



Camogie Catch-Up



Welcome!

Ok, so here it goes – Welcome to the first edition of our very own “Camogie Catch Up”. This Newsletter is designed to keep players, mentors, parents and supporters up to date on all of our camogie news in the club. Camogie Catch Up is just a working title – so all suggestions greatly appreciated.

Where will you be able to find it? Well, we plan to have it uploaded bi-weekly onto the club site as well as sending it via email to all team mentors and camogie contacts. We’d love for you to submit your team’s news, fixtures and results. This is all about “Good News News” so if you have something you’d like to share please get in touch.

Thanks,

Ciara

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1. Latest Results

We had a busy weekend on the match front so well done to all those involved in the league and challenge games. Results below:

Team	Result
U11 B	Lost 2-1 against Castleknock
U11 A	Won 8-5 against Erin Isle
U12 B	Won 1-0 to 0-1 against Crumlin
U12 A	Won 4-2 to 0 against Castleknock
U13 B	Lost 8-5 to 5-1 against Cuala
U13 A	Lost 3-2 to 2-1 against Crumlin
U14 A	Lost 2-5 to 0-7 against Lucan
U16	Won 5-2 to 2-2 against Faughs

Congratulations are also in order to the U14 team who played a challenge against Salthill of Galway and came out with a fantastic win.

The Intermediate and Senior B team combined to give local rivals St Marks a tough test which saw the Boden girls taking a well deserved win.

Match Reports:

Late surge from Crumlin denies U13's (Crumlin 3-2 Ballyboden 2-1)

Two late Crumlin goals decided the outcome of this close game. Boden moved 4 points clear 10mins into second half with fine scores from Zenouska Murphy and Sophie McMahon. Great effort by all the girls on our first outing on grass in 4 months!!

Excelling on the day were goalkeeper Saoirse O Donoghue, ably assisted by backs Hannah Conway, Fiona Cooke, Rebecca Kamvar, Grace Walsh and Mairead Mc Walter. Good effort also from Leah Murphy, Zenouska Murphy and Ciara Dunne in midfield, and from Daniella White, Shauna Dempsey, Aine Duffy, Aoife Murphy, Iseult Kelleher, Eimear Sexton and Sophie McMahon.

The performance was a great improvement from last year, and we look forward to our game away to Erins Isle next weekend.

Gerry White

Senior Camogie player Anne Griffin in action against Good Counsel



Congratulations to Ciara Lucey on her selection as vice-captain of the Dublin Senior Camogie Team for 2010

History in the making: Boden U18's lead the way



Ballyboden 10-16

Lucan Sarsfields 3-1

History was made in Dublin Camogie with the commencement of Minor Camogie Competition. Historically once girls finish U16 Camogie they move straight to adult Camogie. This was a recommendation put forward by Ballyboden to the Dublin County Board in 2009 and it was implemented in the current year. It was also a recommendation from our own Strategic Review and is a credit to all concerned that such a competition is now in place.

Ballyboden got off to a great performance in the U18 league against Lucan with a super team performance and clearly back playing in Sancta Maria suited this group of girls. Right from the off-set the Boden girls were determined to set down a marker and Emma Doyle set the wheels in motion finishing some fine interplay with a fine score.

Emma's overall contribution amounted to 4.7 on the day a superb individual performance. There were some fine performances through-out the field, to include The Gavin Twins (Orla and Fiona) and also Anne Marie Gleeson who was as determined as ever.

But this wasn't about individual performances, this was a team effort, the girls who showed guts and determination and some fine skill to finish up on a score line of 10.16 to 3.1

Congrats on a great start to the competition girls. Well done.

The girls send speedy get well wishes to Ciara Donavan.

S. McNeela

Contact "Camogie Catch-Up"

If you have some team news or results you would like included please contact Ciara Lucey on the details below:

Email: lucey1@hotmail.com

Unfortunately we cannot guarantee that all content submitted is featured, however we will try our best to give as much support and coverage to all of the teams within the camogie section

All ideas welcome (these are just a few we have got through already)

Birthdays, Top Scorers, "Young Boden Stars" section, Manager of the month

General News & Events:

1. Facebook & Twitter:

The club have set up a Facebook and Twitter Page, why not log on and become a fan?

2. GALA Dinner Celebration:

There are still some tickets available for the club GALA dinner on the 16th March 2010.

Contact : Liam Deane on 087-6471121

3. Bereavement Curtis:

On behalf of the camogie section we would like to extend our deepest sympathy to Bernard Curtis and family on the death of his father.

Arrival at St Philomena's Church, Palmerstown on Wednesday evening at 5.30 pm. Funeral Mass Thursday at 10.00 am.

Ar dheis Dé go raibh sé.



2. Coaching Corner

Each week we are going to select a weekly skill for players to practice using the wall ball in the club, or of course with a team mate or friend.

Drill: Ground Striking

Duration: 15-20 minutes

Players: 1-2 players

- Set yourself up and place the ball roughly 5m from the wall
- Strike the ball off the wall and stop the return pass
- Practice 10-15 on your right side and 10-15 shots on your left
- Once completed time yourself and see how many you can do in 1 minute
- Vary it and do 1 minute on your right, 1 minute on your left
- Once you've improved your technique you can move on to striking it without stopping it
- Keep on the move the whole time and make sure to develop both your right and left side
- If there are 2 of you, work together to take every second pass, keep calling/talking as you go along
- Speed it up as you get more comfortable with it

So, what are you waiting for? Get practicing!

If you are a mentor and have a skill or drill you'd like covered please email Ciara with your suggestion. Keep an eye out for next week's skill in the coaching corner!

3. Camogie Links

- **Dublin Camogie News:**
Congratulations to all girls involved with Dublin Senior Camogie Team who recorded their first victory of the year with their win over Clare

Hard luck to the Dublin Junior team who lost out to Roscommon in their tie at the weekend
- Visit www.dublincamogie.ie for more county and club information
- Log onto www.camogie.ie for all the latest from Croke Park and other camogie news around the country