



Clanna Gael Fontenoy GAA Club CLANNS UPDATE



U-10s reap benefits from a busy weekend

Last weekend was a busy one for our U-10 hurlers. With training on Friday night, a match on Saturday and the final match of the annual Gormanston indoor hurling competition on Sunday, they were certainly putting the work in and reaping the rewards on the field.



Fielding a depleted side on Saturday due to school holidays, the Clanns boys put in a fine display of hurling against an equally skilful team from Ballinteer St Johns in a cold and windy Marley Park. Our first game of all-in hurling saw some great scoring and mighty defending - which provided a great hurling spectacle and had management playing every ball with them.

Another great year of the Gormanston indoor competition proved equally successful with Clanns winning the final game against Craobh Chiarain 9-0.

Let's hope we can continue this great application during our much-anticipated halftime game in Croke Park on March 7th.



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Club News

Coaching master class

The latest in the "Le Chéile" master class series organised by Orlaith Curran saw Ger O'Connor, Games Development Manager with Dublin GAA, provide some very useful guidance and tips to team mentors in the area of coaching skills. Of particular interest were the six elements he recommends for good coaching of younger age groups:

1. *Creative practice* – encourage the players to do creative things
2. *Bi-lateral development* – get them working both sides of the body
3. *Skills development* – spot and fix shortcomings as they arise, not later
4. *Motivation and communication* – youngsters remember less about what you tell them and more about how you make them feel
5. *Encouraging independence* – prepare players for responsibility and to take decisions
6. *Demanding discipline* – but demand it without demeaning

The "Le Chéile" programme continues over the coming weeks for all interested club coaches.



@Clannagaelfont

St. Margarets too strong for our U-15s

A strong St Margarets teams visited Sean Moore Park on Sunday morning and left with the well-deserved two points that came from a comprehensive victory over our U-15 footballers. Short a number of key players due to the mid-term break, Clanns still made a game of it in the first half and the lead which the visitors held at half time was a slender couple of points.



However, as the second half progressed Margarets took control of the game, particularly around the middle third, and wave after wave of attack eventually led to the scores being ramped up. Indeed, had it not been for the large number of great saves (including a penalty) made by Donal Byrne – who thankfully had returned to goalkeeping duties for this game – the final result would have been more severe from a Clanns point of view. Training will need to refocus on, among other things, the basic skill of passing as the lads gave away too often and too easily possession which they had fought hard to secure.

Team: Donal Byrne, Ruairi Corrigan, Cian O'Regan, Matthew O'Rourke, Colm O'Keefe, Conor Rimmer, Karl Morgan, Rory O'Kennedy, Des Duggan, Ciaran Hendrick, Patrick McNamara, Jack McDonnell, Scott Collopy, Niall Madill and Kevin McGrath.

Clanna Gael Fontenoy 1-2 St Margarets 4-11

Baltic baptism for our U-8s

The U-8 boys began their hurling careers in Baltic conditions at home to St. Judes on Saturday morning in Sean Moore Park. Mid-term holidays meant lower numbers with Clanns particularly depleted. Our coaches decided to play the games with a numerical disadvantage in order to keep the players warm. With this in mind the boys performed heroics against a very strong St. Judes team who were taking a few hefty swings. Strong performances for the Clanns came from Seb Mohan, Aidan Wehrley, Cian Moriarty, Oisín Darcy and the Murray brothers Luke and Daniel. Dara Dunleavy put in a great shift all over the pitch while Luke Gormley, Oisín Burke, Jack Spain and Declan Delany all showed improvement over the course of the games as they warmed up!

Visit www.clannagaelfontenoy.ie for lots more information on the Club's activities

MEAGHERS
PHARMACY

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Osteoporosis: Do's

Exercise

The best exercises to build the bone are weight or load-bearing exercises that require the muscles to work against gravity. Yoga and Pilates can also improve strength, balance and flexibility

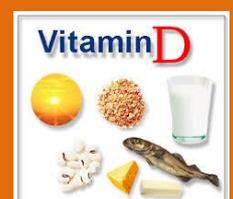
Calcium

Calcium is vital for building and maintaining healthy bone. Milk is of the best source of calcium needed for proper bone growth. Experts suggest that adults should eat at least 700mg of calcium a day, and 1,200mg if diagnosed with osteoporosis.



Vitamin D

Vitamin D is needed in the diet to aid the absorption of Calcium (without Vitamin D, we can absorb only 15% of the calcium consumed). If Vitamin D intake is insufficient, the body must take calcium from its stores in the skeleton, which can weaken existing bone and prevent the formation of strong, new bone, potentially resulting in osteoporosis. Sources: Oily fish including salmon, Egg, fortified milk and cereals.



This information is provided by Meaghers Pharmacy to help educate and raise awareness on important health issues.