

#GAAyouth Forum 2017 – Agenda

Groups A1 and A2: Players aged 12 – 15

Groups B1 and B2: Players aged 16 – 18

Groups C1 and C2: Players aged 19 - 21

| Time | Activity | Speakers | Group/s |
|---------------|--|---|------------------------------|
| 09.30 – 11.00 | Registration | - | All |
| 11.00 – 11.25 | Opening Address | GAA Youth Rep Diarmuid 'Gizzy' Lyng | All |
| 11.30 – 12.40 | Fuelling your Body – How Food can Impact your Game | Sharon Courtney, Monaghan Ladies Footballer/Lecturer in DKIT, Sport & Exercise Nutritionist | Group A1 |
| 11.30 – 12.40 | Getting the Right Balance: Juggling Demands as a Youth Player | Orlagh Farmer, Cork Ladies Footballer Wesley O'Brien, Lecturer in UCC | Group A2 |
| 11.30 – 12.40 | Getting the Best from Yourself – Understanding your Fitness | Cathal Cregg, Connacht GAA S&C Officer | Group B1 |
| 11.30 – 12.40 | Heads Up – How Positive Thinking Can Help You! | Jigsaw Team | Group B2 |
| 11.30 – 12.40 | Becoming a Coach – Stories from the Field | Ciarán Kilkenny, Dublin Footballer/Coach David Herity, former Kilkenny Hurler/Dublin Camogie Manager Mick Bohan, Dublin Ladies Football Manager Juliet Murphy, former Cork Ladies Footballer/Coach Damian Lawlor, Journalist/MC | Group C1 |
| 11.30 – 12.40 | High Volume & High Impact Injuries – From Prevention to Rehabilitation | TBC | Group C2 |
| 12.45 – 13.20 | Lunch | - | Group A1/A2 |
| 12.45 – 13.20 | Lunchtime Laughs with Rory's Stories | Rory O'Connor of Rory's Stories | Groups B1/B2 and C1/C2 |



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| 13.20 – 14.00 | Lunch | - | Groups B1/B2 and C1/C2 |
| 13.20 – 14.00 | Lunchtime Laughs with Rory's Stories | Rory O'Connor of Rory's Stories | Group A1/A2 |
| 14.10 – 15.20 | Fuelling your Body – How Food can Impact your Game | Sharon Courtney, Monaghan Ladies Footballer/Lecturer in DKIT | Group A2 |
| 14.10 – 15.20 | Getting the Right Balance: Juggling Demands as a Youth Player | Orlagh Farmer, Cork Ladies Footballer Wesley O'Brien, Lecturer in UCC | Group A1 |
| 14.10 – 15.20 | Getting the Best from Yourself – Understanding your Fitness | Cathal Cregg, Connacht GAA S&C Officer | Group B2 |
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| 14.10 – 15.20 | High Volume & High Impact Injuries – From Prevention to Rehabilitation | TBC | Group C1 |
| 15.30 – 16.20 | Q&A | Panel of Players & Experts | All |
| 16.20 – 16.30 | Críoch | GAA Youth Reps | All |