



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



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Support our Leinster Champions and win €5000!



Support Our Leinster Champions and win €5,000!

Enter the last 12 weeks of the club lotto including the €5000 supporters draw which takes place on week 52.



H&K International





Show **Your** support and play **Your** part ... for **Your** Team

[Click here to support](#)

Transport Arrangements for All Ireland Semi- Final In Portlaoise

We are anticipating massive support for our Senior Football team when they compete against Clonmel Commercials in O'Moore Park on **Saturday 13th February**. The coaches will leave the Club at 14.30pm and will return to the Club after the game has concluded at 17.45pm approx. The coach charge including return is as follows. It will be €10 per adult and €5 for juveniles [16 years of age and under] As we expect a large number of our Club members to make this trip, could you please book your place now by texting to 087 133 2308. Please provide name and number of seats you require. Closing date for booking your place will be 12 noon on Wed 3rd Feb. However it would greatly facilitate us, if you would book your place asap so that we can order the correct number of coaches for this historic occasion.

Coaching Seminar - January 27th



Ballyboden St. Enda's Coaching Seminar 2016



*"1 Club 4
Games"*

— *Developing Confident &
Competent Players*

*"1 Club 4
Games"*



To register please see...
www.bodengaa.ie

Wednesday January 27th

Ballyboden Club Hall

7.15pm – 8.45pm

Guest Speaker – Paudie Butler

"Paudie is a former Senior Footballer and Hurler with Tipperary and is regarded as being one of the GAA's most high profile & contemporary coaches in the area of Player & Coach Development."

His back ground as a former Primary School principal has given him vital knowledge & experience in developing children as players and people. In addition his work in recent years with Senior Football & Hurling teams throughout the country, shows the regard with which he is held among teams at Intercounty and Club level.

He is a former National Director of Hurling and is widely recognised as one of the leading voices within Coaching & Games Development in the GAA."



Sponsored by H&K International



The seminar will take place on Wednesday January 27th. The guest speaker on the night will be the GAA Master Tutor Paudie Butler and the topic being discussed will be on 'Developing Confident & Competent Players'. This seminar will be of the utmost importance for all Club Mentors & Coaches and it is hoped that all mentors from Academy to Adult level will attend on the night.

[Coaches can register through eventbrite at the following link...](#)

Boden 2016 Calendar - Get yours TODAY



Ballyboden St. Enda's Calendar



**Support your club this Christmas by buying
our special Boden 2016 Calendar.**

**The price is €7 for one or even better €10 for two.
So don't delay, get yours today - sure, you're probably in it!**

Operation Transformation Update

WE LOST 124lbs THIS WEEK
That's a total loss to date of 538 lbs
Well done to us

So in stones: that's a staggering 8 st and 12 lbs and a total loss of 38 st and 6lbs
We are well on our way to losing the magic 1,000 lbs

Our Leaders David and Louise lost 2 lbs each. Well done to you both!!!!!!More good news: We have a participant who has lost ONE STONE!!!!!! You know who you are so congrats!!!!!!

We also have one participant on -11lbs and 4 more participants on -10lbs. Brilliant!!

Some not so good news: We had a lot of No Shows - not good!!! So Please Come Back, We Miss You and We Need You to Break the -1000 LB Target. We are walking Wednesday and Friday so please, please, take back out the boots and join us 'cause:

These boots are made for walking and that's just what they'll do!! Are you ready boots? Start Walking!!!!

If you don't want to weigh in using our scales, or you can't make Monday nights, you can email in your loss and we will add it to our total!!

Now, next Monday Frank Fahy will be joining us after the weigh in and giving a talk on how to get the maximum benefit from our walk. He will cover the following:

- Fitness Walking and Fat-burning
- Fitness Walking vs 'normal' walking
- Current guidelines on physical activity for health

Hopefully we will have a good turn out as it was difficult to get him on a Monday night as he is in great demand. Most of us are committed to walking regularly now, so let's get the best value we can from it.

So bye for now and see you Wednesday at 7 p.m.

TG4 Challenge



Ballyboden welcome Tg4 sport to Páirc Uí Murchú for filming of the O'Neills sports challenge at 2.30pm, a competition which features Boden footballers take on an Intercounty keeper and defender to raise a green flag. We get 7 attempts on goal where 4 will see us climb to the top of the scoring charts. Come out and support the lads . The lads who took on David Henry in the Tg4 challenge to-day. L-R : Back row : Shane Brookes, Conor Deane, Eoin Crowley, Stephen Ward, Darragh Kilduff, Darragh Gogan, Sean Crowley. Front row ; Thomas TG4, Donal Mc Carthy, Cian Mellet, David Henry, Karl Weldon, Dean O' Donnell.

Congrats to Niamh and Beth



Congratulations to Niamh O'Neill, Beth Molloy (pictured above on right of picture) and Aoife McGrath on being chosen on the Leinster Post Primary Schools Inter- Provincial Squad. The tournament involving all four provinces took place Saturday the 23rd of January in Kinnegad. Well done girls we are proud of you.

Also, congratulations to Aoife Dwyer and Hannah Murphy on making the U16 panel for Dublin announced this evening. We wish Fearghal Brennan and the girls all the best for the year ahead.

Well done Emily and Ciara Ann !



Well done to Emily Flanagan (pictured above, centre of picture, at the recent presentation of Leinster Medals to the 2015 team) and Ciara Ann Carroll on selection for the 2016 Minor Panel. Well done girls and best of luck from all in the club

Pliates



PILATES CLASSES

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NINE WEEK COURSE

STOTT PILATES®
QUALIFIED INSTRUCTOR

Helps prevent injury | Improves posture & core stability
| Helps relieve stress & back pain | Builds longer, leaner muscles

VENUE: Ballyboden GAA Club, Firhouse Rd, D16

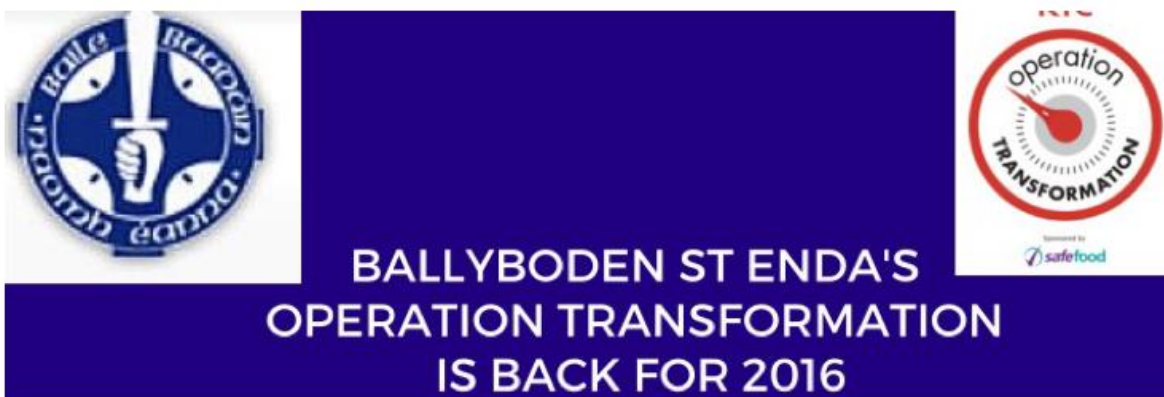
TIME: Wednesdays 7pm-8pm

START: 13th January - 9th March

BOOKING: Call Catherine on 086 357 7977

COST: €90 for 9 weeks or €12 pay as you go

Boden Operation Transformation Returns



OPERATION TRANSFORMATION BALLYBODEN ST ENDA'S 2016

Much to the delight of club members, Operation Transformation Boden style returned to the club on Monday 4th January. Such was the enthusiasm that by Week 3, 180 people had signed up.

Some of our Senior B Ladies have come on board to help and to motivate and we have our own LEADERS as well this year. Louise Butler Byrne and David Spain, who live locally, were shortlisted for the TV show but unfortunately didn't make the final 5. RTE's loss is Boden's gain so they have joined us and we are following them on their OT journey. People are also encouraged to choose a leader on the OT RTE website and follow them.

There are 3 organised walks from the club every Monday, Wednesday and Friday evening of differing distances ...3/5/7kms so you can choose whichever one suits you. The sight of the constant stream of High Vis jackets leaving the club on an evening is a sight to behold!

On Registration night, everyone was given a sheet to record their starting weight and each subsequent Monday we have Weigh In (in private) at 7pm and the lbs lost (or gained!) for the week is noted on the sheet. The group loss is recorded every week.

Operation Transformation is challenging the nation to lose one million lbs so we have set ourselves a challenge of 1,000lbs for our group.

To date we lost 205Lbs in Week 1 and 209lbs in Week 2 so watch this space!!

Our Leaders are very pleased with their progress too recording weight losses in the 1st 2 weeks of over half a stone each!. Well done guys!

A Nationwide walk, in association with Sport Ireland and South Dublin Sports Partnership, was held in our area in Tymon Park on January 9th and it was great to see a lot of Boden faces amongst the large number of walkers.

Last Monday week, Fiona Nea, a local nutritionist, gave a great talk on portion sizes, good and bad sugars to help everyone on their way.

This is not a diet club but more an opportunity to get a little fitter, shed a few lbs, break some bad habits, meet up with some old friends and make some new ones..

A Big Thanks to Ballyboden St Endas GAA Club for their support, Roadsafety Ireland for the high vis jackets, South Dublin County Council Sports Office and South Dublin County Sports Partnership, the Ladies Senior B Footballers and a special thanks to the very dedicated organising group for putting it all together and for their constant encouragement and reminders during the week and for making the OT journey fun and enjoyable.





Lotto Results - January 24th



Lotto Results

Jackpot €1,500

Draw Date 24/01/16

Numbers 22 23 15 16

There was no winner of the Jackpot

Match 1st Three

Patrick Lehane, Crannagh Park, Rathfarnham

Next Weeks Jackpot €2,000

Sponsored by
Byrne & McCall
Accountants and Tax Advisors

There was no winner of the Jackpot

Match 1st Three

Patrick Lehane, Crannagh Park, Rathfarnham

Drawn Numbers

22 23 15 16

