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# NA H-ÁBHAIR

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# Réamhrá



On behalf of all of the members of the Club I want to say a genuine well done to the Football Section under the chair of Pat Horgan for making today happen. We have had long periods this year without our games and today we can, at last, have a festival of football to enjoy. There is nothing like watching the footballers of our own club kicking lumps out of one another in a spirit of friendship and sport!!

Seriously though, today restores an air of normality to the club and well done to John Shovlin and his team for all the hard work that has gone in to making the day happen. Sevens football is part of what we are as a club since 1973 and it is genuinely great to see this competition happening this year.

As players you have all experienced a strange “on-again off-again” year. I think when it has been on again it has been great to see football played on good pitches in good weather. Out of every cloud comes a silver lining. As spectators we have enjoyed those days when we were allowed the sight of the Crokes jersey on the field of play. We may have had more successful years but the work of our players, mentors, coaches and managers has once again been first class – thanks for all of your hard work and commitment in a crazy year.

You are here today because you have not been able to get on to Pairc de Burca. That is because, as you know, we are finally working on the pitch to lengthen it to the limits possible and to put floodlights up. This is a project that is a long time coming and we hope that when the job is done that you will agree that any inconvenience being suffered over these few months is worth it.

Today is a day for a bit of fun while ensuring that all injuries are non-fatal! Well done to all who made it happen and enjoy the day.

Kevin Foley  
Chairperson  
Kilmacud Crokes GAA Club

# Réamhrá

On behalf of the Football committee I would like to welcome you to the Kilmacud Crokes Internal 7's Gaelic Football tournament. We are delighted to be able to host this competition which will showcase the talent we have among our playing members across all of our adult teams. When the Football Committee determined that the Senior All Ireland 7's was not going to be possible this year it was felt this was a great opportunity to do something for our own players. The players have responded very positively and we are delighted to have 16 teams and up to 200 players in action today.

We are pleased that our 7's sponsor from last year Londis have come on board along with Red Rock Development and M2i as tournament sponsors. We would also like to thank all those who have taken ads in the brochure.

I would like to thank the managers and mentors of all our teams for their efforts this year. As well as running their teams they had to implement the covid-19 procedures which certainly was a significant addition to their normal workload. The way they went about this task showed the calibre of people we have in our club. I would specifically like to thank Simon Deane for his work in ensuring as a section we followed the Covid-19 guidelines issued by the GAA and the HSE.

I hope everyone enjoys the day and we get to see lots of good football and exciting games.

Pat Horgan  
Chairman  
Kilmacud Crokes Football Committee



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# Football Committee 2020 Team Layout

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(Chairman)

Martin McDermott  
(Director of Football)

Ruairí O'Donnell  
(Secretary)

Michael Kelly  
(Treasurer)

Simon Deane  
(Registrar)

Pat Duggan  
(Admin Committee  
Chairman)

Paraic McDonald  
(Club Football Coach)

Ruairí O'Donnell  
(CC2 Rep)

Martin Byrne  
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# Covid Community Program

This brings us to one of the key elements of the scheme – to assist vulnerable people deal with the lockdown situation in whatever way possible.



During the lockdown, Kilmacud Crokes took part in the GAA/Dun Laoghaire Rathdown County Council Community Call support program .

We were very lucky to have more than 175 volunteers, from all sections of the club, helping with the scheme. They carried out a wide variety of tasks for vulnerable members of the Community. We covered an area stretching from Ballyogan to Deansgrange, to Stillorgan to Milltown and Blackrock.

As part of the Program, each week 42 lads made deliveries from SuperValu on The Rise, two pairs of lads, three times a day, seven days a week. Other Jobs included volunteers doing a full weekly shop for vulnerable members of our Community, arranging for a plumber, topping





up electricity cards, deliveries of prescriptions (including emergency deliveries to Greystones and Ballyogan), dog walking, deliveries of groceries and we even had a request for a purchase of black bin bags.

This brings us to one of the key elements of the scheme – to assist vulnerable people deal with the lockdown situation in whatever way possible. The bin bags order was as much for social support as anything else. We carried out a survey among the volunteers and more than 40% stated they felt that they were also providing a social support.

We cannot over emphasize the fantastic response from the club members as volunteers. Nothing was too much trouble, and very many club members dropped what they were doing to respond to emergency requests. The response from those we helped has been very positive indeed, and we enclose a number of messages received by the Admin Team, who put in a huge

effort to deal with all of the requests.

“I could not have asked for a more kind and helpful person”

“The arrangement took a lot of the anxiety out of the whole situation”

“Cannot thank you enough – the arrangement was a life saver for me”

“I was a recipient of their kindness, I am a Cocooner and it was wonderful community service”

With approximately 2,000 jobs carried out, it should make us all very proud of the wonderful club we have, and it is a sign of all the good that we can do as Kilmacud Crokes.

*“Good luck to  
Kilmacud Crokes”*

Councillor  
**Dónal Smith**

 **FIANNA FÁIL**  
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# Kilmacud Crokes

## A Port in the Storm of Covid

Dr. Niall Muldoon & Kiera Brown

The second “My World” Survey was carried out in 2019. This research was first done in 2012 and looked at the mental health of over 15,000 young people in Ireland (12 to 25yrs). Last year it found that there was a notable increase in anxiety and depression among young people compared to 2012. It also found that 40% of our adolescents (12-19 yrs) reported experiencing levels of depression, outside of the normal range and 49% reported anxiety which was also outside the normal range.

Since that report was published Covid 19 has hit us like a train and just kept on pushing us deeper into the ground. It took our breath away and left us lonely and isolated from the family, workmates and people who gave meaning to our lives. There is no doubt it was a terrible ordeal for so many adults, but we must not forget the impact it has had, and is having, on our children and young people too.

As March came in, and Easter was coming around the corner, all of our school going children could smell the summer, and their expectations rose for the coming holidays, BUT this year it was all grabbed away from them and nothing has been given back to replace that. They have lost 6 months of “care free childhood” and instead have been re-conditioned to constantly fear contact with others and to be pre-disposed to separation and keeping your distance under the threat that they, or a close loved one, could fall to this terrible disease. That is the opposite of carefree and has led to a prediction of increased anxiety and stress within our adolescents who we know are already hard pressed to cope. Given that Ireland is already one of the five worst countries in Europe for suicide in the 15-24 year old category the long term consequences of the past six months may not be solely measured in Covid 19 statistics.

However, the My World research also highlighted the importance of physical activity, and a connection with good adults, as strong contributors to positive mental health. The importance of sport during times of crisis, as both a distraction and a means to maintain “normality”, cannot be over stated for our young people. Here in Kilmacud Crokes, where we have over 130 teams, that means we are offering a huge port in this crazy storm and every single manager, selector, coach, female liaison officer or other adult involved with a team deserves the greatest credit for getting back to it as soon as the opportunity was presented by the Government. Your work is not just about wins, skills and scores it can be measured in likes and friendships as well as encouragement, trust and humour – all of the things our young people crave at the moment and which help boost their positive mental health. Thank you all.

Kilmacud Crokes are also trail blazers in the GAA by setting up a Mental Health Committee back in 2015 and setting an objective of increased awareness of the importance of speaking up and asking for help – hence the placement of names and contact details of mental health support organisations in every dressing room where our players, and management can access them easily. Such resources are crucial now for all of our players who may be struggling during this pandemic and we all need to encourage them to seek assistance if they need it.

The Mental Health Committee is now called the Healthy Club Committee and it has been working extremely hard on a wide range of issues within the club to help **all** family members to feel that there is a place for them at Kilmacud Crokes.

### Healthy Club Update

Like many sections of our club, plans have started, paused, resumed and then restarted albeit in

a different format. This will undoubtedly be a challenging winter and it is important that we all recognise that the current pandemic will have affected different people in different ways. We need to keep an eye out on everyone's mental health during this time. We need to be alert to our team mates, neighbours, colleagues, friends, brothers, sisters, parents, children and extended relatives. We need to be conscious of those that may face considerable challenges behind closed doors, be they children or adults. The Club in whatever format needs to be a safe, inclusive place for all.

Remember: ***"If we can winter this one out, we can summer anywhere"*** (Seamus Heaney)

### **Physical Activity**

We will focus to connect our more mature members and get them moving and provide a safe space to meet & move. A number of projects are planned, from socially distanced walking groups (at different times of day) to socially distanced events within and outside the Club.

### **Disability Inclusion**

We continue to work with Paraic & Niall to upskill our TY/camp coaches in Inclusion. As always, coaches support all kids so that they are challenged to be the best athletes they can be.

Our Inclusion Session will recommence in a few weeks. If you are interested in joining as an athlete or coach/helper please email [kierabrown@physioextra.ie](mailto:kierabrown@physioextra.ie).

### **Positive Mental Health**

Managers have been acutely aware of the strain on mental health and have been working with teams to minimize the impact. It is important that all Teams are seen as a safe environment for everyone. This may be the only constant for some people in what might be an otherwise difficult or chaotic environment. We need to be supportive of those within the Teams, players, managers or those connected to players or managers or mentors (it may be something within a house that someone needs support with).

Social inclusion initiatives are in progress for those that are a little older. As many of you know, during the First Phase of Covid, many volunteers and players assisted with more vulnerable members of our wider community, by shopping or assisting with tasks that could not otherwise be done safely. This enabled Crokes to make contact with the local community and in turn those people have shown a great interest in the Club. There are a number of plans to host events

at the Club for those that are older. It may be an opportunity for our younger players to involve their grandparents in "their Club".

Keep an eye out on our social media channels and remember that it is important to talk and reach out where possible. Talk to your teammates, talk to your mentors and importantly, listen. We never know when we might be able to help someone else in the smallest but sometimes most significant way. What is clear from the last number of months, is that the Club has a wealth of resources. We are always looking for help no matter how small. We had many people who had no prior involvement in the Club, step forward during the first part of Covid. It would be great to see more people. It is also a great way to connect with others and to connect with your community.  
Kiera Brown (Healthy Club Officer)

Here is a list of a few websites (there are lots more) that offer a wide range of supports should you or someone else need help:

**Jigsaw.ie** To ensure that every young person's mental health is valued and supported. It is aimed at 12-25 year olds

**spunout.ie** Ireland's youth information website created by young people, for young people.

**samaritans.org** 24hr emotional support phone line

**bodywhys.ie** helping those with eating disorders

**sageadvocacy.ie** - Support for Vulnerable Adults

**ageaction.ie** For all Older People

**gamblersanonymous.ie** for those with a desire to stop gambling

**Dun Laoghaire Rathdown Local Sport Partnership** (lots of initiatives for health and well being)  
**How's Your Head? A Guide to Staying Afloat Post COVID-19 (For Second Level Students)**



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# U13 to Adult Team Management Packages

U 13A	Martin Byrne	Sean O Shea	Niall Donoghue	Damien Kenny
U 13B	Declan Brosnan	Brian Mc Namara	Neil Moriarty	Joe Quinn
U 13C	David Mc Gowan	Eamonn Burns	Kieran Walsh	
U14A	Donal O Dwyer	Kevin Harty	Paddy O Sullivan	Paul Purcell
U14B	Brian Crowley	Donal O Keeffe	Ken Duncan	Brian Dillon
	Paul Quinn	James Barrett		
U14 C	Richie Greene	Niall Bermingham	Paul Sheerin	David Moyna
U15A	Donal Donovan	Damien Kenny	Dave Quigley,	Peter Donohoe
	John Shovlin			
U15B	Sean O Shea	Tony O'Brien	Coleman Byrne	Vinnie Peters
U15C	Donagh Mc Gowan	Gerry Flaherty	Ciaran O Donohue	Niall Mullen
U16A	Fergal Keys	Brian Murphy	Conor Noone	Eddie Mullins
U16B	Joe Burke	John Bradley	Donal Keys	
U16C	Dave Walsh	Cormac Browne	Paul Merriman	Jim Sullivan
	Tom Crotty	Ciaran Scallan		
Minor A	Peter Warde	Paddy O Donoghue	Robert Behan	Mark Vaughan
Minor B	Maurice Roche	Declan Mc Mahon	Maurice Kelly	James Barrett
Minor C	Kieran Lynch	Adrian Sullivan	Peter Donohoe	
Minor D	Vincent Hargaden	Declan Ballyntyne	Brendan Sweeney	Will O Dwyer
AFL 1	Robbie Brennan	Shane Smith	Robbie Leahy	Paul Griffin
	Johnny Magee	Paul Hussey		
AFL 2	Pat Duggan	Nicky Mc Grath	John Power	Davy Kehoe
	Conor Duggan	Ruairi O Donnell		
AFL 4	Martin Byrne	Tom Doran	Denis Gorey	
AFL 8	Dave Egan	Simon Deane		
AFL 6	John O'Loughlin	Gareth McGrath	Brian Mc Grath	
AFL 10	Tony Gallagher	Ciaran Doyle	Dave Beagon	Rob Walsh
	Ronan Synott			

# TEAM COLOURS

Team 1 | Hurricanes



Team 2 | Blues



Team 5 | Crusaders



Team 6 | Bulls



Team 9 | Reds



Team 10 | Brumbies



Team 13 | Sunwolves



Team 14 | Warraths



# TEAM COLOURS

Team 3 | Chiefs



Team 4 | Highlanders



Team 7 | Lions



Team 8 | Sharks



Team 11 | Cheetahs



Team 12 | Rebels



Team 15 | Stormers



Team 16 | Westernforce



# Coast for Crokes



It's been a strange year, much of it spent for many in isolation away from family and friends. One of the bright shining lights over the course of that last seven months has been how GAA clubs have stepped up in support of their local communities. None more so that Kilmacud Crokes. On a weekly basis the work done by the many club volunteers, delivering groceries and other essential services to those who were cocooned was a massive success, and provided much comfort to many in the area.

CoastforCrokes came about as idea, not just as a fundraiser, but also to promote a healthy weekend for all club members and their families. There was a week spent deciding what it was we could do to get all our members out in the community parks and streets while adhering to Government guidelines. The result was a plan that we would, as a club, walk the coastline of Ireland. Next step was promoting the idea through the section Chairpersons, as we believed it was vital that there was buy in from all parts of the club. Needless to say, but we immediately had their full support and backing. Once that was done, it was over to our social media genius, Paul Collins, to get all the promotional material together and begin the task of building momentum. Having Paul on board was a crucial part of the plan as he put together a strategy which made sure the membership were not

only aware of the event, but also more and more enthusiastic as we got closer to the event. It is important to thank all of those players, young and slightly older, who volunteered to be part of the promotional material.

The weekend itself was a success far beyond our imagination. On the Friday night, on a final Zoom call, we had kind of agreed that success would look like a reasonable amount of people out in the parks and a fundraising target of c€15k. Boy did we underestimate the enthusiasm and generosity of the club members. By Saturday at lunchtime we already had enough reports and pictures of a purple and gold parish to fill many albums. By Saturday afternoon the entire area seemed to be a sea of club colours. We thought it might ease on the Sunday, again we were proved totally wrong. We were still getting reports and pictures late Sunday night. It truly was a magnificent sight to see the Kilmacud Crokes colours out in such force for an entire weekend.

The fundraising completely blew us out of the water. We had included 3 charities (Laura Lynn, Pieta House and Breast Cancer Ireland) as all are charities that have been closely linked with the club in the past. Again, our target was c€15k based on other similar fundraisings. The strategy was to have "milestones" along the way. These were essentially notable people with the club offering themselves for some ridicule in order to keep the club membership engaged on the fundraising side. Some of these were truly memorable and came from all the sections. It was clear by early afternoon on Saturday that we had vastly underestimated the generosity of our membership. By Sunday evening we were completely bowled over. It really is something that we can be proud of as a club for years to come.

Our thanks to the club committee and sections for their support and assistance in the planning. Special thank you to Paul Collins, whose excellent work on the marketing and online promotion of the event was truly excellent and above and beyond any call of duty. Thank you to Simon Deane, Molly Lambe and Eadaoin Herlihy for all of their time spent in the planning. BUT MOST OF ALL.....thank you to the membership of Kilmacud Crokes for their enthusiastic participation and generosity. We truly are a SUPER club.

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# The Competition Rules



1. The Competition is a one day tournament, to be run on the eve of the All-Ireland Football Final each year. Games will be played at various grounds as arranged by the host Club - Kilmacud Crokes G.A.A.
2. Entry to the competition will be by invitation only. An entrance fee will be payable to help defray running expenses of the tournament.
3. The competition will be confined to properly registered G.A.A. Club's and all players must be registered members of their clubs.
4. The Executive Committee of Kilmacud Crokes G.A.A. Club, who are ultimately responsible for this competition, will appoint a controlling committee to run the tournament on the day. This competition committee will make all decisions in relation to the running of the competition.
5. The referees to be used will be drawn from the current inter-county panel of referees and will be submitted for approval to the Games Administration Committee.
6. This year's competition is made up of 5 Groups of 4 Teams and will be played on a Round Robin basis. 5 Group winners will progress automatically to the ¼ Finals along with the 3 Highest Runners Up in the 5 Groups.  
3 Group Runners Up determined by:
  - . Points accumulated in Group
  - . Score Difference of Group Games = Difference between Scores for and scores against
  - . Scores for
  - . Greater Points Scored in Group Games
  - . Coin Toss
  - . Max of 2 Teams can qualify from each GroupQuarter Finals and Semi Finals will be as follows  
Quarter Finals
  - (1) Winner Group 1 .v. Winner Group 5
  - (2) Winner Group 2 .v. Runner Up 1
  - (3) Winner Group 3 .v. Runner Up 2
  - (4) Winner Group 4 .v. Runner Up 3Semi Finals
  - (1) .v. (2)
  - (3) .v. (4)The Quarter Finals, Semi Finals and Final will be run on a knockout basis. In the event of a draw in the knockout stage three penalties shall be taken by each team using three different players to decide the winning team. Goals only shall count in the penalty contest. If the sides are level after three penalties are taken by each team the penalty contest will continue, using other players on a "sudden-death" basis - each team taking alternative penalties until one team gains the advantage. This team will then be declared the winner of that game. The number of different players to be used is six - if necessary. Thereafter players may take a second penalty.
7. All games shall be 10 minutes each half.
8. A team fielding 15 minutes late is liable for disqualification subject to the decision of the official in charge of the ground.
9. A panel of 10 players must be submitted by each team on an official registration form to be provided by the Organisation Committee before the commencement of the first-game. Only the players on this panel may be used throughout the competition. Any team using a player outside this panel is automatically disqualified from the competition.
10. The panel lists will be retained by the Organising Committee. One copy of each team list will be submitted to the Games Administration Committee within 3 days of the Competition.
11. Official match report forms will be provided by the Organising Committee. The referee must complete his match report immediately after each game and hand it to the Organising Committee. A copy of each report will be submitted to the Games Administration Committee within three days of the Tournament.
12. Normal playing rules will apply with the following exceptions: The ball may not be played backwards to a player who is in his own half of the pitch. The Mark does not apply. Substitutions can be made as often as wished but only with the consent of the referee, at a break in play and from the centre of the side line.
13. In the event of a colour clash, one team chosen by the toss of a coin will wear an alternative jersey to be provided by the Organising Committee.



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# KILMACUD ALL IRELAND TEAM

Round 1	Time	Pitch	Score	Round 2	Time	Pitch	Score
<b>Group 1 Silverpark</b>							
Hurricanes v Blues	11:00	SP1		Hurricanes v Chiefs	12:00	SP1	
Chief v Highlanders	11:00	SP2		Blues v Highlanders	12:00	SP2	
<b>Group 2 Silverpark</b>							
Crusaders v Bulls	11:30	SP1		Crusaders v Lions	12:30	SP1	
Lions v Sharks	11:30	SP2		Bulls v Sharks	12:30	SP2	
<b>Group 3 Silverpark</b>							
Reds v Brumbies	11:00	SP3		Reds v Cheetahs	12:00	SP3	
Cheetahs v Rebels	11:00	SP4		Brumbies v Rebels	12:00	SP4	
<b>Group 4 Silverpark</b>							
Sunwolves v Warraths	11:30	SP3		Sunwolves v Stormers	12:30	SP3	
Stormers v Westernforce	11:30	SP4		Warraths v Westernforce	12:30	SP4	

All matches in Groups are 10 minutes a half. Group games will be played on a league basis.