



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



Club Lotto Results, 8th April 2021



The Winning numbers in Thursday's Club Lotto were **21 13 22 12**

Níor bhuaigh duine ar bith an Pota Óir an tseachtain seo caite- €3,000

There was 1 winner of the Match First 3 numbers who receives €300

Paudie O' Neill, Rathfarnham. Nach air a bhí an t-ádh

Next week's draw takes place on Thursday 15th April at 8pm.

The Jackpot will be **€3,500**.

Glac páirt sa Lotto anois.

Cláraigh le Lotto [féach anseo](#) le haghaidh tuilleadh sonraí or to play on a weekly basis [see here](#).

Our Club Lotto, now more than ever, plays a vital role in our finances. This funding is vital to ensure that we have the financial resources to maintain our superb facilities. Please support if you are in a position to do so.

If you have any queries about the Club Lotto, please email lotto@ballyboden.ie

Because of the ongoing COVID-19 restrictions, the weekly Club Lotto draw is taking place virtually. The Lotto numbers are selected using an online random number generator and the draw is video recorded and also observed by at least three members of the Lotto Committee using the Zoom video conference application.

BALLYBODEN ST ENDAS GAA MEMBERSHIP 2021



Reminder: With children due to return to play in the coming weeks we would like to remind members to ensure their annual club membership for 2021 is paid.

Renewal emails have been sent out to all our members. The club wishes to thank everyone in advance for their ongoing support. If anyone didn't receive an email or is having difficulty renewing online, please email our club registrar, Gerry at registrar@ballyboden.ie

A letter from our Club Chairman Ciaran Maguire follows:

Fellow Ballyboden St. Endas Members,

The Club Executive would like to wish all of our members a very happy and safe new year. Gaelic Games, at both club and county level, were one of the few normal activities which helped us all through 2020 and players, mentors and supporters enjoyed the opportunity to play in a safe environment when lockdown was lifted. As we look ahead to the uncertainty which will undoubtedly continue into 2021, we can only hope that we will soon be able to get back to playing, training, watching matches and socialising together soon.

As you can imagine, the drop-off in revenues from sponsorship, fundraising, bar and rent due to lockdown, has impacted severely on us in Ballyboden St. Endas as it has on all sporting organisations across the country. At the same time, many of our costs for registration, insurance and maintenance remain fixed which meant that the club ran at a deficit for 2020. There is considerable uncertainty about our ability to raise funds and earn revenue for at least for the first half of 2021. For this reason and in order to help with cashflow and keep the club running at the level and standards we have come to expect, we ask all of our members to pay their 2021 membership fees as early as your personal circumstances allow. As always, if members are experiencing financial difficulty, they can speak in confidence with their section registrar, and a suitable arrangement will be made.

The strength of our community and spirit will bring us through this pandemic, and we will emerge even stronger when it is all over – níl tuile dá mhéad nach dtránn.

Ciarán

Lidl 'Save Stamps for Boden'



After 8 weeks of shopping and saving in Lidl's Level 'The Playing Field' cash giveaway, we ended the campaign submitting an amazing 231 cards in the last week. The competition was so fierce in Leinster that despite submitting a total of 738 since 15th February, we came in 2nd place. The top cash prize of €20,000 just eluded us.

A massive thank you to all who supported us, shopping, saving stamps & getting the same message out there week in, week out. Your ongoing support has been greatly appreciated. And the spirit of 'One Club' is alive and well, with all codes and groups within the club rowing in to support our Ladies Football section in their endeavours.

The good news is we reached the €5,000 Cash Reward so that money will be making its way to our club in due course.

Many thanks again
Boden Abú

One Good Club 2021



Art Competition Winners announced.

We have our winners of the Art Competition in the **One Good Club, Connect Step**. We were very impressed with the standard of all the entries and it's great to see such budding artists in our Juvenile ranks.

Congratulations to Katie, winner of the Ladies Football Picture and to Lucy & Niamh, joint winners of the Camogie Picture.

Coincidentally all girls come from the U10 girls group.

Kate wins a training session for her team with Senior Ladies footballers Aoife Dwyer and Natalia Hyland. Lucy and Niamh win a training session for their team with Senior Camogie players Hannah Hyland and Martha O'Donoghue. The training sessions will take place when training resumes hopefully in the near future.

Well done girls.

One Good Club, Step 4 Keep Learning



MORE FOR YOU



ONETM
GOOD
CLUB

KEEP LEARNING

We are taking part in Lidl's OneGoodClub. This 5-step mental health awareness programme is helping us to highlight the importance of promoting youth mental health in our club and community.



Join us for our next step in the programme, **KEEP LEARNING**

For these two weeks, we plan to learn

Our National Anthem. *Be match ready when the time comes to belt out Amhrán na Bhfiann, be it pitchside or in the stands.*

Cúpla Focal. *Learn some phrases for the pitch as we look forward to returning to training and playing*

About The Jigsaw Apps. *Learn about the Mental Health Apps endorsed by Jigsaw.*

About One Good Meal. *Learn all about Nutrition next week*

Learning opens us to new ideas and keeps us curious and engaged. It gives a sense of accomplishment which can boost our confidence. So try something new. Rediscover an old interest. Challenge yourself to learn a new instrument or try a new recipe.



JIGSAW
Young people's
health in mind

Having successfully completed One Good Club's Step 3 'Take Notice' in the '5 Steps to Mental Well-being' we now move onto **Step 4, Keep Learning**.




Learning opens us up to new ideas and keeps us curious and engaged. It gives us a sense of accomplishment which helps boost our confidence. So try something new, rediscover something old. Challenge yourselves!



One Good Club wonders how many of you know the words to our National Anthem? Well here they are.. learn them, sing them. For our future stars representing club or county or our supporters watching on, use this time to finally learn all the words!



So this fortnight we plan to learn or relearn Amhrán na Bhfiann and learn cúpla focal in advance of returning to play.

		
<p>Booster Buddy</p> <p>Booster Buddy was created in collaboration with teens and young adults with lived experience.</p> <p>Features include:</p> <ul style="list-style-type: none"> ● Mood check-ins ● Crisis planning ● Writing coping statements ● Self-care routines 	<p>SAM app</p> <p>Self-Help for Anxiety Management (SAM) targets individuals experiencing symptoms of anxiety.</p> <p>Features include:</p> <ul style="list-style-type: none"> ● Activities involving reflection and action ● Information on anxiety, relaxation and taking small steps 	<p>Forest app</p> <p>Forest app is the best cure for procrastination, helping you stay away from your smartphone.</p> <p>Features include:</p> <ul style="list-style-type: none"> ● Helps beat phone addiction and overcome distraction ● Encourages you to stay focused and track your focused moments ● Turns your focused moments into a forest

We are also continuing to learn all about Jigsaw, The Youth Mental Health Charity. This fortnight, we are exploring the Wellbeing Apps they recommend. After a lot of research and evidence, Jigsaw have identified apps that are safe to use and that may be helpful to young people in managing their Mental Health and Wellbeing. For more information, see [here](#)

And next week, we will be exploring nutrition, so stay tuned.

And finally well done to our One Good Club committee on being awarded the Take Notice certificate after successfully completing this stage.

ONE GOOD CLUB™

Ballyboden St Endas
Are Proud To Have Completed



Baile Buadain le Gaeilge 2021



Ambasadóir na Gaeilge: Tomás Ó Ríordáin

Tá an-áthas orainn Tomás a ainmniú mar Ambasadóir na Gaeilge 2021 do mhí Aibreáin.

Is ball ana ghníomhach den chlub é Tomás. Bhuaigh sé bonn sinsir sa pheil sa bhliain 1995 agus fiche bliain ina dhiaidh sin bhuaigh sé bonn sóisir san iomáint. Dar leis tá an Ghaeilge ana thábhachtach d'fhéiniúlacht mhuintir na hÉireann,

Cén áit ar rugadh tú?

Rugadh mé san Óspideál Rotunda ach bhí mo theaghlach ina chónaí i gCara Droma Rúisc i gContae Liatroim agus chaith mé mo cheád sé bliana ann.

An banna ceoil is fearr leat?

Is maith liom éisteacht le Seamus Begley agus Sharon Shannon agus ceol tradisiúnta ginearálta agus Reggae freisin cosúil le Bob Marley & UB40.

An áit is fearr leat in Éirinn?

Áit ar bith ar an gcósta a bhfuil farraige ghlan gharbh agus radharc álainn

An bia is fearr leat?

Prátaí, stéig agus glasraí

Tae nó Caife?

Tae

An clár teilifíse is fearr leat?

Laochra Gael

An scannán is fearr leat?

My Cousin Vinny

An leabhar spóirt is fearr atá léite agat?

The Lost Soul of Eamonn Magee' ...dírbheathaisnéis dornalaí Éireannaigh

Cén leabhar atá á léamh agat faoi láthair?

'That place we call home' le John Creedon

An chéad duine a chuir camán i do lámh?

Daidí nó Mamaí nó an bheirt acu

An t-imreoir ab fhearr leat nuair a bhí tú óg?

Pat Hartigan Luimneach

An chéad uair ar imir tú le Baile Átha Cliath?

Fé 16 ceapaim

An t-imreoir is fearr a d'imir leat?

Dara Spain nó Dave Sweeney

An t-imreoir is fearr a d'imir i do aghaidh?

Joe Cooney Gaillimh

An áit is fearr leat ar an bpáirc imeartha?

Leath tosaí

An bainisteoir is fearr a bhí agat riamh?

An bainisteoir a phioc mé

Cé hé an peileadóir is fearr sa tír faoi láthair?

Robbie Mc Daid

Cé hé an t-íománaí is fear sa tír faoi láthair?

Aaron Gillane

Taobh amuigh de Pháirc Uí Mhurchú, cad í an pháirc imeartha is fearr leat?

Páirc Seán Mac Diarmada, Liatroim

Buaicphointe do shaoil imeartha le Baile Buadáin?

Cluiche Ceannais Iomána an Chontae

Sóisear E 2015 agus Cluiche Ceannais Peil an Chontae Sinsir 1995

Buaicphointe do shaoil imeartha le Baile Átha Cliath?

Cluiche Ceannais Iomána Mionúir na hÉireann 1983

Aon chaitheamh aimsire eile?

Is maith liom bheith ag léamh leabhar suimiúil agus bheith ag siúl leis an madra..Téim ag snámh san fharraige aon uair a fhaighim seans

Cén fáth go bhfuil an Ghaeilge tábhachtach duit?

Tá an Ghaeilge an-tábhachtach d'fhéiniúlacht mhuintir na hÉireann agus do chultúr na hÉireann, cosúil lenár gcluichí..Is teanga saibhir agus álainn í agus mar a deir an seanfhocal ' tír gan teanga tír gan anam'.

#OneGoodClub

Ghlac 25 Club páirt san fheachtas ‘One Good Club’ le Lidl chun meabharshláinte a chur chun cinn, Baile Buadáin Naomh Éanna ina measc. 5 Chéim atá sa chlár. An chéad chéim eile ná Lean Ort ag Foghlaim.

Chuir Hannah Hyland sraith póstaer le chéile bunaithe ar an gcéim seo. Lean an hastag #OneGoodClub ar na meáin shóisialta chun na céimeanna go léir a fheiscint.



GRMMA To All The Girls Who Entered Our Flag Competition!!



GRMMA to all the girls who entered our Design a Flag Competition - we had a huge entry, and there was lots of work and inventiveness put into their flags by all our designers. The winner will be announced in the next week, but in the meantime here is the [full Gallery of entries here](#).

Thanks again to all our Juvenile Ladies for entering!!

Webinar for Boden girls



THE FEMALE ATHLETE WEBINAR

Topics include :

RED-S : Nutrition & Performance
The Menstrual Cycle & Performance

Fiona Armstrong (Chartered Physiotherapist)

&

Sarah Nagle (Dietician & Performance Nutritionist)

Register via www.sparc.ie/female-athlete

SPARC EDUCATION

As we all return to play, SPARC are delighted to bring our webinar "The Female Athlete" to discuss female relevant topics related to sport and performance. This FREE webinar will take place next Tuesday April 20th at 1945. It will be suitable for all female athletes from teenage years upwards, in addition to coaches working with these athletes. It will be delivered by chartered physiotherapist Fiona Armstrong and dietician Sarah Nagle.

We look forward to welcoming all our Boden athletes to this webinar next week!

You can register at www.sparc.ie/female-athlete

Boden Session

A Chairde, We had a wonderful Boden Session again this week to mark the end of March – fantastic instrumentalists and

vocalists – many of them recorded their performances on their phones in advance,

which allowed them the comfort of sitting back and enjoying the show on Zoom. Others joined us with impromptu singing and playing on the night – laughter galore was supplied by Declan and Eddie ! The highlight of the night was the magical performance of Scoil Rince Seoige – 11 girls from Jennifer’s dancing class – all perfectly in time having videoed themselves in action in their own homes etc where their classes continue all during covid ! So well done to Scoil Rince Seoige – all take another bow !

So if you missed it in March – please join us in April – we’ll be back for more on the 26th but email me now if you’re interested, and then you’ll get a reminder with a week to go. 25joejohnston@gmail.com

SEISIÚN MÍ MÁRTA ar Zúm - 29/03/2021 8–9.45 p.m.

TONY LYNCH – recorder – ag seinm Darby Kelly

HELEN ROHAN - recorder – ag seinm – Mo Ghile Mear

GERRY MANGAN - ag canadh Slievenamon (a further tribute to Kay Murray R.I.P.)

MARY BLACK – Treble Rec. – ag seinm – St. Patrick’s Day

DECLAN O’BRIEN – ag jabáil faoin mBeacon ! - Any Jab will Do

JOE JOHNSTON – Tr. / Desc. Rec. ag seinm The Mts. of Pomeroy

PAT CAHALANE - ag canadh - Whispering Hope

BRID O’ROURKE – recorder – ag seinm The Green Glens of Antrim

OWEN MC LOUGHLIN – ag canadh The Frogs Wedding

TOM BERRY – Descant recorder - ag seinm The Snowy Breasted Pearl

* * DAMHSA ar ZÚM - St. Patricks Day – Scoil Rince Seoige (Jennifer) * *

ÚNA JOHNSTON agus an fear chéile ! - Tr. Rec. - ag seinm Whispering Hope

DONAL O’BYRNE – guitar – ag canadh Can’t Help But Wonder Where I’m Bound

EDDIE COMERFORD – ag aithris píosa greanmhar ! Saints Preserve Us !

DAN MEANEY - guitar – ag seinm – Dirty Old Town

JOHN WILSON – ag canadh Come By the Hills

TERESA MURPHY – Rec. – ag seinm - Believe Me if All those Endearing Young

Charms

BMVQ - ag canadh The Parting Glass

KAREN – fliúit- ag seinm agus DAVE McFETTRIDGE – ag canadh - Raglan Road

JOE AHERN – ag canadh – The Battle Eve of the Brigade

CRÍOCH - MOUFLON AR BUILE - amhrán ón gChipir !

MÍLE BUÍOCHAS do gach duine a ghlac páirt - especially TOM BERRY

for keeping for keeping us ZOOMING – Keep the music hummin’

along and drop in again on 26th April for another Seisiún -

(Úna has booked playing The April Eve. in adv. – so hands off !)

The Boden Beat



Available on Soundcloud [Here](#)

The rss feed for the podcast

is <https://feeds.soundcloud.com/users/soundcloud:users:739046443/sounds.rss>

It should also be available on all your usual podcast providers.

You'll find it on [Spotify here](#) and [Apple Podcasts here](#)

Fáilte romhaibh chuig “The Boden Beat “. Is podchraoladh é seo as Gaeilge ó Chumann Lúthchleas Gael Bhaile Buadáin Naomh Éanna .

Sa phodchraoladh seo, déanann Robbie McDaid, peileadóir le hÁth Cliath agus Baile Buadáin, cur síos ar an turas fada a bhí aige chun bonn uile Éireann a bhaint amach.

Freisin téann sé siar ar bhóithrín na smaointe chuig a laethanta tosaigh ag imirt faoi aois le Baile Buadáin.

Is iad Paudie Ó Néill agus Setanta Sudway atá ag labhairt leis.

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Rob McDaid is our first guest on the brand new Ballyboden St Endas podcast “The Boden Beat”.

As we celebrate Seachtain na Gaeilge, Rob joins Boden club members Paudie O'Neill & Setanta Sudway to discuss all things Boden, Dublin, Football and more...

Sancta Maria defibrillator



The club has relocated the defibrillator on our grounds in Sancta Maria. The defibrillator is now positioned at the door of the gym on the outside wall of the courtyard. It is in a new easy to access, temperature controlled storage unit on the wall. We would like to thank South Dublin County Council who contributed to some of the costs of the new defibrillator and

storage unit through their Community Grants Programme. This defibrillator is now easily accessible to all club members and members of the local community who use this area.

Exercise is medicine programme for over 65s

SPARC South Dublin are running a 12 week exercise programme for over 65s via zoom beginning on March 2nd at 09:30am. We want to get the people of our community moving during this lockdown!

All classes will be tailored to varying ability and are undertaken by chartered physiotherapists. All you need is a chair and a few light weights (can be small bottles of water).

This is a totally free of charge programme & we would love to see you come along and join in the zoom fun!!

To sign up people can go to

<https://www.sparc.ie/over-65-exercise>

Club History Book, limited reprint ...

As the demand for the book exceeded supply, the Club has been in a position to get an additional 60 books printed. These are now available on a first come first served basis. There will be no further reprintings.

To place your order, you should contact Con Nagle, 087 666 0609 or Paddy Walsh, 087 979 4748. You will be contacted later when the books are in the Club.

Appeal for new Referees at Adult and Minor levels.

Dublin GAA Appeal for new Referees at Adult and Minor levels

Please see message below from the County Board seeking new referees. Anyone interested in signing up for the referee course should forward their details to secretary ballybodenstendas.dublin@gaa.ie before Friday 12th March.

As you are aware, in anticipation of the lifting of current Covid restrictions, CCC is preparing for the season ahead. This year (2021) we have received a significant increase in the number of teams entered in our competitions across both codes at Adult and Minor levels with a significant number of clubs entering more teams than any previous year.

With the increase in teams, combined with withdrawals due to Covid fears, age, etc. comes an additional requirement for new referees. We are already operating with insufficient referees and this increase in teams will put even more pressure on CCC being able to appoint referees for all games.

Without an increase in referee numbers CCC will be unable to guarantee referees for all games in the coming season.

CCC plan to run a Foundation (Beginners) Course as soon as Public Health advice allows.

Support Local Business: Black Amber



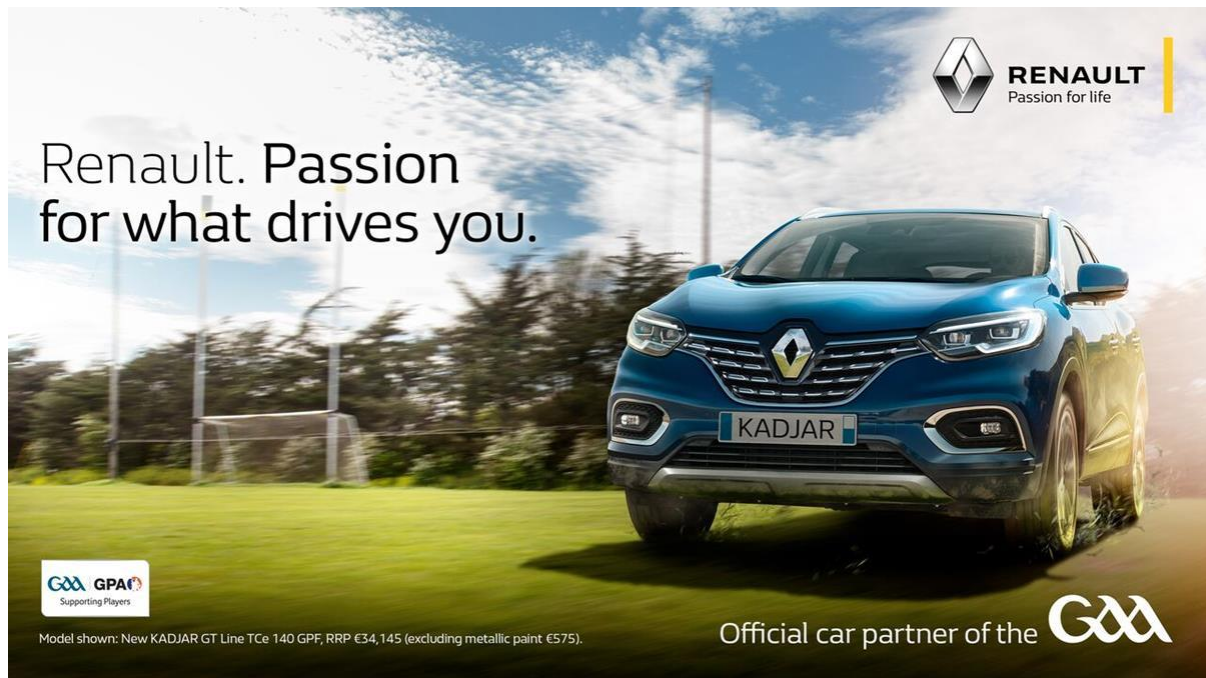
Local business man Roy Kennedy set up the Black Amber group in 2014. With branches in Rathfarnham, Templeogue, Gorey and Naas, Black Amber has adapted its retail business over the last year.

Black Amber Rathfarnham and Templeogue now delivers its much loved products like Kerastase, Davines, Kevin.Murphy and Redken within a 5K radius of its salons. Products can be bought and paid for over the phone creating a contactless sale adhering to all government guidelines. Products are delivered the same day.

Should you wish to purchase any of our retail brands or vouchers please drop us a line on info@blackamber.ie and one of our team will be more than happy to contact you.

<https://blackamber.ie/>

Support Local Business: Renault Belgard



Renault Retail Group is Ireland's only Renault owned dealership.

Being 100%-owned by Renault, enables us to offer you all Renault cars, vans and associated products and services at the best prices and backed with sound advice based on years of experience and passion for the Renault brand.

Renault Retail Group's history in Ireland goes back to 2012 when, it was established as your local Renault dealer on the [Belgard Road, Tallaght, Dublin 24.](#)

We're committed to delivering a quality experience to ensure our business continues to thrive.

Size matters and with all the Renault models available in Ireland and hundreds of Renault Selection approved used cars in stock today – if you're thinking Renault, think Renault Retail Group!

Why Choose Us?

- €500 discount for Ballyboden GAA Club members off any new Renault in the range
- A FREE home charger when you purchase an Electric or PHEV Model from our range
- We are 100% owned by Renault, enabling us to offer you the full range of RRG cars, vans and associated products and services at the best prices and backed with sound advice based on years of experience
- Friendly expert advice on sales and service of your vehicle
- Hundreds of used vehicles to choose from and reserve online for just €99 at rrg.ie
- C-it Now video service assistance

Support Local Business: Adventure Marine



Alex Murphy a Ballyboden member, has set-up e-commerce website www.adventure-marine.com

Working exclusively with Aqua Marina, Alex and his team are one of the rare few who have access to the new 2021 range of amazing inflatables. It sells isups, kayaks, dinghies & accessories to cater for the whole family. All the way from beginner to advanced.

Marine based activities absolutely exploded this year and for good reason. There is so much water locally and in surrounding areas which can be explored.

Imagine you could fold your kayak or SUP into a bag. Put them on your back, put them in the car, or take them on a plane. Our kayaks, canoes and stand up paddleboards fold up into a small backpack so you can take them wherever you want, whenever you want. Once they're inflated, they're as solid as the real thing. This is adventure made easy!

My favourite time to use my SUP is after an away game with some of the team or family. Sea water is great for recovery and it makes those long trips a bit easier!

Please visit our website and if you are thinking of buying a product send me a whatsapp on 087 621 3873 or simply give me a call!

Support Local Business: Kate Campbell, Strictly Sugarcraft



Strictly Sugarcraft was established in 2015, its owner, Boden member Kate Campbell a keen cake decorator found it very difficult to source cake decorating products in Southside Dublin.

The local areas of Rathfarnham, Ballyboden and Firhouse really needed a retail store and Kate duly obliged and opened in 2015.

Strictly Sugarcraft and its staff have made lots of cake friends since its beginning and with a loyal customer base they are very pleased to have recently expanded their retail store in Nutgrove and provide a welcoming friendly space to pop in and wander round.

In 2016 the online store www.sugarcraft.ie came online with over 3000 products, with click and collect or next day shipping available it's easy to navigate and very user friendly.

Our local staff are professional bakers and fully trained cake decorators and are always happy to assist and advise you with your cake decorating needs so please either pop in or visit them online or simply call on 089 707 0120.

Visit us at Nutgrove Office Park, Rathfarnham, D14X802

Why not follow us on [Facebook](#) and [Instagram](#) for the latest product information.

www.Sugarcraft.ie

Support local business: Courtville - Matthew Weldon Jewellery



Rare, unique, beautiful and sustainable jewellery is the speciality of Courtville- Matthew Weldon.

Based in the corner of Powerscourt Townhouse centre on the first floor, it is a small shop with expert gemologists and antique /vintage jewellery experts on hand to assist with all your jewellery requests.

The services we offer are :

- Antique and vintage jewellery,
- Engagement rings,
- Bespoke jewellery,
- Irish silver,
- Valuations.

We cater to all price points and have an ecommerce website - but please note due to high turnover of stock sometimes pieces dont make it onto the website so always worth calling in or following us on instagram.

If you are looking for something truly special, with quality gemstones, excellent client service and keen value definitely worth exploring Courtvilles collection

Support local business: Jensen Fleet Solutions



At Jensen Fleet Solutions we know that a business fleet is essential to smooth operation. We specialize in personalized professional vehicle leasing whereby we take the hassle out of fleet management, leaving you free to focus on your business.

Why Use Us?

- Dedicated account manager
- We specialise in small fleets

- Any queries answered immediately
- Your personalised partner throughout the contract
- Fully Irish owned and operated, stay local, shop local
- 100% Independent

For the consumer we offer fantastic second-hand ex lease vehicles for sale. These vehicles are one owner Irish vehicles, with full-service histories and warranties.

We welcome any AA Inspection on our vehicles as we are extremely confident in the vehicles, we sell

Think of Jensen for all your motoring needs.

GAA April 2021 Newsletter



Here is the latest edition of the GAA Club Newsletter for members.

<https://www.gaa.ie/stories/read-the-latest-club-newsletter-april-2021/>

This month's edition includes the following.

- Covid-19 update for clubs: Nearly there
- How to avoid injury when returning to play
- GAA launch new series of movement break resources for children
- GAA launch Community Heart Programme
- How regionalisation could grow club hurling

Correspondence can be sent to clubnewsletter@gaa.ie

Covid Practice - Update

As a club, we have been very diligent regarding implementation of measures to ensure the safety of spectators and players, and this has been as a result of hard work and effort by many, many people who have been tracking player check-ins, stewarding games, providing signage and sanitiser, ensuring a safe environment etc. This has been tremendously hard work on top of the normal effort to train and prepare teams and compete in games, and we have received compliments from referees and opposition mentors as to the quality of the preparation and precautions taken at games.

As the numbers of cases reported increases across the country, we must remain steadfast and diligent in implementation of the protective measures and procedures. Can we especially:

- Continue with health check-ins before every session
- Continue to sanitise equipment used after every session
- Avoid car-pooling to training or games. If car-pooling cannot be avoided and members of different households must travel in the same car, then masks should be worn.
- Encourage all club members and players over the age of 16 to download the HSE app to their phones as this is hugely helpful for tracing in the event of a scare.
- Continue to insist that all players bring their own water bottle to training and matches. Shared water bottles must not be used.
- Check-in to the GAA app to confirm health status should be done on the morning of an evening session or the night before for a morning game or session.

Many thanks for all your efforts up to now - let's continue to be diligent to ensure that we can complete our full programme of games in a safe manner.

GAA Coaching and Games

From webinars, skills challenges & virtual training sessions, it's been a busy few months for the GAA community. Our Games Development Department has been busy providing assistance to coaches, players, teachers and parents to make this difficult time easier.

GAA Learning Website

The GAA Learning platform at learning.gaa.ie is host to a series of Games Development initiatives building on the vast array of resources and courses published in recent years that are now providing a very valuable outlet for Coaches, Players, and Teachers without the opportunity to perform their usual roles in the promotion and playing of our games.

Some of these initiatives include:

-GAA Primary Challenges – Lesson Plans & Physical Activities for Primary School Children

-Coaching Webinars – Live and recorded webinars with leaders in Coaching and Coach Education

- 100's of activities to Coach Hurling, Football, Handball and Rounders on the GAA Coaching Planner <https://learning.gaa.ie/planner/>

- Games Development Conference Videos and Presentations from 2014 to 2020 <https://learning.gaa.ie/GamesConference2020>

- 'GAA 15' Injury Prevention Programme - <https://learning.gaa.ie/gaa15>

- Céim ar Aghaidh Resources for Primary School - <https://learning.gaa.ie/ceim>

- The Skills of Hurling - <https://learning.gaa.ie/hurlingskills>

- The Skills of Football – <https://learning.gaa.ie/footballsills>

- Online Courses and Workshops for Coaches, Players, Referees and Administrators

- LGFA and Camogie Resources and Programmes

#GAAPrimary Challenges

The #GAAPrimary Challenges is a series of learning & physical activities for children in Primary School. During these particularly challenging times for families, the #GAAPrimary Challenges are designed to help teachers and parents to work on the cross-curricular lesson plans with children to meet their learning needs. Gaelic games-themed lessons are across all curriculum subjects and are for children at every class level, based on the GAA Céim ar Aghaidh/Step Ahead resource. For some fresh air and physical exercise, inter-county stars set Skill Challenges weekly that can be done at or near your home. There are also fun competitions and prizes to be won on the [@GAAlearning](https://twitter.com/GAAlearning) twitter page. Primary teachers are encouraged to share lesson plans, learning material and ideas by email to gamesdevelopment@gaa.ie or on social media using #GAAPrimary.

<https://youtu.be/5lOTk69ctQc>

Webinar Series

To help coaches through this difficult period, the GAA, an Cumann Camogaíochta & the LGFA have created a series of Coach Development Webinar sessions taking place on Tuesdays & Thursday at 7.30pm. Information on future sessions can be access through our twitter '[@GAAlearning](https://twitter.com/GAAlearning)' and past sessions can be viewed on our [Youtube Page 'GAALearning'](#)

National Hurling Development Manager, Martin Fogarty, is hosting Hurling specific webinars every Monday on various aspects of the game and how best to coach it. For more details, visit out twitter [@GAALearning](#)

Coach Survey

The Coach Survey was launched this week with the GAA, LGFA & Camogie Association joining forces to help shape the future development of Gaelic games. The aim of the survey is to get to know more about coaches involvement, their role, experiences and how they envisage their coaching future. The form can be accessed through the link below. If you have any queries about the survey, you can email gamesdevelopment@gaa.ie

https://forms.office.com/Pages/ResponsePage.aspx?id=hrxFrNSvpUKfwz6H4bd_zq1V2frnb-FJnS9jn6gmgFNUNIFLTjIxWThBTEpBSzFVUTVOQjk3RUhXQy4u

<https://www.youtube.com/watch?v=2Az-95HFEa8>

For more information on any of these resources, please visit our website '<https://learning.gaa.ie/>' or twitter page [@GAALearning](#)

Enjoy 50 Shades of Boden at home

In these strange times of social distancing, self isolation and cocooning, you can take time out for a laugh and a giggle with Boden Theatre Group's last production "50 Shades of Boden". Thanks to John Galvin for recording.

<https://www.youtube.com/watch?v=TnJb9x-rgvg>

Ballyboden St Enda's Players & Management- Social distancing..



Important message on social distancing courtesy of BBSE players and management

#IAMSOCIALDISTANCING

<https://youtu.be/xVdfFVZ6dIc>

Ballyboden St. Enda's Player's Assistance

BALLYBODEN ST. ENDAS PLAYERS ASSISTANCE



Ballyboden St. Endas GAA are aware of the potential hardship the current situation regarding COVID-19 could bring to people in our community.

We would encourage all of our club members to check in on elderly neighbours and vulnerable people in our community, and especially older club members who live close by.

Our adult player's committees would also like to volunteer their assistance to support any member of the community who is unable to leave their house.

We are here to help you or a family member who may need assistance in acquiring necessities such as food or medical prescriptions.

If you or any family member need support please feel free to contact Sinead on 086 3010829/ email pro@ballyboden.ie or contact Ronan at 086 1250752.

#bodengaa

WHATS APP / COMMUNICATIONS

Everyone with access to Club/Team social media platforms has a responsibility when using these social media platforms to not do or post anything online that might tarnish Ballyboden St Enda's and the GAA's image and reputation.

No Club social media platform should be used to post or share material which is :

violent, sexually explicit, obscene, hateful, or defamatory.

suggests or encourages illegal activity.

engages in trolling, bullying, or abusive activity.

engages in the disparagement of any race, ethnicity or religion.

In the event of misuse, there is an obligation from team managements along with the recipients of the inappropriate posts to call it out and address it with the poster of the content. If we do not adhere to this, our Club and particularly those involved in the posts (complicit or otherwise) of inappropriate material all stand to blame.

Concussion Management

Concussion Management Guidelines for Gaelic Games

▣ Prepare

▶ Perform

✚ Recover

GAA

Prepare Perform Recover

If in Doubt, Sit Them Out

Gaelic games can be physical sports, and, while collisions are not a primary element of our games, they can occasionally happen. There has been an increasing number of concussion injuries over the past year, and it is important that team managers, mentors and first aid people can recognise the symptoms and know the correct actions to take in order to ensure the safety of the player. Player safety is the most important consideration in a concussion, or any injury situation. It is widely reported that an inter-county player collapsed in a dressing room a week after an initial concussion diagnosis.

SPARC lead physiotherapist, Eamon O'Reilly has kindly created the below protocol for dealing with concussion and shared the GAA Medical Scientific Welfare committee guidelines, and we ask all those involved with teams to familiarise themselves with the guidelines and with the 'If in Doubt, Site Them Out' tag line. In order to ensure player welfare and to collate club data on the occurrence of concussion injuries, SPARC will see any club member with a concussion or suspected concussion free of charge, and we strongly encourage club players to avail of this generous and important offer.

[The GAA Concussion Management Guidelines](#)

Spin The Wheel

SPIN THE WHEEL @ BODEN



EVERY SATURDAY NIGHT @ 11PM
3 PEOPLE TO SPIN EVERY NIGHT

43 Prizes on the WHEEL, Including
€1000, €500, €300, €200, €100, €50
42" Smart TV, Vintage Wine Collection
Presentation Box, Club Lotto Membership

AND DOZENS OF OTHER PRIZES TO BE WON

(YOU MUST BE PRESENT TO SPIN THE WHEEL)

BODEN GEAR ONLINE

The club, together with O'Neill's, are delighted to announce that all your Boden merchandise is now available for purchase online, for delivery to your home.

The online shop can be accessed through the link to the O'Neill's website (below) which will appear on the club website.

Delivery charges also apply but it's free delivery for orders above €50.

White club shorts are the only item yet to be added to the online catalogue, and will be updated soon.

Please note that the online price is higher than the prices that will continue to apply in the club shop as O'Neill's need to apply consistent pricing across their website.

<https://www.oneills.com/shop-by-team/gaa/ireland/ballyboden-st-enda-s-gaa-club.html>

- [ADULT FOOTBALL](#)
- [CAMOGIE](#)
- [HURLING](#)
- [JUVENILE BOYS](#)
- [JUVENILE GIRLS](#)
- [LADIES FOOTBALL](#)
- [LATEST NEWS](#)
- [SOCIAL EVENTS](#)

Art Competition Winners announced.

Posted by Cliona Mellett on 13 April, 2021

We have our winners of the Art Competition in the One Good Club, Connect Step. We were very impressed with the standard of all the entries and it's great to see such budding artists in our Juvenile ranks. Congratulations to Katie, winner of the Ladies Football Picture and to Lucy & Niamh, joint winners...

The post [Art Competition Winners announced.](#) appeared first on [Ballyboden.](#)

Bereavement – Dwyer

Posted by Neil Buckingham on 13 April, 2021

Unfortunately we have some sad news to report, one of our former underage players Jason Dwyer suddenly passed away last Friday. Jason played on Boden teams from U10 to U16. The club extends its deepest condolences to his family and friends and this terribly sad time. Ar Dheis Dé go raibh a anam. More to...

The post [Bereavement – Dwyer](#) appeared first on [Ballyboden.](#)

One Good Club Step Three, 'Take Notice'

Posted by Cliona Mellett on 4 April, 2021

One Good Club Step Three, Take Notice Our members have been busy this week Taking Notice by being present in the moment and have sent in some lovely photos of what they observed. These photos will be put to good use when we design our photo mosaic which will hang in the Ladies Dressing rooms...

The post [One Good Club Step Three, 'Take Notice'](#) appeared first on [Ballyboden.](#)

Covid-19 restrictions – latest update from GAA

Posted by Susan McManus on 30 March, 2021

See the latest Covid update from GAA: 30ú Márta 2021 Do: Gach Rúnaí Chontae
Gach Runaí Chlub Covid Update A chara, I know you will be aware by now of the positive announcement by the Irish Government this evening that non-contact underage training in pods of 15 will be permitted from April...

The post [Covid-19 restrictions – latest update from GAA](#) appeared first on [Ballyboden.](#)

