



# BUILDING BETTER COMMUNITIES ULSTER GAA

Réamhamharc ar CLG Uladh  
An Introduction to Ulster GAA  
[www.ulster.gaa.ie](http://www.ulster.gaa.ie)



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# What is the GAA?

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**The GAA is the world's largest volunteer sporting, cultural and community organisation with over 1.2 million members of 3,000 clubs located in 54 countries across the world. The GAA promotes the indigenous sports of the island of Ireland namely Hurling, Gaelic Football, Camogie, Handball and Rounders in addition to the promotion of Irish Culture, Language and Pastimes. The GAA is an amateur sporting body governed by volunteers. The Ard Chomhairle (Central Council) of the GAA comprises delegates from GAA units across the world and oversees the governance and policy direction of the GAA.**



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COMMUNITIES  
ULSTER GAA**

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# We are the GAA Video

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<https://www.youtube.com/watch?v=DzCwf8T2o-0>



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We are more than a Sporting and Cultural Association, we are a grassroots volunteer driven movement focused on making the communities which we serve better places.



250,000

Members of the GAA in Ulster

15,000

In 2014 15,000 GAA members took part in Ulster GAA Health and Wellbeing initiatives.



400

Delegates attend the Ulster GAA Club and Community Conference annually.

28,000

Children were coached as part of the Foundation and Key-stage I Schools programme in 2014.

42%

of volunteering on the island of Ireland comes from the GAA.

500

Delegates attended the O'Neills Ulster GAA Coaching and Games Conference Annually.

240,000

Approx. 240,000 spectators in total attended major Ulster GAA controlled fixtures in 2013/2014.

90,000

Active players of Gaelic Games

85%

As a grassroots community based not for profit organisation, Ulster GAA reinvests approx 85% of its income to grassroots development at County and Club level.

30,000



The Ulster GAA web-site receives approximately 30,000 hits per month

65,000

page views per month approximately



137,000

Over 137,000 spectators attended the Ulster Football & Hurling Championships in 2014.

60%

of sports attendances on the island of Ireland comes from the GAA.

75%

of GAA spectators regularly socialise after a sports event.

46,000

Spectators approximately, attended the 2015 Bank of Ireland McKenna Cup.

45,000

Approximately 45,000 spectators attended the 2014 Ulster GAA Club Championship.

20,000

The Ulster GAA monthly e-newsletter is circulated to over 20,000 readers.

6,000

Ulster GAA email system is linked to over 8000 active volunteer officials at Club and County level.

25,000

In 2013/2014 approximately 25,000 Participants attended courses organised as part of the Ulster GAA Coach and Volunteer Development Programme.



25,000

In 2014 approximately 25,000 games were organised and played within the Province of Ulster.

39,000

Twitter followers



24,000

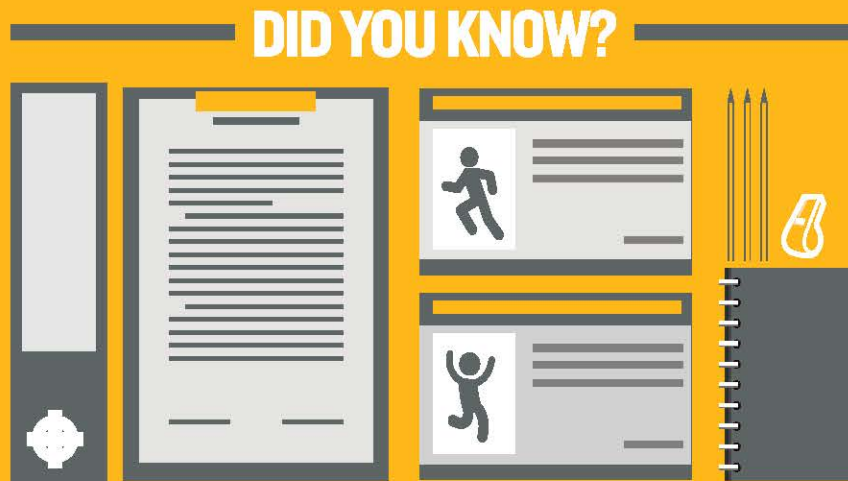
Facebook followers





# 29

Clubs got Coaching Packs



# 58

Schools got Coaching Packs



# 2000

Participants

SECONDARY SCHOOLS ONE WALL HANDBALL

# 20

SCHOOLS



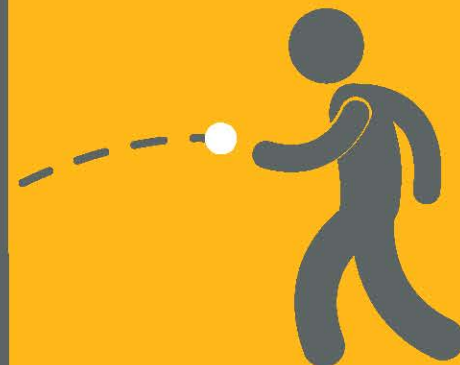
TWO ANNUAL  
BOYS EVENTS  
ONE ANNUAL  
GIRLS EVENT



Approximately

# 200

players per year



## DID YOU KNOW?



**2,000**



Dental kits distributed

**5,000**

Higher level students involved in the Drink, Drugs and Sausage Rolls

**1,200**

Adult Health Advice books distributed



**12**

Healthy Breakfast Clubs in schools

**250**

Volunteers at first ever Ulster GAA Health Conference



**584**

Clubs engaged in 'Heads Up' Mental and Emotional Wellbeing Programme

**500**

Healthy Hamper packs in schools (in both English & Gaelige)



**5,000**



Young people engaged in 'Stand Out From the Crowd' programme

**9**



County Health and Wellbeing Committees established



# DISABILITY PROGRAM

DID YOU KNOW?



# 4 DISABILITY HUBS

Belfast  
Craigavon  
Derry &  
Enniskillen

**1** PROVINCIAL  
WHEELCHAIR  
HURLING TEAM



**5** All-Ireland B  
Winners 2014

**HALF  
TIME  
GAMES**



**8** Annual mixed  
ability event  
to include  
able bodied  
participants

Teams

**70** Participants

10 disability schools  
received coaching  
during term time  
and assistance  
to run summer  
activity camps

Approximately 250  
participants per year

**10 Community Groups**  
Approximately 200 players per year





DID YOU KNOW?

**30**

Coaches recruited  
via jobs & benefits



**107**

Coaches recruited via  
club & community



**12,806**

Participant opportunities  
created by coaches in  
unemployed programme

**689** individual Sports and Governance qualifications obtained



Refereeing & Scorekeeping

**2015**



**Sports First Aid**  
HSENI Approved



Ulster GAA FOR ALL  
Disability Inclusion  
Workshop



GAA Basic  
Referee Course



**AWARD 1**  
**CHILDREN**  
Gaelic Football



Ulster Gaelic Start  
& Fundamentals  
Workshop



Foundation  
Handball



GAA Safeguarding  
Children in Sport

**Blitz**  
**Belfast**

**22** Clubs from  
MDM areas

**500** Players

**48110**

**100** Mentors

**TEAMS GAMES**



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## OUR MISSION

The GAA is a community based volunteer organisation promoting Gaelic Games, Culture and participation.

## OUR VISION

The Vision of Ulster GAA is to foster and grow the GAA across Ulster, strengthening its position as the Province's leading amateur, sporting, cultural, community and volunteer movement. Ulster GAA is unequivocally value-driven.

## THE CORE THEMES THAT GUIDE OUR VALUES AND UNDERPIN OUR DAY-TO-DAY WORK ARE:

Community  
Volunteerism  
Place & Identity  
Inclusion  
Excellence



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9  
54  
584  
3,000  
250,000  
1,200,000

**GAA IN ULSTER HAVE  
9 COUNTY COMMITTEES**

**GAA HAS CLUBS IN  
54 LOCATIONS  
ACROSS THE WORLD**

**GAA IN ULSTER OVERSEES  
& SUPPORTS 584 CLUBS**

**THERE ARE 3,000  
GAA CLUBS IN THE WORLD**

**GAA IN ULSTER HAVE  
250,000 MEMBERS**

**GAA HAVE  
OVER 1.2 MILLION  
MEMBERS WORLDWIDE**





## OUR GOVERNANCE ÁR RIALACHAS

Governance and Strategic Development is a core pillar to all the activities of Ulster GAA. We currently hold a level of full assurance by Sport NI and produce fully audited accounts at the end of each financial year to outline to our members where their money is spent.

**Ulster GAA reinvests approximately 84-85% of its annual income on an ongoing basis back to Club, County and Community Projects**

## EXPENDITURE 2012:

**16%**

Operational  
Ulster GAA costs

**2%**

Insurance

**3%**

Club & County  
Infrastructure

**13%**

Championship  
& Team Expenses

**51%**

Games & Coaching

**12%**

Community & Club  
Development

**3%**

Grants to  
Committees

## CONTRIBUTING TO ECONOMIC DEVELOPMENT AG CUR LE FORBAIRT GHEILLEAGRACH

- The GAA reinvests 84% to 85% of its income back to Club, County and Community Projects. Since 2006 over £60 million has been invested in GAA infrastructure projects across Ulster sustaining approximately 1,000 much needed jobs in the construction industry.
- The major Ulster GAA Competitions (Senior Championships, McKenna Cup, Under 21 Championships, and Ulster Club Championships) attract total average spectator attendances of approximately 250,000 per year worth around £25 / €30 million in economic benefit to the local economy.
- The Casement Park redevelopment project will generate significant jobs in the construction industry and contribute approximately £10-15 / €12-18 million to the City of Belfast in economic footfall once operational.
- Ulster GAA supports the direct and indirect (through County GAA Committees) employment of nearly 100 people in partnership with Public funding sources.
- The ERSI Dublin report on Sports Volunteering indicated that 42% of all community volunteering on the island of Ireland comes from the GAA.
- Ulster GAA's 250,000 volunteer members make a significant annual contribution to the social economy in areas of community development and cohesion, sports participation, health and wellness and youth development through their contribution to their local place.

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# Ulster GAA- Our Clubs

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# Ulster GAA- Our Challenge

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- Community Health
- Female Participation
- Volunteerism
- Economic Development
- Social Capital
- Community Development and Cohesion
- Anti-Social Behavior
- Shared Future & Reconciliation



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# MATH

# Developing the Club Bettering the Community







DEFIBRILLATOR GUIDELINES



**Live To Play**  
Road Safety Awareness



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# STAND OUT FROM THE CROWD FOR THE RIGHT REASONS

ULSTER GAA HEALTH & WELLBEING PROGRAMME



## PREPARE WELL BY EATING AND DRINKING THE RIGHT THINGS:

ALL THE FOODS YOU EAT  
SHOULD HELP YOUR PERFORMANCE.  
THINK:

- ENERGY** Carbohydrates provide energy to the exercising muscles – include some complex carbs in every meal (bread, cereals, potatoes, pasta and rice)
- PROTECT** Fruit and vegetables protect and maintain a healthy immune system – eat at least 5 a day from a range of sources to get the vitamins and minerals your body needs
- REPAIR** Protein is essential to help build, maintain and repair muscles - you can meet your needs by eating meat, poultry, fish, eggs, milk and cheese



## THE EFFECTS OF ALCOHOL AND OTHER DRUGS ON YOUR PERFORMANCE:

- They will **increase** your risk of:  
Cramp, injury and dehydration
- They will **decrease** your endurance, reactions, mineral stores, aerobic performance, speed & strength
- They can also affect your heart rhythms, affect your ability to recover from exercise and cause you gain weight.

**IN SHORT, IF YOU WANT TO BE THE  
BEST YOU CAN BE, YOU'LL ACHIEVE  
IT WITHOUT DRUGS & ALCOHOL.**



## IF YOU NEED HELP OR SUPPORT...

If you feel you need further advice or support, or if you are concerned about either yourself or a friend or family member, open up to someone you trust. You can talk to a coach or someone in your Club community. They may not have all the answers but they will be able to direct you to the right person to give you the help you need. You may feel scared at the prospect of speaking to someone but be brave and take the first step to getting the support that's needed.

For more information on available support you can also visit:

[www.ulster.gaa.ie/headsup](http://www.ulster.gaa.ie/headsup) or [www.gaa.ie](http://www.gaa.ie)



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Armagh Cúchulainns San Francisco 2009

Belfast Cúchulainns USA Tour 2008

LIVE TO PLAY  
HAMILTON





Working

Groups

Community

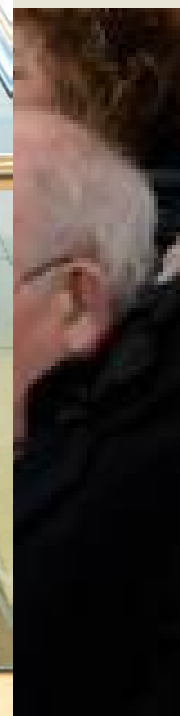
Links with the PSNI

In April 2009 Central Council  
Coordinator to act on behalf of

Anti Sectarian and Anti







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# Thank You

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[www.ulster.gaa.ie](http://www.ulster.gaa.ie)

@ulstergaa

@ryanjfeeney

ryan.feeney.ulster@gaa.ie



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