



Ballyboden St. Endas
GAA Camogie and Ladies Football Club
CLG Baile Buadain Naomh Eanna



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Hurling News - Joe Canning talks to Under 21 Hurlers

Galway star, Joe Canning took some time out to talk to our Under 21 hurlers last week. The Under 21 hurlers await their semi-final opponents. At time of writing, there is no indication when these games will go ahead.

BBSE had a very good representation in the Walsh Cup final on Saturday evening in Croke Park. Paul Ryan, Conor McCormack, Shane Durkin, Stephen Hiney and Conal Keaney played as Dublin were beaten by Kilkenny.



Dublin scored 4 52 in their Walsh Cup campaign. **Paul Ryan** scored 4 20 of the total with 3 18 coming from frees. **Conal Keaney** was Dublin's next top scorer, contributing a total of 0 06.

The **Senior A team** will be away to Craobh Chiaráin in the first round of the League on March 2nd. The Senior B team are at home to Sancta Maria. Match of the day will undoubtedly be the two Junior teams who play each other in the first round of the Division 4 League (not sure which team has home advantage!!) **All these games are at 10.30am on March 2nd.**

2014 Membership Now Due

2014 memberships are now due for payment. You can pay online by clicking below:

http://www.bodengaa.ie/home/club_membership.493.html

Many thanks to those members who have already paid their memberships. The registration committee would be very grateful if those who are paying by cheque through the envelopes ensure that all details on the envelope are completed.

Football News - Adult League Countdown

Adult League Countdown

With only 2 weeks to the league kick off, the Adult teams are continuing with their league preparations. This weekend saw the Senior and Inter teams play St. Peters Dunboyne and St. Brigids respectively. Both teams are down a number of players and the outings are an opportunity for some of the fringe players to stake a claim. I would encourage players to step up their club commitment with the league only two weeks away *Likewise don't forget our continuance to strive for improved standards in areas such as discipline, gear and membership payment. To the players involved in the NADA programme, the contribution of €50 is now due.*

Speaking of the NADA conditioning programme, it is now up and running three weeks and the feedback to date has been very positive. However, the number of players attending both the on the field and the gym sessions needs to improve in order to make the most out of the opportunity the programme provides and to maximise player potential. I know a number of

players are injured but it is important that you attend the sessions unless your rehab programme prevents you from doing so. Likewise players involved in Sigerson and Intercounty should make every effort to be present for the club sessions.

I am delighted to see the numbers training in both the Junior A and B squads continues to be strong and this is a welcome sight for both management teams. It is encouraging to see the involvement of former players in both management teams as they pass on their experience gained over the years. It is also encouraging to see the mixture of youth and experience in both team squads. Players will be developed and challenged to aspire to reach their potential and this will be assisted by ensuring player game time.

This weekend saw a number of our Intercounty players assist Dublin to a narrow 1 point win over Kerry in the first round of the National League. *Well done Darragh, Declan and Michael Darragh. Looking forward to seeing you all in the Boden jersey for the first round of the league.*

The Minor teams continue with their preparations. Last Friday saw a mixture of the A and B squad members take on Cuala in a challenge match. The management will be encouraged with what they saw and it bodes well for both teams going into their league fixtures.

Reminders

Gum-shields. It is important to note that Gumshields must be worn when participating in football training or matches from now on - No gumshield no injury cover. See also the front page of the website for further details.

<http://www.bodengaa.ie/>

Membership – as always it is difficult to administer the collection of club membership. Why not make it easier for everyone this year. This is the responsibility of us all. Full payment can be made anytime before the 31st March 2014. There is also an on-line instalment arrangement where the first of the 3 instalments must be made by the 31st March 2014. I would encourage the players to make this task easy for their management teams and not to place them in an awkward situation.

Don't forget to support our players as they venture into the world of 'Strictly come dancing' - Ryan Basquel and dual players, Stephen O'Connor, Ronan Cleary, Tommy McGrath and Naoise Maguire. In addition, and not to be outdone, is our own committee member, Brendan Timbs.

Can I also ask, where you have articles of interest in relation to football (even if it's a trip down memory lane, to return them to Neil Buckingham at neilbuckingham@eircom.net And remember 'Whatever it takes'.

Juvenile Registration Night

BBSE Juvenile Registration for 2014 will be held on **Sunday 9th of February 16:00 to 17:30** in the club hall. **Registration will cover all U10 to U16 players.**

Parents are encouraged to use the Online Membership Facility on the link below to register their child/children through one of the many Family Options.

http://www.bodengaa.ie/home/club_membership.493.html

Graham Donne
on behalf of
Juvenile Committee

Coaching and Games Development Plan 2014

Please find attached the "[Coaching & Games Development Plan 2014](#)". The plan has been formulated in conjunction with the Coaching & Games Executive and was passed by the Club Executive last week.

Strictly Boden - VOTING LINES NOW OPEN



Below please see voting links for all our couples. Please click on any of the links on the website to vote/sponsor your favorite couple!!

<http://www.bodengaa.ie/>

The search for a title sponsor continues and we would welcome any interested party. This is an excellent opportunity to become the title sponsor for this event which promises to give maximum exposure and publicity to anyone seeking to promote their brand or company. [For further information please contact Peter Wall 087 1332308.](#)

Ballyboden - Operation Transformation Update

Hi Everyone,

Results for Monday 27th January. We lost another 9st 10 lb and 127 weighed in.

Well done to all, the big losers and especially to those struggling with small losses!!!!

It all adds up! If you missed a week, don't worry, come back!



Don't give up on us baby, lord knows we've come this far. We are half way through the programme now and we all need a little inspiration and extra motivation!!!! Monday 3rd we had Fiona Nea coming to give us a pep talk after our weigh in. Fiona has qualified in Human Nutrition and Dietetics and has offered to help us out. Fiona will talk to us about

Downfalls and what to avoid - butter v spreads (that kind of thing)

Portion Sizes

Risks: Blood Pressure / Large Waist / Heart Disease / Diabetes

Fad dieting

Supporting Children's diet - Lead by example

Why is it harder for some people to shift weight when they think they are being good !!!!!!!!

We would really like as many as possible to stay on Monday.

Operation Transformation is on RTE 1 tonight and tomorrow night at 8.30 – So stay tuned for extra inspiration.

Don't forget to follow the diet and exercise programme associated with each Leader.

Walking: **Wednesay and Friday at 7 p.m. Meet at the car park.**

Bye for now and check us out on Facebook:

<https://www.facebook.com/pages/Ballyboden-St-Endas-Operation-Transformation/188977021310339>

Specialist Goalkeeper Coaching This Thursday

Paul Waters is organising a series of specialist goalkeeper training courses for U15, U16, Minor and U21 football teams over the coming weeks. **Next Session is down for Thursday**

6th February in Sancta Maria. If any of the managers want to come down to the sessions they will be welcome

Dublin Spring Series Tickets



Dublin GAA & Allianz Leagues Presents



THE DUBLIN SPRING SERIES

See the All Ireland Champions in action as they begin their 2014 Allianz League campaign.

SATURDAY 1ST FEBRUARY CROKE PARK
DUBLIN v KERRY

SATURDAY 1ST MARCH CROKE PARK
DUBLIN v CORK

SATURDAY 8TH MARCH CROKE PARK
DUBLIN v KILDARE

SATURDAY 29TH MARCH CROKE PARK
DUBLIN v MAYO



www.hill16.ie



@DubGAAOfficial

TICKET PRICING

4 Game Package

Adults €40 - Stand & Terrace
Juvéniles €10 - Stand

Buy in advance (Single game)

Adults: €12 - Stand & Terrace
Juvéniles: €5 - Stand

Buy on the day (Single game)

Adults: €15 - Stand & Terrace
Juvéniles: €5 - Stand

Club contact for tickets: Noel Sheridan

Phone Number: 087 293 3829



Proud Sponsor of Dublin GAA
Providing great value car, home and travel insurance.
We're stronger together.

List is now available in the bar.

Feile Boden - Valentines Fundraiser Disco



Valentines Night Disco - Boys & Girls Feile Fundraising

Valentines Night 14th. Feb from 8.00pm to 11.00pm.

Admission strictly by "Ticket Only" as places are limited.

See "[FEILE BODEN](#)" Facebook Page for more info or Ph 087 2609544

Spring Clean - Fundraising

Old Clothing Collection / Spring Clean - Fundraising

Boys Feile Fundraising will be passing out bags over the coming week at training and nursery events.

They are looking for old clothes, shoes, Bags, Towels etc..

Collection of filled bags will be at BBSE Clubhouse Saturday 8th. February from 10.00am to 2.00pm.

Funds go to Boys Feile Fundraising / Charity

ANY QUERIES CONTACT CATHERINE AT - 087 6473930

More Baby Congratulations!

Congratulations to **Kevin and Annmarie Walsh** on the birth of their baby girl "Loaise" on **New Years Eve**.

Also to **Paddy and Ciara Healy** on their new baby boy "Aodhan" last Sat 25th Jan.

Congrats to Senior Footballer **Andrew Kerin** and **Lynn** on their new bundle of joy 'Tom' who was born last weekend. Rumour has it that Tom is already registered with BBSE!

Na Siúltóirí Buadáin - Upcoming Schedule

[Click here for the Na Siúltóirí Buadáin - Jan/Feb 2014 Schedule.](#)



Social Update

Mon



Set Dancing

Set Dancing Class Mon 8.30pm in the Clubhouse.
All welcome !



Tues

Bingo

Bingo continues every Tuesday at 8.30pm in the lounge. The jackpot will be €400.00 to morrow 4th February. A book for ten games costs €10.00 plus €2.00 for the jackpot game.

Come along to morrow and join a large crowd of members and their friends.

See you there.



Fri

Friday night cards

Friday night cards at 9pm. All welcome.

Pool and Darts AGM

The Agm for the Pool and Darts section takes place next Friday 7th February at 8.30pm in the Clubhouse. The main item on the Agenda is to elect a new committee. Nominations will be taken from the floor on the night. The Pool and Darts section would welcome new members.

Sat

Saturday Night Music.

Paddy Brown plays in the Lounge next Friday 8th February. Its always a good night and there is no cover charge. Singers are always welcome to take part and sing their party piece.

Lotto Results - February 3rd

There was no winner of the Jackpot last night.
The numbers drawn were: **21, 25, 13 and 8.**

Match 1st Three Winner:

- Aileen & John Wynne, Hamilton Place,
Navan Road

Weekly Subscriber Draw Winner:

- Matt Fletcher, Coolamber Court,
Knocklyon

Next week's jackpot is for € 2,500. [Click here to play online.](#)

