



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



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## U21 Football Championship SF

# U21 FOOTBALL CHAMPIONSHIP Semi-Final

**Saturday 24/01**

**Ballyboden v Kilmacud Crokes**

**2.15pm**

**Páirc Uí Mhurchú**

**PLEASE SUPPORT**

Please support our U21 Footballers this Saturday in the Championship semi final as they look to overcome local rivals Kilmacud Crokes in PUM.

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## **Job opportunity**

See [here](#) for details of a great job opportunity for a Ballyboden St.Endas player, member or relative (Dublin based).

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## **U15's Strength and Conditioning with Kenneth Egan**

The Under 15 A Hurlers and Footballers are having a series of Strength and Conditioning sessions with Boxer and Olympic Silver medalist (and Fine Gael Councillor as pointed out by one of the boys!) Kenneth Egan.

Friday last was the second in the series of sessions fwith Kenneth and the boys were again pushed very hard with a programme of tough and innovative exercises aimed at building the boys 'core'..

After the session, Kenneth gave the boys a pep talk with advice on match preparation, hydration, diet, and mental attitude drawing on experiences from his own incredible career. It was a pleasure to witness Kenneth Egan and the Boys in action as they hung on his every word.

They were a tired bunch of lads when the session was over.... I'd imagine they are sleeping well these Friday nights!

For more photos click on [link](#)

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## U16/17/18 Hurling & Camogie Pre-Season Coaching Programme

On Friday last, hoards of hardy hurlers and camogie players assembled for the first of four pre-season coaching sessions under a pilot initiative run by the Hurling and Camogie Sections. The program is being facilitated by **Paudie O' Neill**, coach for the Tipperary Senior Hurling team.

Despite Met Eireann weather warnings of various hues, blue and white were the only colours that seemed to matter at Sancta Maria at 19:00, as temperatures dipped below zero. A total of 65 players took part in what proved to be a successful start to the Programme.

This pre-Season Hurling/Camogie Coaching Programme is being run over four Fridays in Jan and Feb and is targeted at all players from:

- [The 2015 U16 hurling squads](#)
- [2015 first year Minor hurlers \(last year's U16's\)](#)
- [2015 Camogie Squads in final year at U16/17/18](#)

To support the Programme an impressive line up of Club coaches has been assembled, primarily consisting of current and recently retired senior players from both codes. The ambitions and objectives of the Programme are to:

- prepare juvenile players for the transition to adult levels;
- enable players to perform to their optimum level in the coming season;
- create a forum for coaches within the Club and to develop a common coaching approach to achieve these other objectives.

The coaches who attended session 1 on Friday were David Curtin, Darragh Spain, Naoise Maguire. Richie Sweetnam, David Sweeney and Conor McCormack. Paudie O' Neill is co

ordinating the sessions and acting as lead coach. A number of other Club coaches will also be participating on the Programme over the next 3 weeks.

Along with the participating players and coaches, all current hurling and camogie mentors are also welcome to attend these coaching sessions to observe and pick up some ideas on a games-based approach to coaching.

Further sessions under the Programme are scheduled at Sancta Maria All Weather Pitch from 19:00 to 20:15 on:

Friday, January 23th      Friday, January 30th      Friday, February 6th.

The content of last Friday's initial session included a particular focus on effective striking. Other key areas due to be covered under the remaining sessions include tackling, high catching/fielding and high work rate in games.

Well done to all who took part and a big thanks to the coaches and organisers who are giving their time in implementing this great new initiative. Continued success for the 3 weeks.

Many thanks to Pat Normile for his photos on the evening.  
For more photos, click [here](#) Link to facebook album



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**Sinead Ryan is in conversation with Jerry Corcoran, recently elected Juvenile Boys Football and Hurling Chairman.**

Cork man Jerry Corcoran is a relative newbie to Ballyboden St Enda's but this has only added more to his passion when it comes to the club. Growing up in the hurling stronghold of Glanmire / Sarsfields – it wasn't long before Jerry decided to show his skill and interest in his local club as a young lad.

Jerry joined Ballyboden St Enda's around 10 years ago and he hasn't looked back since – he has been very involved in the underage section in the last few years and is very proud that in 2014, the underage section was one of the most successful sections of the year in the club “this year was brilliant for underage in Ballyboden St Enda's – it just shows you how important the academy and underage resources and coaching is within a club”. He hopes to continue this success as he takes over the mantle as Juvenile Boys Chairman, having served as vice chairman on the committee prior to this.



Jerry is a father of 3 boys and of course this attracts him to go to more games and to pop along to the clubhouse more. “It's great to see the kids' progress through the grades and improve their skills and ability along the way. They love the game which is the best part – they have all found friends there, friendships which will continue over the years.”

Being a Cork man – it's hard to accept defeat in last year's Championship but Jerry thinks that this year could be the year for the Rebels!! “Cork will be there or thereabouts in 2015 without a doubt. Will I dare say the double???”

“Though with Ger Cunningham as the new manager of the Dublin Hurling team things are looking good there too”.

So what does the club mean to Jerry “To me the club is a big family – there are great people involved with a common purpose – to promote the GAA and support the community... The only way is up for Ballyboden St Enda's in my eyes”

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## Coaching - Upcoming Courses

Please see below for our upcoming Foundation Award Course and our Award One Child Course which will be taking place in the club. All details are in the fliers including how to register for the courses.

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## Upcoming Course – Foundation Award Course

### Ballyboden Combined Foundation Award Coaching Course 2015 - Football/ Ladies Football & Hurling/Camogie

- This is the Introductory Coach Education Course for any new or existing Coaches/ Assistant Coaches in the GAA
- Places are limited, and the course is for any Academy or U9-U12 Coach who has not yet completed the course
- **Dates & Times**
  - Tues Feb 3<sup>rd</sup>: 7.30- 9.30pm.
  - Wed Feb 4<sup>th</sup>: 7.30-9.30pm
  - Sat Feb 7<sup>th</sup>: 1 pm – 3.30pm
  - The Course is run over two evenings and a Saturday morning/afternoon
- **Venue**
  - Ballyboden St. Endas Club Hall (Tues) & St. Colmcilles N.S Hall (Wed & Sat)
- **Cost**
  - €10 – All Coaches will receive a Ballyboden Coaching Top. (the cost of the course goes towards the payment for these tops)
- **Registration**

For registration or any further queries email Paul Mc Loughlin @ paul.batmc@gmail.com

## Award One Combined Child Course – Football/Ladies Football & Hurling/Camogie

### Ballyboden Award One Child Course 2015 – Football/Ladies Football & Hurling/Camogie

Places are Limited to Football/Ladies Football/Hurling/Camogie mentors from the U9 – U13 teams who have completed the Foundation Award Course

#### Dates

- 3 Wednesday Nights & 2 Saturdays
- All 3 Wednesday Sessions are for both ALL Coaches
- 1 Sat is for Hurling Coaches Only & Other Sat is for Football Coaches Only

- Wed Feb 25<sup>th</sup>, Wed March 4<sup>th</sup> & Wed March 11<sup>th</sup> – All Coaches
- Saturday March 7<sup>th</sup> ( Hurling/Camogie Coaches Only)
- Saturday March 14<sup>th</sup> (Football/ Ladies Football Coaches Only)

#### Time

- Wednesdays -7.00pm– 9.30pm
- Saturdays – 10.00am-5.00pm (this time may be subject to change)

#### Venue

- St Colmcilles N.S Hall & Ballyboden St Endas Hall

#### Registration

- For registration or any further queries contact Paul Mc Loughlin (086 3350136) ([paul.batmc@gmail.com](mailto:paul.batmc@gmail.com))

The Award One Child course is aimed at coaches that have progressed through the Foundation Award and have experience as a Coach. It covers a number of key modules, as well as Introductory and Conclusion modules. These key modules include:

<i>Role of the Coach</i>	<i>Technical Proficiency</i>	<i>Tactical Prowess</i>	<i>Team Play</i>
<i>Physical Fitness</i>	<i>Playing Facts</i>	<i>Psychological Focus</i>	<i>Communication</i>

## U14 Feile Fundraising Quiz - 30th Jan

*Fundraising Fun Table Quiz*  
**FRIDAY 30<sup>TH</sup> JANUARY**  
*U14s Ladies Feile 2015*



# QUIZ NIGHT

Games  
Professional Table Quiz  
Quiz master  
Raffle  
DJ  
Prizes

STARTS 8.30 PM  
BALLYBODEN CLUBHOUSE  
Table of 4 €40 (pay on the night)  
Over 18s only



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Strictly "The Sequel" 2015 Launch Night Friday 23rd



Ballyboden St Endas  
Baile Buadain Naomh Éanna  
GAA Camogie & Ladies Football Club  
Presents

Friday  
27<sup>TH</sup> Feb  
2015

# Strictly The Sequel

*City West Hotel, Dublin*

DOORS 7PM | SHOW STARTS 8PM | TICKETS €25

Next Friday all 32 dancers will be in the club to find out who is dancing with who and what dance each couple will be performing in City West on Friday February 27th. This will be a brilliant night in the club so come along and support our 2015 dancers. Finger food will be provided on the night and proceedings will kick off around 9:00pm - 9:30pm.. See you all there

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## Bar Entertainment



# Entertainment in the bar

Back by popular Demand  
**"Open Mic Night"**  
Featuring the very best of singers and entertainers in the Ballyboden Area.  
**24th Jan**

**Noel Browne Returns**  
for a night of sing along  
and Craic  
**31st Jan**

Live music in the Bar  
with the Fabulous  
**"Jason"**  
**7th Feb**

Special Romantic Night with good food,  
good music, roses for the ladies,  
and special prizes for the  
most romantic couples...  
**14th Feb**

Details to follow.  
WATCH THIS SPACE.....

# The 'BODEN' News

Ballyboden St. Endas G.A.A., Camogie & Ladies Football Club  
No: 41 ISSN 0791-9778 www.bodengaa.ie e: info@bodengaa.ie

IRISLEABHAR BAILE BUADÁIN NAOMH ÉANNA  
Nollaig 2014

## Senior Camogie Championship Winners 5-in-a-row!



U16 Football Championship



U16 Ladies Football  
League & Championship



U15 Hurling Championship



U16 Hurling  
Championship



U16 Camogie Championship



U14 Feile Football Championship



H&K International

**BALLYBODEN ST. ENDA'S MAIN CLUB SPONSOR**



The 2014 Boden News Annual is now available in the bar. Thanks to all those who contributed to make it happen, we hope you, the members, enjoy the highlights of the year.



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## Boden Pool Competition

The draw for the first round of the pool competition has been completed & is posted on the notice board in the pool room.

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 <b>POOL COMPETITION - 1st Round Draw</b> Best of 3 Frames 	
Matches to be completed by Thursday 5th of February	
Derek Tynan v Darragh Langan	K Griffin v Harry Coffey
Fearghal Brennan v Cathal Regan	Brendan Coyne v Johnny Kenny
Pat McGrath v Brian Kirwin	Donagh O'Farrell v Mick Farrell
Frank Ibbotson v Sean Brennan	Niall Kelly v Tom Mc Donald
Warren Esdale v D Leacy	Jack Mahon v Noel Farrell
Mark Lynch v Ciaran O'Brien	Cormac O'Farrell v Thomas O'Riordan
Ken Giles v Alex Murphy	Mick Skully v Darragh Mc Clusker
Eunan Bonnor v Vivian McClusker	Danny Griffin v Rhys Mc Donnell
Entry envelopes are available in the pool room & entries are to be handed in to the bar staff prior to the commencement of the match	

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Warren Esdale v D Leacy	Jack Mahon v Noel Farrell
Mark Lynch v Ciaran O'Brien	Cormac O'Farrell v Thomas O'Riordan
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## 2015 Membership Now Due

Membership for 2015 is now available to pay online. Please go to [our membership page](#) for details as to how to pay.

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