# Ulster GAA Coach Academy

# Academy Aims

To complement the coaching qualification pathway, the Ulster GAA Coach Academy, will provide a number of short workshops/courses to further develop coaching expertise over a period of 12months.

The key aim is to support and develop coaches' knowledge and application of technical, tactical, physiological and psychological/lifestyle factors that affect a player’s and ultimately a team’s performance.

The Academy is for Gaelic Football, Hurling and ladies Gaelic Football coaches.

# Who is it for?

* Coaches committed to working at performance level, i.e. county academy squad, minor, U21 or senior level.
* Coaches who have Completed a level 1 (Gaelic, Hurling, Ladies Gaelic, Camogie) Coaching Qualification.

# Academy Duration

* Coaches will have to attend 4 weekends over the year involving a Friday evening and Saturday
1. 12th – 13th June
2. 24th – 25th July
3. 11th – 12th September
4. 30th – 31st October
* Attendance at all dates is compulsory, as is the requirement to complete all tasks set

**Academy Content**

Workshops to include: Performance analysis; Coaching session preparation; Coaching attacking play; Coaching defensive play; Winning the changing room; and much more

### How to Apply

* Download an Application form from the Ulster GAA Website <http://ulster.gaa.ie> or the Ulster Ladies Gaelic Football Website <http://www.ulsterladiesgaelic.com>
* All Gaelic Football & Hurling Application forms must be approved and signed off by your County Coaching Officer and Games Development Manager
* All Ladies Gaelic Football Application forms must be approved and signed off by your County Ladies Football Development Officer
* The closing date to summit completed applications forms is Friday 17th April at 4:00pm, all successful candidates will be notified before Friday 1st May.
* Please return All application forms to:

Ulster Coach Academy, Ceannarás Uladh, 8-10 Market Street, Armagh, BT61 7BX

**Any queries please contact:**

Gaelic Football: Tony Scullion tony.scullion.ulster@gaa.ie 077 9512 0438

Hurling: Kevin Kelly kevin.kelly.ulster@gaa.ie 079 2052 8794

Ladies Gaelic Football: Sheena Kelly sheena.kelly.ulster@gaa.ie 077 9516 0979

# 2015 Ulster GAA Coach Academy

# The Application Process

ALL Coaches who wish to enter into the Ulster GAA Coach Academy must apply using the application form below.

**Application Form**

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| **Section 1: Code Selection** |
| Please tick which code you are applying for: | Gaelic Football |  | Hurling |  | Ladies Gaelic |  |

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| **Section 2: Personal Details** |
| The information below is essential and **MUST** be completed by all applicants in **CAPITALS** |
| Name: |  | Club: |  |
| Address: |  | County: |  |
| Date of Birth: |  |
| Home Tel No: |  |
| Mobile Tel No: |  |
| Postcode: |  | Email Address: |  |

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| **Section 3: Coaching Information** |
| Do you hold a Gaelic GamesLevel 1 qualification? | Yes |  | If Yes, which code |  | Gaelic Football  |
| No |  |  | Hurling  |
| Date GAA level 1 Award achieved |  | Venue/Tutor:*(If known)* |  |  | Ladies Gaelic |
|  | Camogie |
| Please list any relevant courses that you have attended (e.g. GAA, other codes, Workshops, Conferences, CDP, Strength & Conditioning etc  |
| Course Title |  | Date attended |  |
| Course Title |  | Date attended |  |
| Course Title |  | Date attended |  |
| Course Title |  | Date attended |  |
| Course Title |  | Date attended |  |
| Course Title |  | Date attended |  |
| Section 3: Coaching Information Continued |
| GAA Coaching ExperiencePlease give details of your Coaching experience– including dates, Teams, Counties Clubs, Schools, etc. |
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| Describe your Coaching Ambitions: |
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| **Section 4: Declaration** |
| **DECLARATION**I understand that, if accepted onto the Ulster GAA Coach Academy, I must attend all sessions.I understand that Ulster GAA is not under any liability whatsoever in respect of any personal injury or loss that I may sustain during the course of the programmeI understand that photographs/video footage may be taken during the programme and give permission for Ulster GAA to use this for promotional/development purposes |
| Applicant Signed: |  | Date: |  |
| Gaelic Football & Hurling | County Coaching Officer Signed: |  | Date: |  |
| County GDM Signed: |  | Date: |  |
| Ladies Gaelic Football | County Ladies Football Development Officer: |  | Date: |  |
| Please return fully completed application form to:Ulster GAA Coach Academy**Ceannarás Uladh,****8-10 Market Street,****Armagh,****BT61 7BX** |