



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



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## Meitheal Mór



Many thanks to all those who came along to help clear the snow off the pitch and the grounds in Sancta Maria on Monday night.

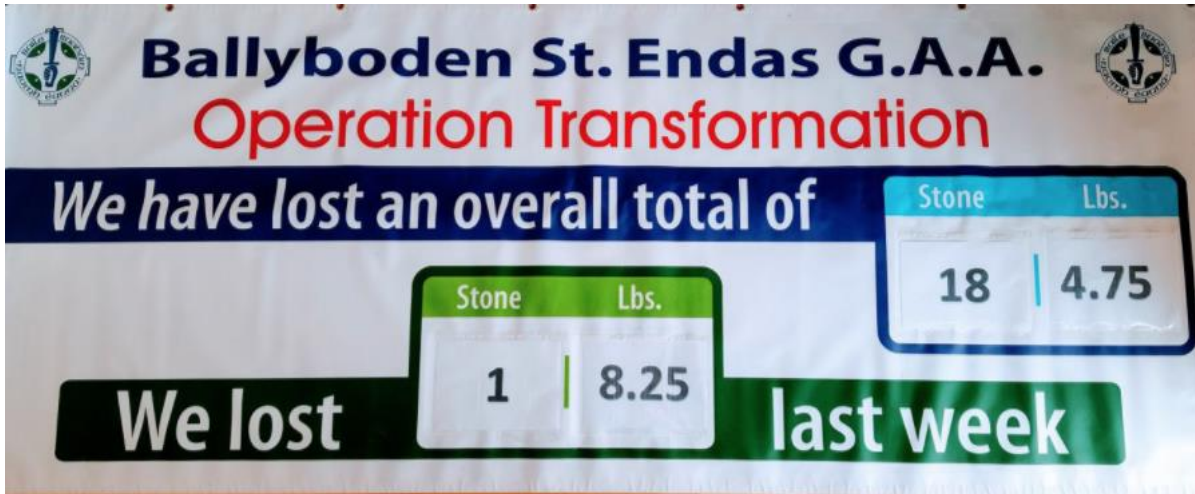
(thanks too to those that sent their pics to @bodengaa via Twitter)

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## Operation Transformation Boden Style Ends



Another successful Operation Transformation Boden Style comes to an end. Here are the statistics for OT 2018. Of a total membership of 65 we had 24 die-hards weighing in for our final night last Monday.

Total weigh loss final week - 1 stone 8.75 lbs

Total weight loss over all - an amazing 18st 4.75 lbs!

10 people lost 9 lbs or more, and of those, 4 lost 11 lbs or more, Incredible!!

Well done to all. But much more important, everyone was out walking and talking. Taking some much needed 'me' time.

So that's it for 2018, the OT team are standing down!!!!

### Upcoming Hurling Fixtures

- AHL 1 v O' Toole's on Sunday, March 11th at 10.15am in PUM

- AHL 3 V Commercials on Sunday, March 11th at 10.15am in Sancta Maria

·AHL 4 V St. Vincent's on Sunday, March 11th at 10.15am in Ballycullen

·AHL 6 V Clontarf on Sunday, March 11th at 12 noon in Ballycullen

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**Broadway Challenge - LAUNCH NIGHT FRIDAY 9th March**



# BALLYBODEN ST ENDAS GAA CLUB



*Presents*

THE

# BROADWAY

## CHALLENGE

[WWW.BROADWAYCHALLENGE.IE](http://WWW.BROADWAYCHALLENGE.IE)

*The Smash Hit Musicals Show*

*Les  
Misérables*

LET IT BE

*Sister Act*

GREASE

MAMMA MIA!

*Dirty  
Dancing*

MOTOWN  
THE MUSICAL

  
BLUES BROTHERS

OUR  
HOUSE

WE WILL  
ROCK  
YOU

SATURDAY NIGHT  
FEVER

JERSEY BOYS

*Featuring a cast of many*

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**CITYWEST HOTEL - FRIDAY 18TH MAY - DOORS @ 7PM - TICKETS €25**  
TO SIGN UP CONTACT: KEN GILES 085 174 3466 / GRAINNE NOLAN 087 947 3625 OR MICK BEHIND THE BAR

This Friday is the launch night for the upcoming Broadway Challenge which will take place on Friday May 18th in City West. This is a great opportunity to meet the teams, get to know the captains and find out what it is all about. It is also an opportunity to meet our event

partners (VEMS Ireland). There are still a few place available so if your interested please contact any of the names on the poster below.. See you Friday :-)

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### Mothers Day -Special Karaoke Session

A promotional poster for a Mothers Day Special Karaoke Session. The background is dark blue with a large, glowing blue microphone on the right side. In the top left corner is a circular logo with a yellow border and a green center, containing a yellow figure holding a staff. The text is white and red. The main text reads: "MOTHERS DAY SUNDAY 11TH MARCH", "SPECIAL KARAOKE SESSION FOR ALL THE MAMMIES, COUSINS, SISTERS, AUNTIES, AND RELATIONS", and "5PM-7PM IN THE BAR".

 **MOTHERS DAY SUNDAY 11TH MARCH**

**SPECIAL KARAOKE SESSION**  
**FOR ALL THE MAMMIES, COUSINS,**  
**SISTERS, AUNTIES, AND RELATIONS**

**5PM-7PM IN THE BAR**

Special Karaoke Session For all the Mammies,Cousins,Sisters,aunties, and Relations  
5pm-7pm (Bar)

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### Easter Schools of Excellence

## Ballyboden St. Endas Easter School of Excellence 2018

**Boys - U12, U13 & U14**

**Girls - U12, U13 & U14**

- Hurling/Camogie will take place for all age groups on March 26<sup>th</sup> & 27<sup>th</sup> in Sancta Maria (All Weather)
- Football/Ladies Football will take place for all age groups on March 28<sup>th</sup> & 29<sup>th</sup> in Sancta Maria (All Weather)
- The School of Excellence will run on Mon, Tues, Wed & Thurs from 10.45am to 2.30pm each day
- Strictly for players playing on the U 12, U 13, & U 14 teams in the club...born in 2006, 2005, & 2004
- The School of Excellence will focus on;
  - Skill Development, Tactical & Team Play Development, Nutritional Advice & Athletic Movement Mechanics....
- Each Day players must bring Water Bottle/Lunch/Appropriate Gear/Hurl & Helmet on Hurling Days



### Application Form

Date:	Code:	Tick Box
March 26 <sup>th</sup> & 27 <sup>th</sup>	Hurling/Camogie	<input type="checkbox"/>
March 28 <sup>th</sup> & 29 <sup>th</sup>	Football/ Ladies Football	<input type="checkbox"/>

Ainm/Name (Block Letters) \_\_\_\_\_

Aois/Age \_\_\_\_\_ Breith Lá/Date of Birth \_\_\_\_\_

Seoladh/Address \_\_\_\_\_

Fón/Mobile Ph No: \_\_\_\_\_ Home Ph No: \_\_\_\_\_

Email \_\_\_\_\_ Scoil/School \_\_\_\_\_

Foireann/Club Team \_\_\_\_\_

Eolas Leighis/Any Medical Notes \_\_\_\_\_

I give permission to bring my child to hospital in case of emergency  (You will be notified in case of emergency)

Siniú/Signed \_\_\_\_\_ Print Name \_\_\_\_\_

Parent/Guardian

Please Return the Form, with PAYMENT to:

Brian O' Regan / Paul McLoughlin, c/o Ballyboden St. Endas GAA Camogie & Ladies Football Club, Firhouse Road, Dublin 16

If Paying by Cheque Please make payable to: BALLYBODEN ST. ENDAS, GAA CAMOGIE & LADIES FOOTBALL CLUB.

For more Info contact Brian @087-6998649 or Paul @ 0863350136

### COST

€25 per code or  
€40 for both

For more Info Contact  
Paul @0863350136 or  
Brian @0876998649

### PLS REGISTER

BEFORE FRI  
MARCH 23<sup>rd</sup>



[The Application Form for this years Easter School of Excellence is available here.](#)

## GAA Healthy Clubs – Another Success for Boden

Some time ago we submitted a detailed application on behalf of Ballyboden St Enda's to be selected in Phase III of GAA Healthy Clubs. I am delighted to be able to announce that on Saturday, 17th February, 2018 we got word that out of over 200 applicants from GAA clubs both inside and outside Ireland, Ballyboden St Enda's has been included in the 92 approved clubs. This is a great honour and is a recognition of the great work done by all the groups in the club.

What does this mean for us as a club? Our aim is to make Ballyboden a hub for health and wellbeing, looking after our members and community with programmes that support physical, emotional and social wellbeing.

Now as part of the GAA Healthy Clubs we will be supported in how best to make our club more health conscious - covering a variety of topics including: physical activity, emotional wellbeing, health screening, healthy eating, drug, alcohol, and gambling education, anti-smoking, youth and community development, as well as providing activities for older members of the community. Our club is already very active in many of these areas. Our aim is to promote these activities within the whole community and to support the development of more groups and activities.

As part of Healthy Boden, the committee are looking at a number of ideas going forward. We have been in contact with Jigsaw, the National Centre for youth mental health and we are delighted they have agreed to do 3 workshops with us here in Ballyboden. These workshops



will be focussed on a number of areas including, how parents and team mentors can support young people's mental health as well as giving our younger members an opportunity to gain an understanding of mental health and what helps and hurts mental health. The first of these workshops will give our mentors/managers an understanding of youth mental health and strengthen their knowledge and confidence in dealing with our young players  
The date for your diary is Monday 9th April - 7.30 - 9.30 pm - This workshop is for parents/and mentors. Further information to follow.

[Maretta Byrne](#)

[Health & Wellbeing Officer \(HWO\)](#)

[Ballyboden St Enda's](#)

[Committee Members: Nuala Dundon, Shay Devlin and Aisling Farrelly](#)

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