



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



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The Countdown is on! All Ireland Club Semi-Final

Your Club...Your Community Needs YOU

A.I.B All-Ireland Club Semi-Final

Ballyboden St.Enda's

V

Clonmel Commercials

O'Moore Park, Portlaoise

Saturday 13th Feb 16.30pm



Supporters buses going, see



www.bodengaa.ie

for details



Transport Arrangements for All Ireland Semi- Final In Portlaoise on Saturday 13th February

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.

All Ireland Semi - Final Feb 13th Portlaoise

Update on Senior footballers

All going to plan

Ryan Basquel back from injury is the great news story –

We are having a press & Media night on Thursday night in the club @7.30pm you are welcome to come along

The team are then having a camp week end in Kildare where the final preparations will take place

All of this would not be possible but for the generosity of our sponsors and the current “lotto” fundraiser

The closing date for the fundraiser is this week end so one last effort is required

1 We need your support on the day – Full Colours

2 Semi – Final fundraiser – last 12 draws in club LOTTO – plus €5000 draw on week 12 to be won (entry form ask Bar Staff or request 1 from me) donation €40 – closing 31st Jan.

3 New online system . – Developed by Ex Senior Stalwart Cormac Smyth

<https://ballybodengaa.squarespace.com/> send on to those tech friends and ex pats.

As the saying goes “ BE PART OF IT “

'What would YOU sacrifice for your club?'

On All-Ireland Sunday would you make #TheToughest choice and rip up your match ticket for much needed funds for your club?

Check it out.

Bodens Karl Reddy - In his own words



Ballyboden & St.Colmcilles Community School player Karl Reddy has put together a courageous and inspiration video on how sport is helping him face his difficulties. It is a fantastic and motivational piece and Karl would like to thank James Matthews, Holly McDermott, Aoife Durkin and Sinead Giblin for all their help. Well done Karl.

See Karls story [here](#)



Karl Reddy.

"Coaching Competent & Confident Players"

What people must do to get into my quality world



Last Wednesday over 130 coaches from Juvenile to Adult attended our clubs coaching seminar by Paudie Butler. The title for the seminar was "**Coaching Competent & Confident Players**". Paudie spoke about his experiences as a teacher, principal and GAA coach and about the different phases of development that children go through during their Juvenile career. He also spoke about how coaches play a huge role in the development of players and he gave some great examples of how to make a child's journey through the GAA an enjoyable one. *Paudie's presentation form the seminar will be available on the club website in the coming days.*



Hurling News - Table Quiz Feb 18th



Hurling Section Table Quiz



**Friday, Feb 19th
Club Hall at 8pm
Table of 4 - €40**

Support our Teams

Brian Walsh Hurleys Sat 9am-1pm

Brian Walsh will be coming to Ballyboden this Saturday 6th February 9am-1pm to sell his hurleys, Cooper helmets, grips, sliotars and lots more.

Get ready for the season ahead with [Brian Walsh Hurleys!](#)



Important Notice: Club Membership Now Due

Club Membership is now due and can be paid online. Please click on our [membership page](#) to pay. Please see this [important letter from Club Chairperson, Brendan Moran](#), on the changes to payment of club membership from 2015 onwards. Email reminder of usernames was sent out on **January 16th** - please check spam folders if you haven't received it.

Ladies Football Vacancies 2016

Ballyboden St Enda's Ladies Football 2016

Management/Coaching positions

Applications are now invited for positions with the following teams for the 2016 season.

Adult Div 1, Minor (u18), and u16's.

Expressions of interest in any of these positions should be submitted in strictest confidence to the Ladies Football Chairperson Pat Conway patconbbse@eircom.net not later than Monday 11th January 2016.

You may submit an application for more than one position but please indicate clearly which group you are applying to be involved with.

Please remember that we may not be in a position to facilitate everyone with the group they apply for as we will be reviewing applications in conjunction with the Director of Coaching to get the best possible mix involved with the various teams.

Hurley Holders wins Colaiste Eanna Student Enterprise Award.

Congratulations to Ciaran Cashman, Ben Kelly, Daniel O' Riordan and Nicky Tanem, winners of Colaiste Eanna School Student Enterprise Awards with their very clever 'Hurley Holders' concept. The lads will now represent their school at the next stage of the competition.

Ciaran, Ben and Daniel are Minor Ballyboden Hurlers.

Well done lads and Best of Luck with this great idea.

For more information, [see](#)



Picture of a Hurley Holder, holding two hurls and a helmet on the side.



Player Profile - Manus Coughlan



Boden Player Profiles

Manus Coughlan – U15C Footballer

Height: 6ft

Fave Food: Roast Chicken

Fave Music: Avici

Fave TV: The Middle

Fave Book: Private Peaceful

Favourite Grounds: At home in Cherryfield

What has been your greatest moment in sport:

Scoring 2-2 in a match

Toughest opponent you ever faced: Trinity Gaels

What are your hobbies:

Playing music, playing sport and watching TV

What are your vices: Being headstrong

Nominate the laziest person you know: I can't say!

GAA Gripes: People diving to get a free

Childhood heroes: Micheal Murphy

Do you play any other sports: Basketball and athletics

Do you have any superstitions before a match: Making sure I wear the number 8 jersey

The highest point of your career to date: Leading my team to the Championship final

Biggest Disappointment: Penalty against us in the last minutes of the Féile semi-final

Other players with a promising future: Tommy Duff and Dylan Carol

Ways of improving GAA: Scrap the Provincial system

Favourite Personal Saying:

There is no elevator to success you have to take the stairs

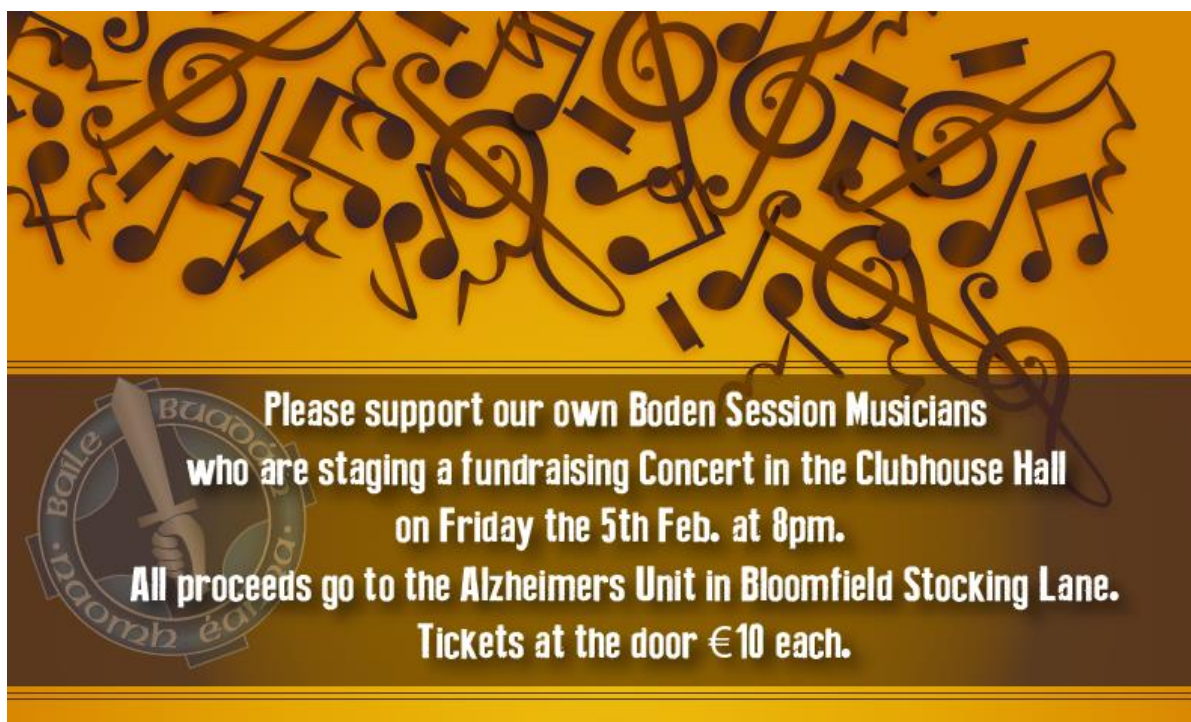
Pet Hates: People being late

What advice would you give to young players:

To keep trying and never stop believing in yourself

How would you like to be remembered: As being a good honest clean footballer





Operation Transformation: An Update on Week 4.

Operation Transformation started a new week with Weigh In Monday before the 1st of the weekly walks from the club.

Weight loss this week was 84lbs i.e. 6st 0lbs. Somewhat less than the previous 3 weeks but we are hoping it's just a mid-way lull!!!

The numbers walking and weighing in have dropped so do come back, you are missed and all bodies are needed to break the 1,000lbs Target we set ourselves in January! If as many as possible can weigh in, we will reach this and maybe a little more! Remember it's never too late to restart!!

On a positive note: total weight loss to date is : 621lbs, i.e. 44st 5lbs (now that must be the full back line of the Senior Men's Football Team!!).

The great news story of the week is one member has lost 17lbs and our leaders are flying it with Louise hitting the 1 stone mark and David 1lb behind with a total loss of 13lbs. Well done guys! Keep it up and keep inspiring us. 8 others (mainly gentlemen!!) have lost over 11lbs!

This week Physical Activity Consultant Frank Fahey gave a great talk after Weigh In with super advice on how to get the maximum benefit from our walk, discussed how to burn fat and the current guidelines on physical activity for health.

Many thanks to Frank for coming and to Anne for organising the talk.

Date for the Diary: A family walk is taking place next Sunday 7th Feb meeting the clubhouse at 11am. The plan is to cross to the Dodder and follow it up towards Aherne's in Old Bawn and work our way back (Final route TBC)

So get get the kids out of bed, bring out the parents, grandparents and friends and come join us.

There will be a welcome cuppa back at the club after.



Upcoming Coaching Courses

Ballyboden Coaching Seminar: is open to ALL coaches & mentors
Athletic Development Workshop: only for coaches from U13-U16

Child Protection Workshop: Compulsory for ALL Juvenile coaches
Foundation Award Course: open to any coach from Academy-U12 who has not yet completed it. This is a compulsory requirement for all Ballyboden Coaches

Award One Child Course: open to any coach from U9-U13 who has previously completed the Foundation Award Course

Click [here](#) for full details

Ciorcal Cainte



Are you interested in learning Irish?

Are you interested in improving your level of Irish?

Are you interested in speaking and conversing in Irish?

Are you interested in helping others improve their level of Irish?

Since October 2015, in Ballyboden St. Enda's when we started the Ciorcal Cainte, we have endeavoured to cater for all the above groups. The Ciorcal Cainte is ideal for students preparing for exams or even parents of children in school who need help with their Irish. We meet every Wednesday night from 9-10pm. Our first Get Together of the New Year will be on the 20th of January. If you are interested in taking part please join us or contact Sean at 0879086100.

Tá an Ciorcal Cainte á reachtáil ó Mhí Deireadh Fómhair 2015. Bíonn sé ar siúl gach oíche Dé Céadaoin óna naoi go dtí a deich a chlog. Bíonn caint comhrá, cur is cúiteamh, craic is sport again sa chiorcal mar gheall ar chúrsaí an tsaoil. Tá sé oiriúnach do gach éinne is cuma cén leibhéal Gaeilge atá acu. Beimid ag tosú ar ais arís ar an 20ú lá de mhí Eanáir. Anois an tam agat iarracht a dhéanamh ar son na cúise. Buail isteach nó cuir glaoch ar Seán ag 0879086100.

Na Siúltóirí Schedule Jan-March

Jan - March 2016 schedule.

Sat 30th Jan Walk for All. Dunlaoighre Flat and Social. Easy 3 Hrs - Meet Time 9:00 AM

Sat 6th Feb Delgany with Trish Cooney Moderate 3½Hrs - Meet Time 9:00 AM

Sat 13th Feb Scarr/Kanturk Moderate to Difficult 3½Hrs - Meet Time 9:00 AM

Sat 20th Feb Shay Elliott Walk Moderate to Difficult 3½ to 4Hrs - Meet Time 9:00 AM

Sat 27th Feb Walk for All. Blessington/Russborough Flat and Social. Easy 3 Hrs - Meet Time 9AM

Sat 5th March Howth Moderate 3½ Hrs - Meet Time 9AM



Sat 12th March Sorrell/Blackhill Moderate 3½ Hrs - Meet Time 9AM

Sat 19th March Walk for All. Sandymount Flat and Social. Easy 3 Hrs - Meet Time 9AM

LOCAL WALK EACH SATURDAY MEET TIME 9AM

Comóradh an Chéid 1916-2016

The Club has established a Committee to plan a programme of events to commemorate the centenary of the 1916 Rising. A formal launch will be announced shortly at which a wide range of activities will be revealed.

To commence the programme - a Guided Bus Tour of the Historic 1916 Sights - will take place on 17 February 2016. This will be the first of a number of "tours" marking the events of the period.

[See Details of 17 February Tour.](#)

Regular updates will appear on the website, social media sites and Boden Newsletter once the formal launch is finalised.

Boden "Open Mic Night" Returns Sat Feb 20th



BACK BY POPULAR DEMAND

BODENS **"OPEN MIC NIGHT"** RETURNS
SAT 20TH FEBRUARY IN THE CLUBHOUSE

ENJOY A NIGHT OF LOCAL MUSICIANS, SINGERS
AND COMEDIANS

LIVE ON STAGE FROM 9.30 PM

ALL BUDDING ARTISTS WELCOME TO PARTICIPATE

Pilates



PILATES CLASSES

SUITABLE FOR BEGINNERS/IMPROVERS

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

Enter your description

Lotto Results - 31st January



Sponsored by
Byrne & McCall
Accountants and Tax Advisors

Lotto Results

Jackpot €2,000

Draw Date 31/01/16

Numbers



There was no winner of the Jackpot

Match 1st Three

Owen Keating C/O BBSE

Eugene Quinn, Templeroan Drive

St Mary's Boys School, Grange Road

Next Weeks Jackpot €2,500