



Clanna Gael Fontenoy GAA Club **CLANNS UPDATE**



Club launches new 'youth club'

Calling all 1st-year, 2nd-year and 3rd-year students who are players/members with the club! The new 'youth club' facility is the place to be on Friday nights between 8-10pm.



The games table is not just about concentration

There in the hall they'll find three table tennis tables, two table football tables, a pool table as well as chess and draughts. Entry costs just one euro which includes soft drinks and crisps.



This is a ball game of another kind

So the cool and fun place to be on Friday nights is at the new Clanna Gael Fontenoy 'youth club'.

Club News

Gear exchange/sale

Remember, it's still not too late to drop unwanted second-hand gear down to the Club for sale – you can do so this Saturday (25th) between 10am-1pm.

The Club is providing an opportunity for members/players to buy, sell, swap or donate any second-hand football and hurling gear. Only Clanna Gael Fontenoy clothing items can be accepted; otherwise items such as boots, hurleys, sliotars etc are fine.



@Clannagaelfont



A notable club hurler tries to get as much control on the cue ball as on the sliotar

Promising start for U-14s

The new season starts for our U-14 footballers with promotion to Division 4 following their string of strong performances in 2013 to finish second in their league table. There they'll face stiff opposition from, among others, Kilmacud Crokes B, Ballyboden B and St Margarets as winners last year of Division 5.

In preparation for the new competitive campaign which gets underway in February, they played a recent friendly against a visiting Craobh Ciarain team. It provided the perfect opportunity to run off the excesses of the festive season and to start rebuilding to the fitness levels that will be required. Considering this was their first outing since early November, the team delivered quite a good performance with every player showing commitment and determination. The first half saw some tremendous goal-keeping from Donal Byrne to thwart a sharp Craobh Ciarain attacking line on a number of occasions. Down the other end, a brace of goals from Harry Murless helped to give Clanns a half-time lead of 4-1 to 2-3.



The visitors got more into their stride in the second half to push the home team to the limit and it took some very solid performances from Evan Caulfield, Des Duggan and Rory O'Kennedy around the middle third of the field, as well as some staunch defending by Conor Power (who sadly has since broken his collar bone while playing another sport), to keep Clanns just about in control. While the two-point victory in the end was welcome, of greater value was the opportunity to loosen the limbs and to show where there are areas for further improvement.

Clanna Gael Fontenoy 5 – 3 Craobh Ciarain 3 – 7

Club News

Mouthguards compulsory

While it's been a requirement for under-age players for some time, all gaelic footballers in all age grades must wear a mouthguard from January 1st 2014. A properly-fitted mouthguard is the best available protective device for reducing the incidence and severity of sports-related dental injuries. Players can be sent off for not wearing a mouthguard and they will not be covered under the GAA player injury scheme if they don't comply.

Stock mouthguards are preformed and come ready to wear. They are inexpensive and can generally be purchased in sports shops for in or around €5 each. However, little can be done to adjust their fit, they are bulky, can make breathing and talking difficult, and they provide limited protection. However, once they carry the CE (European Conformity) mark they are acceptable in terms of complying with the new rules.

Boil and bite mouthguards can also be bought over the counter at most sports shops and generally offer a better fit than stock mouth protectors. Typically this type of mouthguard will cost in the region of €8 to €33 and again any mouthguard with the CE mark on it in this category is sufficient to ensure compliance with the new rule.

Custom-fitted mouthguards are individually designed and made in a dental office or a professional laboratory based on your dentist's instructions. These will not just offer the best protection against dental and oral injury but they should not affect performance i.e. breathing and speech should be relatively unaffected particularly if these have been worn regularly. Typically a custom-fitted mouthguard should cost between €50 and €75.