



Robert Emmets GAA Club



Coaches Meeting April 2025

Coaching Guidelines & Ethos:

Robert Emmets has always been a community focused club servicing the heart of Perrystown & surrounding communities for over 50 years. The club has always recognised and admired the support, dedication and commitment from its volunteer members both past and present. Looking to the future Robert Emmets looks to build on the foundations laid by these members to continue to provide a Structured positive environment, for players, mentors, and members to continue their great work to promote Gaelic games and propel their teams and **OUR** club going forward.

Responsibilities:

As Mentors and coaches of teams, we play a pivotal role in the shaping and development of our young players. Many of our teams look to us as role models – “the people who train them, pick the team and have all the answers on the pitch”. These players young and old look to us for guidance and our behaviours and attitude can influence and shape their perception of how the game is played and the standard expected. Robert Emmets GAA looks to install a list of core values within the club which represents our Culture, Policies, Attitude – These core values will be circulated to all members and parents of children and are expected of all members – Committee – Coaches – Players – Social members.

We get access to kids/players 2 to 3 times per week (approx. 4 to 5 hrs) – We don't know family situations, personal problems, learning difficulties, time spent on mobile phones devices etc. so its hugely important that the time we spend with the players, we make this a positive welcoming environment to meet new & mix with their existing friends & teammates. Let's try to make this an environment the players want to be in.

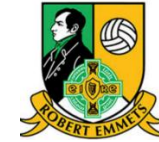
Scenario #1. – Negative attitude and behaviour from coaches – Kids & players see everything and will mimic behaviour, during training sessions or matches if players see coaches shouting negatively or aggressively at players or referees, they will view this behaviour as acceptable and feel they can also speak to teammates and officials in the same manner. Trust me as a current player nobody goes on a pitch to make mistakes, give away possession, kick a pass away its human nature - A word of encouragement carries more weight than being negatively shouted at. Something the club want to move away from is a negative toxic side-line – As a player when things aren't going according to plan when you look to the managers on the side line for help or guidance, the last thing you want to see is chaos, disfunction or aggression, calmness & guidance installs confidence and belief.

Scenario #2. – Positive attitude and behaviour from coaches – Having coaching drills planned in advance and set up relives pressure during training sessions. Promote positivity and camaraderie to the group, instilling the importance of unity and togetherness. Foster and promote support to the players when they're training or completing drills well, this boosts player morale and motivates players to keep pushing. In match situations keeping a calm positive approach on the side line will instil confidence in

teams – One thing all Robert Emmet teams have shown over the years is the unbelievable resilience spirit and character with a never say die attitude – this togetherness and attitude is what Robert Emmets GAA club looks to promote.



Robert Emmets GAA Club



Coaching Guidelines & Club Rules for Players playing up for older teams.

Due to squad sizes within the club, the club promotes and encourages the idea of players playing up in age to help teams field and eliminate conceding walk overs. However, there are specific rules and guidelines put in place by the club that **must** be adhered to. These rules are set in place to protect the players and ensure player welfare & eliminate player injury or burnout. In all cases common sense and communication between managers is key – In case of dispute or query the coaching coordinator will contact the Executive committee **whose decision will be Final**. Any breach of these rules can result in disciplinary action.

Players will always be players & want to play – it is OUR duty of care as a club & coaches to protect these players from Physical Injury – mental fatigue – player burnout.

If a team requests a player or players to play up the following procedure must be followed.

1. The requested player/players original team always takes priority over requested team i.e., in the event of fixture clash time or date.
2. The team requesting the player/players must first contact the requested players' coach. Under NO circumstances should a player/player be approached directly by a requesting coach.
3. The player/players coach will speak directly to the player/players. **(A)** In the event of the player/players agreeing to play, permission from the player/players parent must be obtained by the players original coach – If parent permission is granted the original coach, then contacts the requesting coach to confirm. Parents must NOT be contacted by requesting coach under any circumstances. **(B)** In the event of the player/players not agreeing to play, the matter is no longer up for discussion and the player/players must NOT be further pursued or contacted by the requesting team.
4. In the event of the player/players agreeing to play up for a team, the original coach will have NO say in the team selection or field position of these player/players this is up to the discretion of the requesting coach.
5. If a player has previously agreed and played up for a team but has since changed their mind and doesn't want to play up anymore, the matter is deemed Closed, and the player should NOT be further pursued any further.

Under current child protection laws – There should be NO direct contact made by any coach to any players under the age of 18years.

Coaching Guidelines for all team mentors.

Robert Emmets GAA club must fully comply with the rules and regulations set down by the GAA & LGFA regarding coaching teams and minors. See below the requirements outlined which each coach must obtain and complete. Where training or coaching courses are required Robert Emmets is committed to providing the necessary training to its members. To be involved in Coaching – Mentoring – Helping any team these rules outlined **MUST** be adhered to. This provides clarity and Transparency for the club & coaches. Our club is very approachable any issues or queries please contact the coaching officer or club secretary Secretary.robertemmets.dublin@gaa.ie

Requirements by GAA for all coaches:

1. All coaches, mentor or helpers involved in training a team over 16 MUST be garda vetted & complete the GAA Safeguarding course.
2. All coaches, mentor or helpers involved in training a team over 16 MUST be a member of Robert Emmets GAA club with a registration number.
3. At all times when in a dressing room there must be 2 x coaches present at all times.
4. With girl's teams it is compulsory to have a female coach or parent present in the dressing room.
5. The goal that all coaches must have completed at least level 1 coaching course.

Requirements by LGFA for all coaches:

1. All coaches, mentor or helpers involved in training a team over 16 MUST be garda vetted & complete the GAA Safeguarding course.
2. All coaches, mentor or helpers involved in training a team over 16 MUST be a member of Robert Emmets GAA club with a registration number.
3. At all times when in a dressing room there must be 2 x coaches present (1 x female coach/parent)
4. It is required to have at least 1 female coach involved with the team.



Robert Emmets GAA Club



Robert Emmets CLG Code of Conduct for all Members.

This code of conduct has been Introduced by the club to establish a positive club culture & welcoming environment for our members & players.

Committee members & Managers

- Be clear on club rules.
- Create a safe environment.
- Be accountable for our actions.
- No aggressive behaviour.
- Be roles models for good behaviour & attitude.
- Be Positive & Engaging with players/members.
- No decent to referees or opposition members.
- No lack of player welfare.
- Avoid poor communication to players/members.
- Acceptance of rules being broken & resulting sanctions.
- Be aware of lack of communication of fellow members/players.
- Show full commitment & pride to duties & teams.
- Be opening, welcome and transparent.

Players

- Be clear on club rules.
- Always respect your team members, club mates & opponents.
- Be accountable for your actions.
- No aggressive behaviour towards teammates, opposition or officials.
- No bad language.
- No negative criticism.
- No decent to referees or opposition members.
- Show pride & passion in our great club.
- Show respect & appreciation to your coaches & Managers.
- Under no circumstance is any form of bullying behaviour tolerated.

Our club mission is to combine or club values & ethos to create a culture & environment to drive Robert Emmets CLG forward to obtain our goals. As Committee members, mentors, coaches we are major influencers in our club, it is up to use to lead the way and set the standards.

As committee members – coaches – mentors, we are also and human and carry out our duties on a voluntary basis which must be hugely respected, we do this to help promote the club and give the kids & players an outlet to express themselves on the pitch. All you amazing people who give up your free time to Robert Emmets is what helps the club to progress & move forward. Hopefully these new Club Core values & Code of conduct will enhance our structure, improve our behaviours & actions within OUR club going forward.



Robert Emmets GAA Club - OUR core Values



Respect:

This is the corner stone of our values, treating everybody equal with the same Respect – Teammates, Coaches, Referees, Officials, and opposition. Robert Emmets GAA Club strives to promote respect to all its members, coaches, players & social members, parents.

Pride:

As a club Robert Emmets display pride in our history and club identity and who we are. We pride ourselves on our sense of togetherness and unity.

Teamwork:

Roberts Emmets fundamentally believe in the values of teamwork. Members of our club working together towards a common goal to elevate our Club, Teams & Players, summed up by our club mantra **“Ni Neart go Cur le Cheile”** – **“There’s no strength without unity”**

Integrity:

As a club Robert Emmets promotes honesty and having strong moral principles. We believe in doing the right thing through our actions, this inspires trust and confidence in our members, knowing they are part of a safe, ethical, inclusive environment.