named captain by the new manager in his first season in charge last year.

Daniel Flynn returned from playing Australian Rules Football in early 2015, but, quite amazingly, he has still to feature for Kildare in championship football since then as a number of injuries have hampered his progression. The powerful Johnstownbridge forward is capable of dominating almost any full-back in the game through his sheer physical presence, and he will be eager to hit the ground running when he finally gets to enjoy some summer football this Sunday.

Flynn was just beginning to hit his stride in the middle part of the league as he chipped in with 0-3 and 1-1 in successive games against Derry and Fermanagh, but a hamstring injury before the home meeting with Clare prevented him from lining out in the last three games of the league. His absence deprived Kildare of a crucial outlet in the full-forward line, and that perhaps contributed to the fact that Kildare lost two of their final three games, including the Division 2 decider against Galway.

C i l l i \ D a r a
KILDARE GAA

FOOTBALL NEWS

Former pros at the heart of Kildare's championship challenge

By Patrick Ward



Flynn is likely to be joined on the inside line at some stage on Sunday by Paddy Brophy, the latest Lilywhite to make the move home from Oz. Manager Cian O'Neill described the Celbridge man as not being 'championship ready', but the loss of Ben McCormack and Neill Flynn means he will surely play a major role.

He joined the Kildare panel before they departed for their warm-weather training camp in Portugal two weeks' ago, and O'Neill said that he has already shown signs of returning to the sort of player who was tearing up defences in Division 1 of the National League as a teenager.

"He stood up football wise, and naturally he hasn't played full-time in two years so he's still working hard on his pitch awareness, his skills awareness and his tactical awareness, but for a guy that has been away for two-and-a-half years you certainly wouldn't have thought that last week," remarked O'Neill following the six-day camp.

Along with the aforementioned duo, Kildare can boast another couple of former professional athletes around the middle third of the field in Paul Cribbin and Kevin Feely. The former was also an AFL player with Collingwood while Athy man Feely enjoyed some time in England with Charlton Athletic and Newport County.

Both players have been in fine form for the Lilywhites so far this year, with Feely particularly catching the eye with a string of impressive displays at midfield, utilizing the new 'mark' rule to great effect, and the middle third of the pitch is likely to be a hotly contested battleground on Sunday.

Kildare will be riding into this game high on confidence following their promotion from Division 1, but league form tends to count for little in the white heat of championship, and Laois proved that to be the case when they swept aside the challenge of Longford two weeks' ago despite tumbling down to Division 4 this spring following successive relegations. Whatever happens on Sunday, it's sure to be an intensely physical battle, and despite these sides operating at the opposite ends of the scale in the National League, that gap is unlikely to be evident.



CLUB CHAMPIONSHIP

RESULTS

The First Round of the Senior, Intermediate and Junior Football Championships have been completed with no less than four replays need to separate teams in some closing and exciting encounters.

After the outcomes the groups for the next round draw will be as follows:

Joe Mallon Renault Senior Football Championship

Winner Group

Clane
Johnstownbridge
Moorefield
Sarsfields
Celbridge
Leixlip
Naas
Athy

Loser Group

St Laurences
Carbury
Confey
Maynooth
Round Towers
Allenwood
Eadestown
Castledermot

The Court Yard Hotel Intermediate Football Championship

Winner Group

Raheens
St Kevins
Ballyteague
Clogherinkoe
Kilcock
Nurney
Rathangan
Suncroft

Loser Group

Castlemitchell
Straffan
Sallins
Monasterevin
Kilcullen
Ellistown
Two Mile House
Kill

The Tom Cross Junior Football Championship continues with Round 3 commencing weekend the 8th July 2017



HURLING NEWS

ANNUAL POC FADA COMPETITION

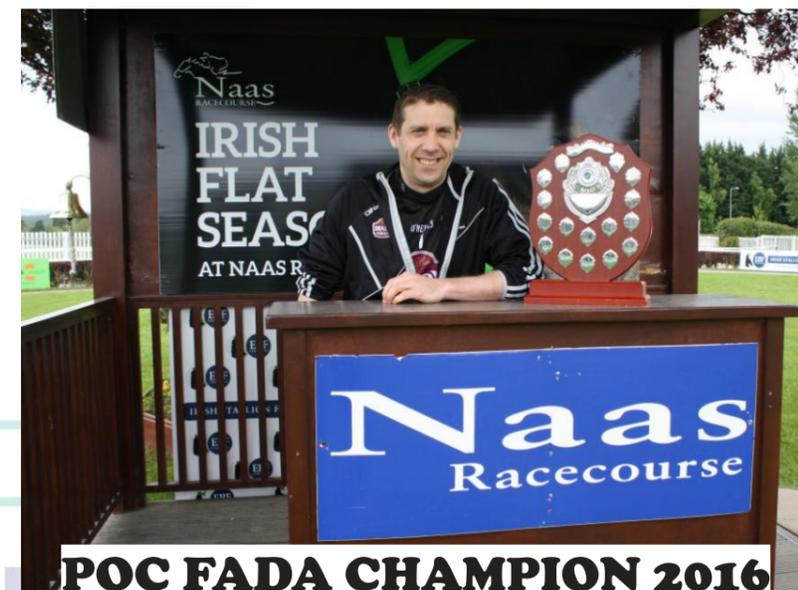
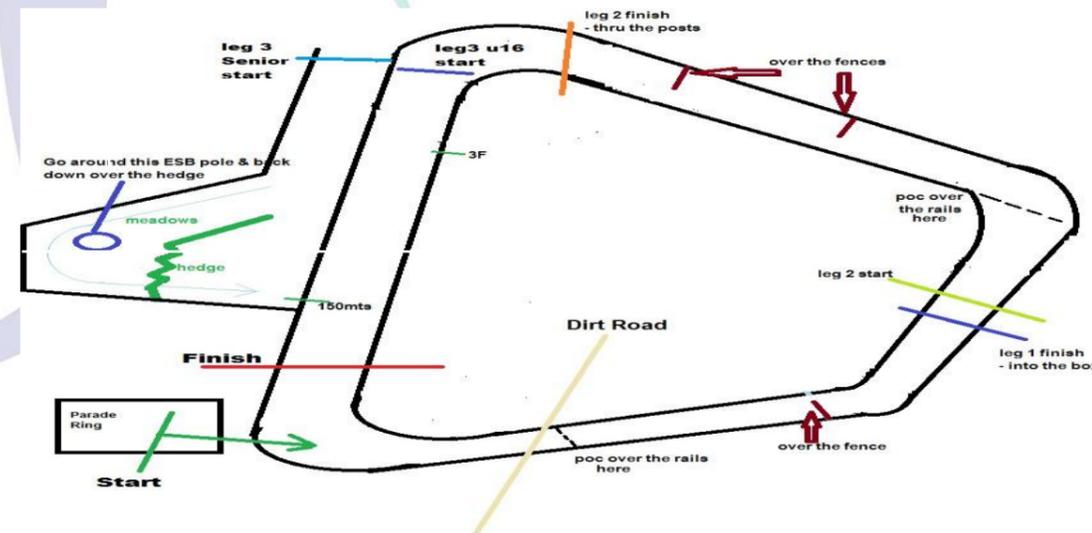
The Annual Kildare Poc Fada will once again be hosted in Naas Racecourse this year on Wednesday, June 7th. All clubs are asked to send at least one and a max of three participants per category. The categories are Senior Ladies and Men, Under 16 Girls and Boys.

Clubs are encouraged to host their own event to promote the ancient arts of skill, accuracy, strength and distance.

The competition will start with under 16s at 7pm sharp, with the senior competitions to follow. All participants must bring a spotter!

This year will see the competition run on a new novel format, similar to that of the Provincial and All Ireland Finals. The winners will represent Kildare in the Leinster Competition. The Senior Men's winner will also be awarded the Gearóid Ó Tiarnáin perpetual trophy.

Hurling News Compiled by Leonie Delaney
Kildare Hurling PRO



POC FADA CHAMPION 2016
Paul Dermody with the Gearóid Ó Tiarnáin Trophy.



HURLING NEWS

Championship Draw



Audrey Kilgallon (Haven Hire), Eddie Lawler (Chairman Kildare Hurling Committee), Eamon Kilgallon (Haven Hire)

2017 Hurling Club Championship Sponsored by HAVEN HIRE

The draw for the 2017 Haven Hire Senior and Intermediate Championships, Preliminary Rounds took place live on KFM radio on Sunday, May 14th. The winners and losers of these ties will be divided into groups and play on a round robin basis to determine who goes on to the knockout stages.

The Kildare Hurling Committee are delighted to have new sponsors Haven Hire on board.

The pairings are as follows:

Senior Championship

Ardcough v Éire Óg Corrachoill

Celbridge v Confey

Clane v Coill Dubh

Leixlip v Naas

Intermediate Championship

Ardclough (2) v Celbridge (2)

Coill Dubh (2) v Naas (2)

Maynooth v St. Laurence's

Moorefield v St. Columba



Cill Dara
KILDARE GAA



CUL CAMPS

How to Register: You can register online from 1st March at gaa.ie/kelloggsculcamps or complete an application form and return it with the appropriate fee to the Kellogs GAA Cul Camp Co-ordinator. Please note online bookings close at 12 noon on the Friday prior to a camp starting. **GUM SHEILDS/ MOUTHGUARDS ARE COMPULSORY.**

The following are the Camps in Kildare from 3rd July to 18th August inclusive.

| | | | | | | | | | | | |
|--------------|------------|-----|----------------|-----------------|-----|----------------------|------------|-----|------------------|-----------|-----|
| Sallins | 3-7 July | H/C | Kildangan | 10-14 July | F | Eire Og/Chorrachoill | 17-21 July | H/C | | | |
| Suncroft | 3-7 July | F | Ballyteague | 10-14 July | F | Round Towers | 17-21 July | F | | | |
| Straffan | 3-7 July | C | Broadford | 10-14 July | H/C | Rathangan | 17-21 July | F | | | |
| Ballymore | 3-7 July | C | Moorefield | 10-14 July | C | Grange | 17-21 July | F | | | |
| Leixlip | 3-7 July | C | Castlemitchell | 10-14 July | F | Two Mile House | 17-21 July | F | | | |
| Raheens | 3-7 July | F | Athgarvan | 10-14 July | F | Ballykelly | 17-21 July | F | | | |
| Castledermot | 3-7 July | C | Rathcoffey | 10-14 July | C | Confey | 17-21 July | C | | | |
| Clogherinkoe | 24-28 July | F | Rheban | 31st July-4 Aug | F | Round Towers | 8-11 Aug | H/C | Maynooth | 14-18 Aug | C |
| Eadestown | 24-28 July | F | Carbury | 31st July-4 Aug | F | Athy | 8-11 Aug | C | Kill | 14-18 Aug | C |
| Nurney | 24-28 July | C | St Kevins | 31st July-4 Aug | F | Naas | 8-11 Aug | F | Ellistown | 14-18 Aug | F |
| Celbridge | 24-28 July | H/C | Sarsfields | 31st July-4 Aug | F | Milltown | 8-11 Aug | F | Ardclough | 14-18 Aug | C |
| Sallins | 24-28 July | F | Naas | 31st July-4 Aug | H/C | Caragh | 8-11 Aug | F | Johnstown Bridge | 14-18 Aug | C |
| Coill Dubh | 24-28 July | H/C | Clane | 31st July-4 Aug | F | Monasterevin | 8-11 Aug | F | Cappagh | 14-18 Aug | C |
| Kilcock | 24-28 July | C | Kilcullen | 31st July-4 Aug | F | Clane | 8-11 Aug | H/C | St Laurences | 14-18 Aug | H/C |
| | | | | | | Robertstown | 8-11 Aug | F | Rathangan | 14-18 Aug | H/C |

(Tues-Fri 10am -3pm_)



CUL CAMPS

KILDARE GAA KELLOGG'S CÚL CAMPS 2017 COACHING ROLES

Are you looking for a Summer job?

Kildare GAA Coaching and Games are seeking applications for coaching roles in hurling & football for this year's Kellogg's GAA Cúl Camps.

Kellogg's Cúl Camps will be held throughout the county from 3rd July – 18th August.

Requirements:

All applicants must be over the age of 18 years.

Proven experience in a GAA coaching role

For more information contact David Murphy on 0872661438 or

David.murphy.gda.kildare@gaa.ie

KILDARE GAA



CHILD WELFARE

"The forthcoming **Child Welfare Audit** – the first such national audit carried out by the GAA, LGFA and Camogie.

The purpose of the audit is to assist Clubs and Counties in collating information that will inform them and us as to how we adhere to our child welfare requirements including the vetting of personnel, the delivery of child welfare training and the promotion of the Code of Best Practice in all our units. The immediate beneficiary of the audit will be the Club who will see, on completion of each section of the audit, if they are complying with our shared good practice procedures. The individual response from a Club will not be made known nationally and will merely be collated with all other Clubs in their County, as an overall response. "

The Child Welfare Audit will now take place between the dates of 26 June and 6 July 2017.



C i l l D a r a
KILDARE GAA

PRIMARY SCHOOLS

FUNDAMENTAL SKILLS PROGRAMME

Fundamental Hurling and Football programmes are in ran in Primary Schools throughout Kildare.

The Fundamental skills programme caters for all Junior Classes up to 2nd class and the aim of this programme is to introduce the children to the basic skills of both Hurling and Football

Attached is a selection of pictures from Crookstown Naas school who were participating in the Hurling Skills programme



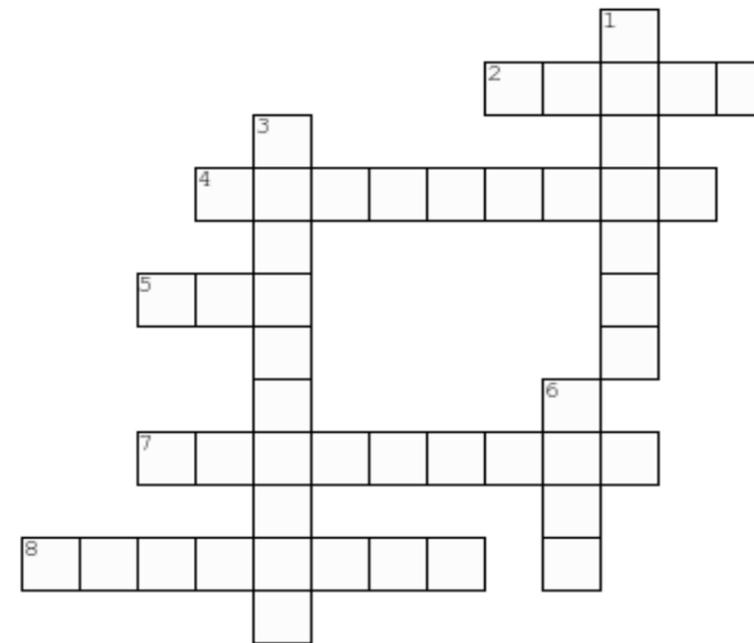


CROSSWORD CHALLENGE

Name: _____

Kildare Kids Football Crossword

Complete the crossword below



Created with TheTeachersCorner.net [Crossword Puzzle Generator](#)

Across

- 2. Kerry Corner Forward
- 4. Kildare Allstar Corner-Back
- 5. Goal Ás Gaeilge
- 7. Kildare Sponsor
- 8. Laois Referee

Down

- 1. All Ireland Champs 2012
- 3. Sligo Senior Manager
- 6. New Rule for Kickouts

All Entries to be returned via email to kildaregaanewstletter@gmail.com no later than Friday 23rd June 2016.

The Prize is a meet and greet with the Kildare GAA County Footballers and the winner will be announced on Kildare GAA Website



LILY OG

Lily Og is a collaboration of both North & South Boards of Bord Na nÓg alongside Coaching & Games Staff within Kildare.

Lily Og is an U12 Football & Hurling academy which is ran throughout the year and involves up to 300 Children in both codes with every club in County Kildare being represented.

The academy is held in Hawkfield and different venues within the County.

The latest session of Lily Og took place on Saturday 20th May and was attended by Kildare Senior Manager Cian O Neill and Senior County Players Eoin Doyle and Neil Flynn. The County Senior Hurlers were also represented on the day by players Brian Byrne and Conor Gordon



Lily Og Academy in action in Hawkfield on Sat 20th May 2017



Féile Peil na nÓg 2017

Congratulations to all the Féile football final winners. The John West Féile Peil na nÓg 2017 takes place from Friday 23rd June – Sunday 25th June in Cavan, Fermanagh and Monaghan. Best of luck to Clane, Maynooth, Grangenolvin and Fr. Prendergast Gaels who will be representing Kildare GAA.

Féile A Final

Clane 5-10 Naas 0-10

Féile A Shield Final

Suncroft 4-08 Celbridge 3-07

Féile B Final

Maynooth 5-15 Rathangan 5-03

Féile B Shield Final

Newtown Gaels 3-08
Ballymore Eustace 2-.07

Féile C Final

Fr. Prendergast Gaels 3-08
St. Laurence's 3-06

Féile C Shield Final

Carbury 4-14 Eadestown 2-07

Féile D Final

Grangenolvin 9-08 Ellistown 4-10

Féile D Shield Final

Rheban 5-03 St. Kevins 2-03

Féile E Final

Maynooth 3-05 Celbridge 1-10

Féile E Shield Final

Naas 6-10 Sallins 5-06





Féile na nGeal 2017

Congratulations to all the Féile hurling final winners. The John West Féile na nGael 2017 takes place from Friday 16th June - Sunday 18th June in Carlow, Kilkenny and Wexford. Best of luck to Naas, Moorefield, Maynooth and Broadford who will be representing Kildare GAA.



Féile A Final

Naas 3-10 Maynooth 2-03

Féile B Final

Naas 8-04 Moorefield 4-10

Féile C Final

Broadford 6-06 Cappagh 3-10

Féile A Shield Final

Sallins 2-11 Celbridge 1-12

Féile B Shield Final

St. Columba 6-07 St. Annes 4-01

Féile C Shield Final

Coill Dubh 7-10 Southern Gaels 2-00



Development Squads

U14 SQUADS

Spotlight

The U 14 Hurlers and Football recently undertook the U14 Skills Test in Hawkfield.

The Hurling Results from the Skills Testing on Monday 22nd May were:

- 1st Diarmuid Mangan (Sallins)
- 2nd Jack Couch (Sallins)
- 3rd Eoin Hayes (Kilcock)

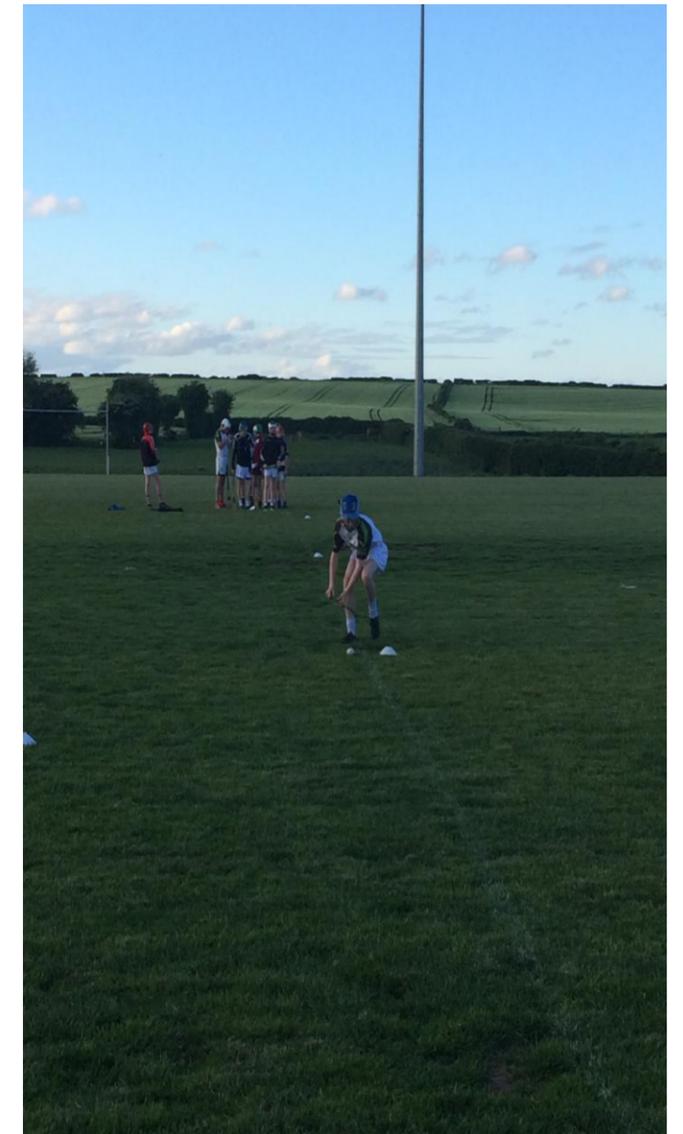
Diarmuid Mangan will now go forward to represent Kildare .in the National Feile Skills Competition

U14 Football Development Squad

The Footballers also under took the Skills Test in Hawkfield

The Results from the Football Skills Test were:

- 1st Shane Farrell (Kilcock)
- 2nd Oliver Birch (Leixlip)
- 3rd James MCGrath (Athy)



U14 Skills test on Monday 22nd May



Development Squads

U17 SQUADS Spotlight

U17 HURLING CELTIC CHALLENGE

Teams from all over Ireland participate and compete in the Celtic Challenge Tournament which caters for non-exam players.

This Tournament runs up until 24th June 2017

U17 FOOTBALL SQUAD

The U17 Football team are playing Carlow in the Championship on Wednesday 28th June in Carlow.

As the Championship is so close the training and numerous challenge matches are ongoing to help the team in their preparation.



Photos are from the Celtic Challenge game v Dublin Plunkett in Hawkfield on Weds 17th May. Kildare were victorious on a score line of 3-16 to 19pts

New Coaching Appointments



Kildare Gaa Coaching & Games would like to welcome our two newest members of staff, Chris Conroy and John Doran to our team. Chris, from the Breffni County and John, well known as a county hurler from Leixlip are already becoming an integral part of the coaching & games and their expertise and experience will no doubt add to the future positive impact of coaching & games in the county.

NAME : John Doran

AGE : 31

HOME CLUB/COUNTY : Leixlip/ Kildare

PLAYING POSITION : Full Back

FAVOURITE TEAM AFTER OWN COUNTY

:Tipp hurlers

FAVOURITE FOOD : Steak and spuds

FAVOURITE MUSIC : Anything Irish

BEST FOOTBALLER YOU HAVE SEEN OR

PLAYED WITH : Johnny Doyle

BEST HURLER YOU HAVE SEEN OR PLAYED

WITH : Gerry Keegan

WHO WILL WIN SAM IN 2017 : Kildare hopefully,
if not Dublin.

WHO WILL WIN LIAM IN 2017 : Tipp

BEST ADVICE FOR YOUNG PLAYERS

:Play/train like it's the last time and enjoy every minute of it!!



NAME : Chris Conroy

AGE : 25

HOME CLUB/COUNTY : Lavey/Cavan

PLAYING POSITION : Forward

FAVOURITE TEAM AFTER OWN COUNTY :

Kildare Obviously!

FAVOURITE FOOD : Pizza and Steak

FAVOURITE MUSIC : Kings of Leon

BEST FOOTBALLER YOU HAVE SEEN OR

PLAYED WITH : Mark McKeever Cavan

BEST HURLER YOU HAVE SEEN OR

PLAYED WITH : Richie Hogan Kilkenny

WHO WILL WIN SAM IN 2017 : Kerry

WHO WILL WIN LIAM IN 2017 : Kilkenny

BEST ADVICE FOR YOUNG PLAYERS :

Practice at home in the back garden or against the wall is just as important as training and enjoy it.

COACHES CORNER

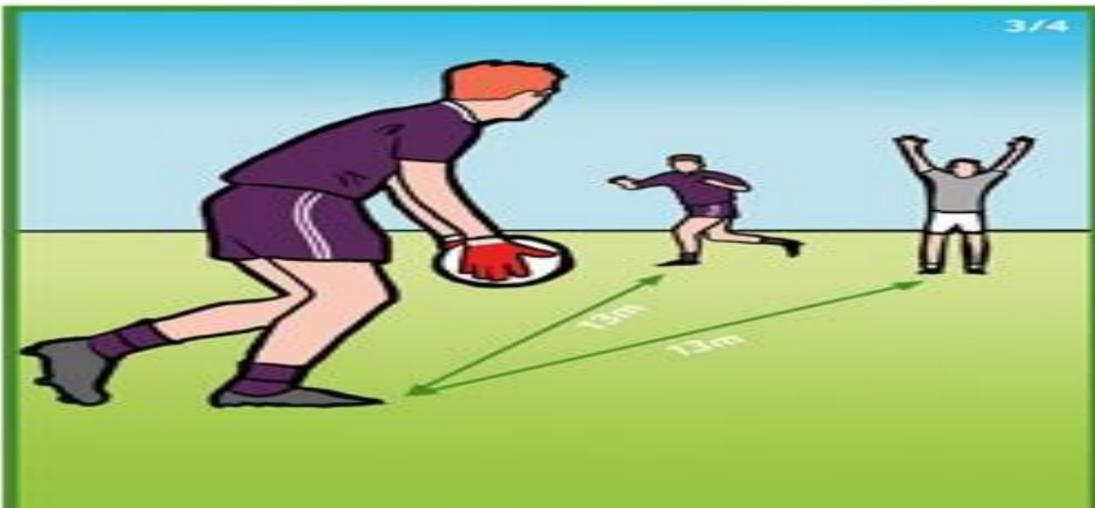


The mark can only be awarded from a kick-out.



The mark will be awarded once a player catches the ball cleanly from a kick-out, on or past the 45m line. The player will have two options; take a free kick or play on immediately.

GAELIC FOOTBALL: THE MARK



FREE KICK

The player shall signify to the referee if he is availing of the free kick and shall take the free kick himself from the hand on the spot where the 'mark' was awarded.



PLAYING ON IMMEDIATELY

The player may not be tackled until he carries the ball up to a maximum of four consecutive steps.



COACHES CORNER

Frequently Asked Questions:

1. How does the Referee award a “Mark”?

The Referee awards a Mark by blowing the whistle.

2. To be awarded a “Mark” does the catch have to be from a kick-out from the player’s own team?

No, a Mark shall be awarded if the catch is from a kick-out from either team.

3. Is a “Mark” awarded for a catch from a kick-out no matter where it takes place?

No, a Mark shall be awarded if the catch is made on or outside the 45m line from a kick-out from either team.

4. How does the player who is awarded the “Mark”, “signify to the Referee” that he is availing of the free kick?

In order to signify that he wishes to take a free-kick, the player who catches the ball and has been awarded the “Mark” by the Referee should stop playing. If he does not obviously stop then it should be taken that he is “playing on”.

5. How long has the player awarded the “Mark” to take the free kick?

He shall not delay longer than five seconds.

6. If the player awarded the “Mark” delays the taking of the free kick by more than five seconds, what is the award?

The Mark and free kick shall be cancelled and a throw-in between one player from each side is awarded.

7. How far do players have to be from the free kick?

All players (team-mates and opponents) must be 13m from the free kick.

8. If the player who has been awarded the Mark chooses to take a free kick and a player from the opposing team blocks or attempts to block that kick within 13m or interferes with the player who has chosen to take the kick, what is the award?

A free kick 13m more advantageous shall be awarded.

9. What happens if a team mate plays the ball within 13m of the free kick awarded for the Mark?

A free kick is awarded to the opposition.

10. If the player awarded the Mark is injured in the process what is the award?

Any team mate may take the free kick from the hands, but he may not score directly from the kick.



HEALTH & WELLBEING

MOVING WELL – BEING WELL
Getting Irelands Children Moving

Kildare GAA in conjunction with DCU have recently taken part in a nationwide review of all Primary schools to show a snapshot of Irish children's physical literacy. With our country fast approaching the position of the most obese state in Europe the GAA feel a new approach is needed to get our children moving.

To this end Stephen Behan and colleagues from DCU assisted by the full time staff in Kildare Gaa Coaching & Games tested a range of different classes in four different primary schools in the county chosen by numbers of students as well as the urban and rural divide. The schools targeted were:

St. Laurence's NS Crookstown, Prosperous NS, San Carlo NS and Allen NS.

The students took part in a range of tests of running, jumping, movement, balance and other physical literacy movements as well as Gaa skills like kicking, catching, ground striking, bouncing and solo. The outcomes from these tests merged with schools countrywide, will give us a comprehensive view of the present situation as well as providing us with the pathway to worthwhile intervention.

Kildare GAA Coaching & Games would like to thank all schools who took part especially all school principals and teachers and most importantly the students who did their school and county proud.



KILDARE GAA



MENTAL HEALTH AWARENESS

On Friday 26th May, Kildare GAA hosted a Mental Health Awareness Evening. The purpose of this evening was to create awareness and minimize the stigma associated with Mental Health.

The theme for the night was 'Be Kind To Your Mind', and each of the speakers focused their talks around this.

Opening the event was Stacey Cannon, Stacey is the National Health and Wellbeing co-coordinator for the GAA. Stacey spoke about what the GAA has to offer in the area of Health and Wellbeing, Stacey also explained how the GAA are constantly working to improve areas of Mental Fitness.

Famous ex-Armagh footballer, Oisín McConville was our next speaker; Oisín gave an honest and detailed account of his struggles with Gambling since he was 14 years old. Oisín spoke about his personal journey and the challenges he faced while living with Gambling addiction. While in recovery since 2005, Oisín told the audience he knows now the most important lesson to be learnt from his addiction was, not reaching out for help or talking to anyone about his problem. His role now as an Addiction Counsellor involves helping others in similar situations. For the length of Oisín's talk you could have heard a pin drop in the room as he captured the full audience with his emotional talk.



Organisers & Speakers: John McCarthy, Anna Geary, Oisín McConville, Marie Clancy, Larry Murphy, Stacey Cannon, Rory Doody.



MENTAL HEALTH AWARENESS

Our next speaker was ex Cork Camogie player, Anna Geary. Anna spoke passionately about her personal experiences with anxiety and how to cope being ‘comfortable in your uncomfortable self’. Anna spoke about being pro-active in your Mental Fitness, taking care of yourself both physically, nutritionally, and mentally. Anna believes we all need to challenge ourselves, whether it be on the pitch or off it. Anna gave some tools in prioritising the different areas of our life and how to cope when decisions have to be made.

Following from Anna was Larry Murphy, former Wexford Hurler. Larry captured the audience with his detailed account of his work with Marine Watch in Wexford, a group of people who spend the weekends walking the marine area of Wexford, assisting young people with suicidal thoughts. Since the setup of this initiative no lives have been lost in the sea through suicide. Larry spoke of the importance in not losing sight of young people enjoying GAA and not concentrating solely on winning.

Our next speaker was Rory Doody, Head of Mental Health Engagement for Cork and Kerry. Rory gave a heart rendering account of his personal experiences within the Psychiatric System as a young person. He bravely shared his personal journey, capturing the hearts of the audience. Rory acknowledged the importance of communicating with others. He told of his taking control of his life and now he works for the HSE. With his experiences of both sides of the Mental Health Services, Rory was passionate about being kind to our minds.

Our last speaker was Kevin McManamon, Dublin Footballer. Kevin shared his personal experiences with performance anxiety and how his negative thoughts would take over his mind on big performance days. He shared stories of how speaking to young people now, in schools, he can help them in the areas he himself has struggled. Kevin spoke about the importance of reaching out and not being afraid to ask for help.

Before our speakers finished, a special request was made to the committee by local well-known photographer, Adrian Melia to address the audience. Adrian gave an energetic performance displaying his positive Mental Health. Adrian shared his present journey with his battle with cancer. He explained how his mental health has helped him to remain so positive. Adrian’s positive outlook was acknowledged by everyone present, with a warm round of applause, as he completed his talk.

County chairman Ger Donnelly addressed the audience, acknowledging the work of the organising committee and also asking all clubs to ensure they have a Health and Wellbeing Officer.

A questions and answers session was open to the floor at this stage and the panel answered any questions put to them.

The feedback on the evening was a very positive one, with a member of the audience congratulating Kildare GAA for hosting such an evening and other organisations should follow their example. Thanks to Marie Clancy, John McCarthy and the Health & Wellbeing Committee for great work in the organisation of the event.



MAY DRAW RESULTS

Kildare Club & County GAA Club Draw Results for May 2017

| Prize | Ticket No. | Prize Winner | Promoter |
|--------------|-------------------|---|--------------------|
| Renault Clio | CL 0079 | Ray Gleeson, Ballinagappa, Clane, Co. Kildare | Clane GAA |
| €3,000 | CY 0024 | Carbury Ladies Senior GAA Team | Carbury GAA |
| €1,000 | AG 0013 | Ian Conway, Corbally, Co. Kildare | Athgarvan GAA |
| €1,000 | MT 0022 | Conor & Fionnán Malone, Wheelam, Milltown. | Milltown GAA |
| €500 | SL 0220 | Anthony Mulhall, Balitore, Co. Kildare. | St. Laurences GAA |
| €500 | MF 0162 | Angelo & Marie Murray, c/o Moorefield. | Moorefield GAA |
| €100 | CG 0035 | Francis Lynch, Milltown Malbay, Co. Clare. | Clogherinkoe GAA |
| €100 | KC 0085 | Anthony Lambe, Nicholstown, Kilcullen. | Kilcullen GAA |
| €100 | RH 0068 | John Gallagher, Old Chapel Grove, Caragh. | Raheens GAA |
| €100 | CL 0069 | Clane u10 Coaches, c/o Paul Dunne. | Clane GAA |
| €100 | CM 0023 | Tony Hyland, Rosebran, Athy, Co. Kildare. | Castlemitchell GAA |
| €100 | KC 0016 | Warren Kelly, Kinneagh, The Curragh. | Kilcullen GAA |
| €100 | CB 005 | John Daly x 4, c/o Celbridge GAA. | Celbridge GAA |
| €100 | SL 0215 | Tony & Marie Bell, c/o Crookstown Inn. | St. Laurences GAA |
| €100 | SK 0027 | Marie Kirk, Derryverogue, Donadea. | St. Kevins GAA |
| €100 | SF 245 | Tom Dunne, c/o Sarsfields. | Sarsfields GAA |

***Kildare Club & County GAA
Club Draw Car Winner***



Anthony O Dea Chairman Clane GAA, Ray Gleeson Winner of Car, Philip Mallon, Joe Mallon Motors & Ger Donnelly, Chairman of Kildare County Board.

It Could

BE YOU !!!

KILDARE GAA

CHEF'S CORNER

Welcome to Kildare GAA chefs corner. The recipes set out in this section are designed to be nutritious and healthy as well as appetising.

They are all easy to prepare and most can be stored in the fridge for up to 4 days

The secret to eating healthy is to be prepared, you should set aside a couple of hours preferably at the weekend to purchase ingredients and prepare food.

All the main supermarkets offer deals in meat and vegetables which make it both easy and very affordable to eat healthy.

Useful Ingredients:

It is important to have a reasonable supply of dry goods, most have a long shelf life:



Cajun spices - Tesco €2 approx

Garlic granules - Lidl less that €1

Chilli powder - Lidl less that € 1

Chinese / Thai Spices - Aldi €2 approx

Soy Sauce - Aldi less that €1

Tomato puree - Aldi 50 cent approx

Knorr Stock Pots - Lidl (chicken) €2 approx

Chopped tomatoes with herbs - Aldi 50 cent approx

Whole Grain Penne Pasta - Aldi €1.50 approx

Whole Grain Spaghetti - Aldi €1.50 approx

Whole Grain Noodles - Aldi €1 approx

Brown Rice - Lidl €1.50 approx

Low fat coconut milk - Aldi €1.20 approx

Aldi & Lidl have weekly offers on vegetables and fruit

CHEF'S CORNER

Menu Options



Healthy Full Irish

Everyone love a good old fashioned fry up, this version is both extremely healthy and tasty

Large breakfast mushroom grilled (all good supermarkets)

2 turkey sausages grilled (all good supermarkets and craft butchers)

2 bacon Medallions grilled (all good supermarkets, craft butchers)

2 soft poached eggs (cooked for 3 minutes in simmering boiling water with a splash of vinegar and salt)

Grilled Tomato

Serve with homemade oatmeal bread (see recipe below)

Healthy Oatmeal Brown Bread:



Ingredients

500ml 0/% fat natural yoghurt

PorrIDGE Oats (fill the yoghurt container twice)

$\frac{1}{2}$ teaspoon of salt

2 teaspoons of bread soda

1 egg

Directions:

Grease a 1lb loaf tin or line with parchment paper. Put yoghurt and eggs in a bowl, add 2 tubs of oats, add bread soda and salt. Mix very well and cook in a loaf tin at 180 degrees for 50 mins



SCOR NEWS

The Finals of Scor All-Ireland Scór Sinsear Final Results 2017

Ceili: Manorhamilton, Co Leitrim
Solo: Borrisoleigh, Co Tipperary
Recitation: JK Brackens, Co Tipperary
Ballad: Clonduff, Co Down
Leiriu: Gaoth Dobhair, Co Donegal
Music: Newport, Co Tipperary
Set: Omagh St Edna's, Co Tyrone
Quiz : Monaleen, Co Limerick

Well done to the Kildare Representation on the night from Maynooth who represented Leinster in the Ceili Section. (Pictured below)



KILDARE GAA

BE PART OF THE MATCH DAY ACTION

Kildare GAA are now recruiting for Voluntary Stewards

To be part of the match day action, the following criteria is required:

- Aged from 18 years old
- Available at weekends
- Active and enthusiastic
- Customer focused
- An interest in GAA would be beneficial

Role of Voluntary Stewards on event days

To maintain a safe and secure environment in your given area and to be familiar with the stadium ground regulations, ensuring that any breach of these regulations is brought to a safe conclusion.

- Crowd control – sideline duty, terrace and stand vomitories
- Customer care – usher and assist patrons, disability awareness assistance, direct patrons to designated smoking areas and recycling banks
- Emergency procedures – e.g. assisting with stadium evacuation
- Media – assist with photographers and reporters pitch side
- Match day miscellaneous – dressing rooms, players' tunnel duties, etc.



Stewards will be trained and accredited by the GAA National Facilities, Health & Safety Committee. Voluntary Stewards benefits are not paid in monetary terms. However, at every event day they are provided with refreshments and a free match day programme.

For full details and application form contact
kildarestewards@gmail.com

KILDARE GAA

Club Kildare

GOLF CLASSIC
2017

FRIDAY
16TH JUNE

PALMERSTOWN
GOLF CLUB

- €300 PER TEAM
- TEE BOX €100

*Main Sponsor
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*To book a team or
sponsor a tee box contact*

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ARTHUR VOIGT 086 255 5510 • MATT GROGAN 087 217 0585



SPONSORS

It is an exciting time for Kildare GAA and we are honoured to be given the chance to link with Gaelic Games in the county through this sponsorship. We take great pride in supporting local people and local sport and in seeing the hard work that people are putting into sport in Kildare being rewarded. Our commitment to supporting local people in Kildare has always been at the heart of our business, just as Kildare GAA and Gaelic Games in Kildare is at the heart of people throughout the county.

Brady Family is steeped with tradition in Kildare having been formed in 1978 and to this day maintains this strong tradition from our base in Timahoe. Through our employment of staff and partnerships with local suppliers, we have become an active part of the local community and the wider Kildare area.

We are aware of the outstanding work that is being put into Kildare GAA by all involved at the moment.

We would like to wish everyone involved the very best for the coming months. We are backing and supporting you all the way and have no doubt that your hard work will be rewarded.

KILDARE GAA

