

ULSTER SENIOR FOOTBALL CHAMPIONSHIP 2012

# Craobh Peile Uladh

20ú Bealtaine 2012 | An Cabhán v Dún na nGall | Páirc Bhréifne Kingspan  
Electric Ireland Ulster Minor Football Championship



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Presidents Foreword



## Nothing beats being here!

**The excitement of an Ulster Championship day is here again. Two powerful counties, neighbours children, rivals, champions, competitors**

**and friends. There's nothing quite like a GAA Provincial Championship Sunday. Togetherness with family and friends. A day filled with nervous tension, excitement, thrills and emotions. Níl a shárú ar fáil ar fud an domhain. Na Connallaigh is Breifne I ngleic le chéile is tá muid ann!**

Tickets, parking, tea, flags, banter, colour, stewards, team buses, familiar faces, strangers, heroes and we belong. Gaels gather and excitement fills the air alongside the sweet smell of freshly cut grass and the roar of the crowd. Announcements, substitutes, managers, subs warming up, guests, mini games, neighbours, referees, minors, former friends, new found admirers, marching band, catches, kicks, challenges and rivals become friends. "Come back Paddy Reilly to the Hills of Donegal!"

It's Ulster Championship time and An Cabhán welcome the reigning champions from Dún na nGall. The senior title belongs to Na Connallaigh and the men of Breifne are reigning Minor and Under 21 champions. Proud traditions but current heroes. Three Ulster titles held by two committed GAA counties and we are here.

30 Volunteer players and one volunteer referee will face the 145 x 90 metre field of dreams. Players are our heroes and tomorrow they will be back amongst us in our homes, schools and workplaces. Today we all get to share the magic. An rud is annamh is iontach.

85% of all Ulster GAA gate income is re-invested in our clubs and counties. The GAA cycle is nurtured by our coaching and development programmes. Our future is secured by today's investment, your attendance is crucial, valued, appreciated and in difficult times it's heroic. Míle míle buíochas as teacht anseo inniu.

Everyone plays their part; supporters and stewards, medics and Gardaí, match officials and players, sponsors and media, County Boards and Provincial Council. Gaelic games are as old as the drumlins surrounding Páirc Kingspan Bhréifne.

They are part of what we are, our DNA, our unique heritage that we value as a precious flower, to care for and protect, to promote and grow and to allow all to enjoy the full beauty of our inheritance. In GAA we all belong and nothing beats being here. See you at the next game and do bring the family. Under 16's are free and there are concessions.

Ádh mór inniu don dá fhoireann. Tá súil agam go mbeidh cluichí breá spórtúil againn is go mbainfaidh sibh pléisiúr astu. Guíonn mé gach rath oraibhse uilig agus tá súil agam go nglanfaidh an ghruaim ata sa tír fá lathair. Tá barúil ag a lán daoine go gcuidíonn CLG linn dóchas is muinín bheith againn. Tá súil agam go mbeidh sibh uilig "lan dóchas is grá" ar bhur mbealach abhaile is go bhfanfaidh an cairdeas idir Na Connallaigh is muintir Bhréifne. Tá mé ag súil go mór fosta le Comórtas Peile na Gaeltachta i nGaoth Dobhair deireadh seachtaine na cincíse. Sea, tá an saol níos gile de bharr CLG.

Beir Bua,

*Aogán O'Fearghail*

Aogán O'Fearghail  
Uachtarán  
Chomhairle Uladh. C.L.G



# Today's Games

Sunday May 20th 2012

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Photography: Sportsfile

**Electric Ireland  
Ulster GAA Minor Football  
Championship First Round**

## An Cabhán V Dún na nGall

Throw In 1.45pm

**Referee:**

Niall Cullen (Fear Manach)

**Standby:**

Enda McBrien (Fear Manach)

**Linesman:**

Donal Connolly (Muineachán)

**Sideline:**

Shane Meehan (Tír Eoghain)

**Ulster GAA Senior  
Football Championship  
First Round**

## An Cabhán V Dún na nGall

Throw In 3.30pm

**Referee:**

Cormac Reilly (An Mhí)

**Standby:**

Eddie Kinsella (Laois)

**Linesman:**

Fergal Kelly (Longfort)

**Sideline:**

Eamon McHugh (Tír Eoghain)



### **Niall Cullen**

Niall is a member of the Erne Gaels GAA club in Belleek. As a player he won an Intermediate

Championship medal in 2008.

He began his refereeing career in 2006, since then he has taken charge of numerous finals in Fermanagh including the 2011 Intermediate Final. He entered the Ulster Referee Academy in 2009 and took charge of the 2011 Ulster Minor Shield Final and the 2012 Ulster Minor Final. Niall is employed by the Revenue Commissioners. He will be joined today by his regular umpires Dermot McGloin, Mickey Ferguson, Darren Cox and Rossa Cullen.



### **Cormac Reilly**

Cormac is a member of the St Mary's, Donore club. He has been refereeing for ten years and

has been on the Inter County panel since 2004.

In 2008 he was in the middle for the All-Ireland Minor Final replay and he has taken charge of all club finals in his home county. He refereed the 2011 All-Ireland Senior Club Final between Crossmaglen and St Brigids. Earlier this year, he took charge of Donegal v Armagh in the League amongst other games. Cormac is an employee of Irish Cement in Drogheda. His umpires today are Micheal Bell, Pat Lenehan, Sean Walsh and Ricky White.

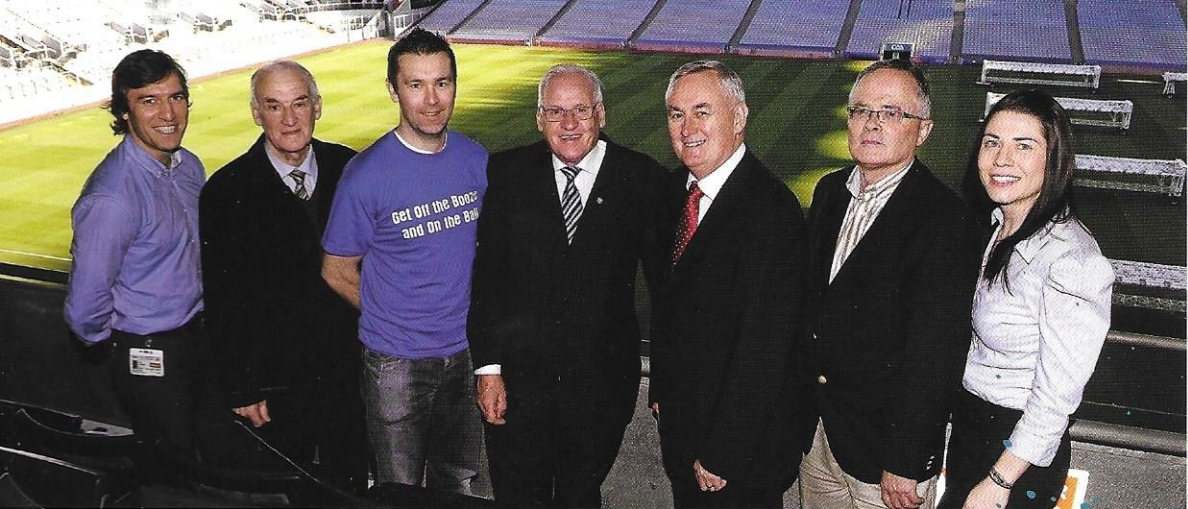
## Amhrán na bhFiann

Sinne Fianna Fáil,  
atá faoi gheall ag Éirinn,  
Buíon dár slua  
Thar toinn do ráinig chughainn,  
Faoi mhóid bheith saor  
Seantír ár sinsear feasta,  
Ní fhágfar faoin tiorán  
ná faoin tráill.  
Anocht a théam sa bhearna baoil,  
Le gean ar Ghaeil,  
chun báis nó saoil,  
Le gunna scréach faoi  
lámhach na bpiléar,  
Seo libh canaig amhrán na  
bhFiann

#### DISCLAIMER

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BUÍOCHAS: Comhairle Uladh would like to thank the County Boards and all other contributors for their assistance in the compilation of this programme.  
We'd also like to take this opportunity to thank all the players, management and backroom staff for their efforts today.  
Finally we thank all the supporters who have attended today's match, without you the championship just wouldn't be the same.





# ASAP

Will you let drink or drugs get in the way of your dreams?

The positive influence the ASAP programme is having on the lives of our members is not easily quantifiable. In the six years since its inception the GAA's Alcohol and Substance Abuse Prevention programme (run in conjunction with the HSE) has reached almost every club in the country. Its aim is simple – to reduce the harm caused by alcohol and substance misuse.

The majority of Irish people enjoy a social drink responsibly. However, there is no denying that as a nation we often engage with alcohol use in a way that exposes us to potential harm. The GAA has always seen itself as more than a sporting organisation, and, as such, extends the duty of care it has to its members beyond the playing pitch. The ASAP programme is just one example of this. The programme continues to offer advice, information, and support to clubs, counties, and all GAA members in and around matters pertaining to alcohol and substance abuse.

ASAP County and Club Officers are doing tireless work to promote messages, material and activities of the programme. The ASAP manual, DVD and website [www.gaa.ie/asap](http://www.gaa.ie/asap) are just three resources available that help ensure your club develops a responsible culture around alcohol and substance use. Your County ASAP Officer, in conjunction with Provincial officer Aileen Cummins and the National Coordinator, Colin Regan, support Clubs in policy development and implementation. If your club does not yet have an ASAP officer or has yet to adopt a Club Drug and Alcohol policy (as required under the GAA Strategic Vision and Action Plan 2009-2015) then please contact your County ASAP Officer (details are available at: <http://gaa.ie/clubzone/asap-programme/contact-details/>) to get advice and a sample club policy. You'll never know whose life it might change.

## Clar an Lae

Sunday May 20th  
Kingspan Breffni Park

- 13.30 An Cabhán amach ar an bPairc
- 13.33 Dún na nGall amach ar an bPairc
- 13.45 Tús an Cluiche:  
An Cabhán v Dún na nGall
- 14.16 Half Time / Leath Am
- 14.18 Entertainment / Siamsa
- 14.26 Start of Second Half /  
Tús an dara leath
- 14.59 Críoch an Chluiche  
Mionúir
- \* If Extra Time is required see below
- 15.09 An Cabhán amach ar an bPairc
- 15.12 Dún na nGall amach ar an bPairc
- 15.22 Paráid
- 15.28 Amhrán na bhFiann
- 15.30 Tús an Cluiche:  
An Cabhán v Dún na nGall
- 16.06 Half Time / Leath Am
- 16.08 Cluichí Cumann na mBunscol
- 16.21 Start of Second Half /  
Tús an dara leath
- 16.59 Críoch an Chluiche Shinsir
- \*15.04 Start of First Period of Extra Time
- 15.14 End of First Period of Extra Time
- 15.17 Start of Second Period of Extra Time
- 15.28 End of Extra Time
- 15.30 An Cabhán amach ar an bPairc
- 15.33 Dún na nGall amach ar an bPairc
- 15.42 Paráid
- 15.48 Amhrán na bhFiann
- 15.50 Tús an Cluiche: An Cabhán v Dún na nGall
- 16.26 Half Time / Leath Am
- 16.28 Cumann na mBunscol Exhibition
- 16.41 Start of Second Half / Tús an dara leath
- 17.18 End of Senior Game /  
Críoch an Chluiche Shinsir

# On the ball



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# Cumann na mBunscol



## Today's Mini Games

### An Cabhán



Jesse Holland, St. Michael's NS, Cootehill  
Daniel Murray, St. Felim's NS Cavan  
Cian Harten, St. Patrick's NS, Gowna  
Oisín Connolly, St. Felim's NS, Ballinagh  
Ben Smith, Virginia NS  
Cian O'Reilly, Carrigabruise NS  
Barry Lynch, Crubany NS  
Mark Tully, Corliss NS  
Odhrán Maguire, St. Patrick's NS, Castletara  
Ray Rehill, St. Patrick's NS Castletara  
Gary Cusack, Crubany NS  
Enda Maguire, Virginia NS  
Dylan Molloy, St. Felim's NS Cavan  
Luke Doonan, Carrigabruise NS  
Evan Finnegan, St. Felim's NS, Ballinagh  
Cormac Boylan, St. Patrick's NS, Gowna  
Shane Carolan, Tunnyduff NS  
Lorcan Drew, St. Michael's NS, Cootehill

### Dún na nGall



Michael Mc Fadden, Creeslough NS  
Jack O'Donnell, Scoil Anagaire  
Eoin Rushe, Scoil Rann na Feirste  
Joe Sheerin, Barnesmore NS  
Matt McDermott, Scoil Mura, Tooban  
Ben Bradley, Scoil Iosagáin, Buncrana  
Jason Fitzpatrick, St Baithins NS, St Johnson  
Oisín Bonner, Scoil Cróine, Dungloe  
Anthony Grant, Kilmacrennan NS  
Oisín McBride, Downings NS  
Conor McHugh, Milford NS  
Daniel Ward, Belcruit NS  
Kevin Gavigan, Scoil Mhuire, Glenties  
Dylan Gallagher, Creevey NS  
Conall Mac Suibhne, Gaelscoil Éirne  
Lee McLaughlin, Craigtown NS  
Pauraic Skelly, Moville NS  
Barry Gallagher, Termon NS

Good luck to all of today's Cumann na mBunscol children. No doubt they will aspire to return to the Ulster Championship again representing their minor or senior county team in the near future.

## Your Safety

Please note the following regulations. We ask for your full co-operation with stewards and other volunteers who are doing their best to ensure you enjoy the match. If you fail to co-operate it may be necessary to refuse you entry or, if inside the stadium, to ask you to leave. Please do not bring anything into the stadium that can be used as a weapon or that will cause interference with others. This includes fireworks, smoke canisters, bottles, flagpoles, banners. We do not allow alcohol in the ground. We ask you not to climb onto walls, stands and other buildings. Likewise, we ask you to refrain from making unnecessary noise that will annoy other spectators near you. That includes the likes of air horns or radios. Please do not use foul, abusive or offensive language. There are families and children present. We ask you not to enter the field of play during or after the game for health and safety reasons. Occasionally we may be required to search patrons entering the ground. If you refuse to be searched you may be refused entry. Please do not obstruct gangways or stairwells etc. Also, please do not engage in behaviour that may cause a fire or other dangerous event. The Officers on duty reserve the right to remove you from the ground if you do not comply with these simple regulations. Our intention is simply to ensure that all our supporters can enjoy the match.

### First Aid

First Aid is provided at today's venue, by Order of Malta Personnel with ambulances located behind the Main Stand & at the corner of the Terrace beside the Disabled Area.

### Lost Children

Children who have become separated from their parents/guardians should be brought to either of the designated First Aid Points.

### Safety Notice

We have established this policy for health and safety reasons, to avoid serious injury or death. We thank you for your co-operation, and hope you enjoy the match.

## Re-live classic GAA moments with eircom

Want to see Brian Mullins battle it out with Jack O'Shea again? Love to see Peter Canavan's greatest goals whenever you like, or perhaps see the majesty of Maurice Fitzgerald once more? If classic GAA Football Championship moments are what you're after then check out the eircom Timeline at [experiencemore.ie](http://experiencemore.ie)

With the Timeline, you can leisurely scroll through video archives, supporter highlights and much more. Plus if you add your favourite GAA story you could win tickets to a match of your choice.

Re-live the greatest GAA moments with the Championship **Timeline** at [experiencemore.ie](http://experiencemore.ie)



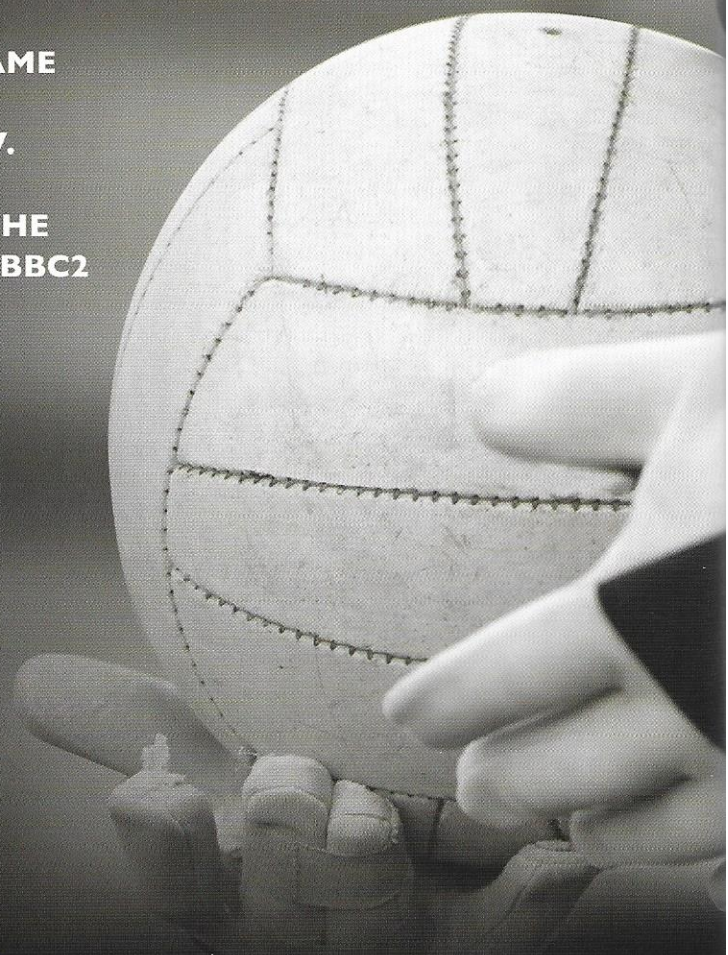
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\*Please note programme times are subject to change.



# Frank Boylan

## Kingscourt Stars

Frank Boylan has been treasurer of the Kingscourt Stars GAA Club since 1974. Frank has lived all his life in the Corlea area which lies between Shercock and Kingscourt within the Parish of Kingscourt.

**Frank, a farmer, has farmed actively at home most of his life and takes great pride in his land and farm animals. Frank never played the game but excelled in his administrative duties as Club Treasurer for all of the 38 years up to the present day.**

Frank replaced the late Tommie Price who also held the position with distinction for many years before Frank's introduction to the treasurer's role. Frank still continues to remind us when the club was financed on £50 per year.

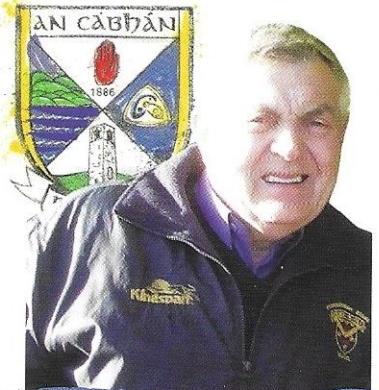
Frank has seen the club grow from junior ranks to becoming the top Senior club in Cavan for long spells up to the present day. In 1985 the club commenced an extensive development plan to improve the facilities in O'Raghallaigh Park. Over a ten year period major improvements were undertaken and completed and as club treasurer much of the financial responsibilities fell within Frank's remit. The club hold the distinction of being the secondary County ground in the county, hence the requirement to improve the facilities. During this development Frank and the club development team raised and spent in excess of £700,000.

Frank firmly believes that all projects large or small should be financially recoverable within a short time frame. Frank's

philosophy is simple if you cannot afford what you intend to do leave it until you are. The pipe smoking Frank can often be seen sitting in the car waiting for his fellow officers and club committee to gather before games or club meetings. Frank is also a teetotaler and firmly believes that alcohol is too readily available to our youth and is having a detrimental effect to their lives both inside and outside of our games.

**Frank Boylan's contribution to the Kingscourt Star's Club and to the GAA epitomises the volunteer ethos associated with so many great Gaels.**

We are all aware of the huge responsibility that club treasurers now have with every cent having to be accounted and on this note Frank always acknowledges the financial help and assistance that our main sponsors Kingspan have made to the Kingscourt club over the past thirty years and in particularly to the Murtagh family. Frank has seen the day when club accounts were filled into a book and then addressed and discussed at the club AGM at year end, to the present system of software packages that provide all the various expenditure and income accounts on lap-tops that are now presented at monthly club



meetings. On this note the club have not given up hope of Frank introducing the new recommended accounts package called "Yendo" into the club.

His contribution to the Kingscourt Star's Club and to the GAA, epitomises the volunteer ethos associated with so many great Gaels. His ever presence at club meetings, at club games and at the weekly lotto over the 38 years as club treasurer makes him the most outstanding club member within the history of the club. For all of his years in office Frank has made many great friends, both players and supporters through his involvement in the GAA. He brought a rare gift of understanding and experience to the club during the halcyon days. The Kingscourt GAA Club and the Association thank you for all the years of dedicated service.

# Minor Preview

GaelicLife

Opinions from John Hughes, Gaelic Life

**AND so the champions of 2011 take on a team dumped out ignominiously in the Preliminary Round last year. It has been boom times for Cavan football at underage. Back-to-back Ulster Under 21 titles sandwiched the possibly more notable success of the minors.**

Armagh were massive favourites for the Ulster Final last year, but Gary Donohoe and Dermot McCabe sent out a side quietly confident in their ability who simply outclassed their more vaunted opponents on the day, a final score of 0-12 to 1-6 telling its own story. It should be a source of assurance for Cavan folk that Donohoe and McCabe are once more behind the chalk.

While most of last year's Ulster winning side have gone on to pastures new, returnees include half forward Michael Argue, Gerard Smith at half back and corner forward Andrew Graham. Meanwhile Jonathan McCabe, Vincent Coyle and Conor Madden have graduated from the 2011 Ulster Final bench to the starting 15, McCabe berthed at centre half back, while Coyle has come into the half forward line. However Madden, a heavy scoring Gowna man, is probably the most important returnee.

But thankfully for Donegal, one of the great things about underage football is that each year presents a tabula rasa. Every season presents fresh hope and an opportunity to start anew.

In Donegal's case that slate is cleaner than is usually the case. Only corner back Conor Parke, and half forward Ryan McHugh have returned from last year. Conversely they have lost massive talents such as Paddy McBrearty, Martin O'Reilly and John O'Malley.

In past times the line would be trotted out that minor football is notoriously hard to predict. That truism no longer holds. We now have an excellent weather vane of minor form in the shape of the Ulster Minor League. The league champions went on to claim Ulster titles in 2009 and 2010, while Cavan won the 2011 title on the back of a win in the Shield Final. Success in this competition is a good indication of future fortunes.

Of the sides taking the field today Cavan have the meatier record. They drew with Armagh in their opener, lost to Down by a point before defeating Monaghan in the group stages. They took on Tyrone in the league semi-final and were only bested at the very death. When we consider

that the Red Hands romped the league final we have a good metric of the magnitude of Cavan's achievement. Conor Madden scored 1-6 in the semi-final, marking himself out as a man Donegal will need to make serious contingencies for.

Donegal won two and lost two in section B. Victory over Fermanagh was followed by defeat to Tyrone and Derry before a win over Antrim got them into the Shield semi-finals. They beat Down comfortably, but were thrashed in the final by Armagh, although it must be acknowledged Donegal were short a few key players that day on Jim McGuigan Cup Under 17 duty.

Considering the evidence to hand, the verdict has to go with the homesters. They competed more consistently in the Ulster Minor League than Donegal. When you add to that the fact that they have more returnees, giving them a more stable core, then it is hard to look beyond the Breffni men progressing to the quarter-final stages.



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# AN CABHÁN

Manager: Gary Donohoe



## Fir Ionaid/Substitutes

16. Shay Rooney, Dún a Rí 17. Pdraig Faulkner, Dún a Rí 18. Kevin Brady, Gaeil an Chabhán  
 19. Shane O'Rourke, Leathrach Aontaithe 20. John Carney, An Muinchille  
 21. Vincent Coyle, Gaeil an Chabhán 22. Ben Kiernan, Teampall an Phoirt  
 23. Aaron Brown, Dún a Rí 24. Tom Hayes, An Muinchille

## Notes

	Cúil	Cúilíní	Seachaf	45	Saor	Ciceanna
1AD Leath						
2AD Leath						
Iomlán						



# DÚN NA NGALL

Manager: Stephen Friel



## Fír Ionaid/Substitutes

16. **Conor Cairns**, Conmhaigh 17. **Kevin Herron**, Ard an Ratha 18. **Kieran Lynch**, Gaeil Leitir Ceanainn  
19. **Nicholas Breslin**, Ard an Ratha 20. **Kevin McNern**, Naomh Columba 21. **Callum Gallagher**, Naomh Bríd  
22. **Seán Fitzgerald**, Cloich Cheann Fhaola 23. **Cathal McGettigan**, Baile na nGallóglach  
24. **Conor McBrearty**, Gaeil Leitir Ceanainn

## Notes

	Cúil	Cúilíní	Seachai	45	Saor	Ciceanna
1AD Leath	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2AD Leath	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Iomlán	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

# Senior Preview

THE IRISH NEWS



Opinions from Paddy Tierney, **The Irish News**

**DEFENDING** champions Donegal get the 2012 Ulster Senior Football Championship underway with a tricky assignment against Cavan at Kingspan Breffni Park this afternoon.

Just over 10 months have passed since Ulster Council President Aogan Ó Fearghail proclaimed "Tonight, the hills of Donegal are alive" as he presented the Anglo Celt Cup to Michael Murphy.

The Tir Chonail men will, of course, be hoping to retain the Ulster title – something which no Donegal team has managed before.

To make their task all the more daunting, they have been placed in the tougher half of the draw.

Should they see off the challenge of Cavan today, they would face last year's beaten Ulster finalists Derry in the next round while the winners of Tyrone and Armagh would lie in wait in the provincial semi-final.

Despite the treacherous path Donegal have to navigate to return to the Ulster Final, they are the second favourites to win Ulster.

They also find themselves odds-on for today's encounter against Cavan, although that is hardly surprising given that nine points separated the sides when they met at the same venue in last year's Ulster Senior Football Championship.

The result of the game was never really in doubt as Cavan struggled to break down Donegal's ferocious defence and create enough in the way of scoring chances to trouble their opponents.

Sligo referee Marty Duffy also dished out two red cards in last year's match – one to Cavan's Ray Cullivan and one to Donegal skipper Murphy.

However, Murphy's dismissal was later overturned but the Glenswilly ace will sit out today's clash between the counties after suffering knee ligament damage

during the Division One NFL clash against Dublin back in March.

The All-Ireland champions won that tie by nine points – handing Donegal their fourth league defeat of the campaign.

Going into the final round of the league, Donegal were in the bottom two and needed a win over Armagh to avoid the drop.

In Murphy's absence, Colm McFadden stepped up to the mark – scoring five points as Donegal came from behind to retain their Division One status at the expense of the Orchard County.

McFadden and Kilcar's Patrick McBrearty will be expected to carry the scoring burden against Cavan this afternoon and the duo landed 1-08 between them in last year's encounter.

Cavan will also be minus the services of one of their most prolific forwards of recent years – but for very different reasons.

## Cavan & Donegal The Story So Far

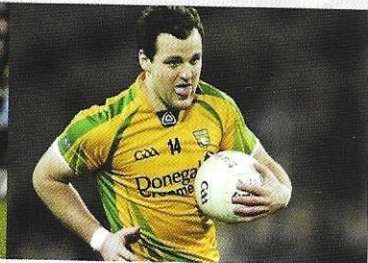
### ONE TO WATCH

Jack Brady is one of five Cavan debutants today. He has been pivotal in their recent underage successes and now has been tasked with delivering at senior level...



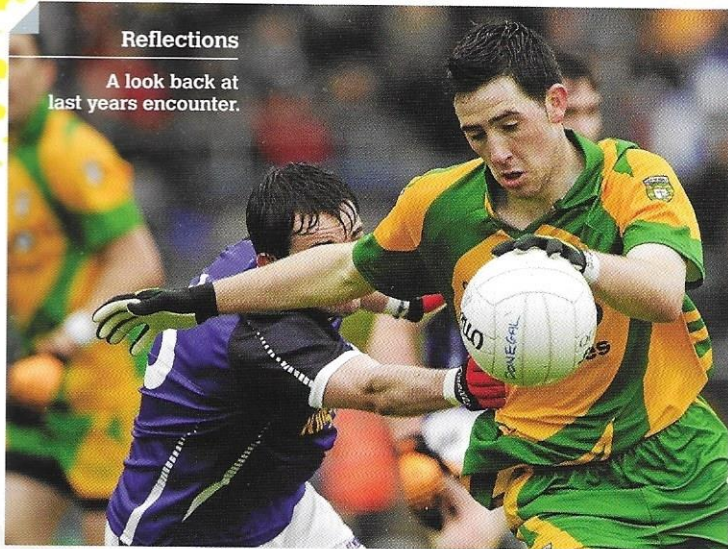
### ONE WHO WILL BE WATCHING

The absence of key man Michael Murphy gives Cavan a glimmer of hope. They beat Armagh without him in the league, watch this space...



## Reflections

A look back at last year's encounter.



The Seanie Johnston saga remains unresolved. After being told he would not be part of Val Andrews' plan for 2012, Johnston sought a transfer from Cavan Gaels to St Kevin's of Kildare.

However, his latest application is currently being dealt with by the new CCCC who took over following last month's GAA Congress.

Under a new rule passed at Congress, any player who wishes to move to another county must first play championship for his new club – meaning Johnston must play for St Kevin's before he can possibly line-out for Kieran McGeeney's men in the Leinster Championship quarter-final against Offaly on June 17.

To compound matters, Andrews stepped down at the end of a league campaign which saw the Breffnimen flirt with relegation to Division Four. Only Tipperary's surprise win over Offaly in the final game spared Cavan.

Terry Hyland has since assumed the reigns after managing the county to unprecedented success at U21 level. Cavan won back-to-back Ulster titles for the first time in their history when they beat a heavily fancied Tyrone

side in the final for the second year running.

Bizarrely, the scoreline was identical in both the 2011 and 2012 Ulster U21 Finals with Cavan winning 1-10 to Tyrone's 0-10.

Unfortunately, for Hyland and his U21 side, they lost their All-Ireland Semi-final to Roscommon by five points.

Nevertheless, several stars of the U21 ranks have done enough to impress their boss and have been promoted to the senior ranks, namely Kevin Tierney, Killian Clarke, Jason McLoughlin, Fergal Flanagan and Jack Brady,

The former is set to make his Ulster Championship debut this afternoon along with Kevin Meehan, Robert Maloney Derham, Niall Smith and Brendan Fitzpatrick while John McCutcheon has also been recalled.

Last year's U21 captain Gearoid McKiernan returns to the starting line-up having missed the league through injury and he lines up alongside David Givney at midfield.

The duo must at least break even around the middle if the

Breffnimen are to pull off a shock but the home side's defence must also improve.

Cavan only won two of their seven Division Three games and conceded four goals against both Antrim and Wexford.

Ironically, Donegal's rigid defence drew sharp criticism last year in the wake of their All-Ireland semi-final defeat to Dublin.

Jim McGuinness and his team found themselves under the spotlight for their use of the infamous 'blanket defence' However, it is hard to argue with results although Donegal have, so far, struggled to replicate their 2011 form this season.

The Tir Chonail men lost their three games in the Dr McKenna Cup – including a 1-14 to 2-08 defeat to Cavan – and suffered four defeats in their Division One campaign.

Admittedly, Cavan were operating in a lower division but Cavan fans should have reason to believe they can witness a home victory at Kingspan Breffni Park today. In order to do so, Cavan need to play with the same fearless drive and determination their U21's have shown over the past two years.

In Championship football, anything is possible and a win would give Cavan their first victory in the Ulster SFC since their 2009 win over Fermanagh.

For Donegal, they must put to bed the notion that they are over-reliant on Michael Murphy, who said earlier in the week that the defending champions will need the necessary firepower to succeed in his absence.

It is up to his teammates to prove him right this afternoon.

# Zero

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# Great Year for Club Officer Programme

Ulster GAA 'Investing in Volunteers' 2011 - 2014

**2012 has been another bumper year for Ulster GAA's Club Officer Training Programme with 843 GAA volunteers participating in the training sessions.**

The Programme has grown over the last three years, with record numbers attending courses, and key focus remaining on building the capacity of GAA volunteers and providing essential support and advice to help them carry out their tasks.

The Programme has developed to include a first-ever County Officer Network, and the development

of a training course for clubs in Britain as well as the usual training for NEW Club Officers and Development Courses for all club officers held in all nine counties.

The Club Officer Training Programme is an essential for all club officers, and is an

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Key focus remaining on building the capacity of GAA volunteers and providing essential support and advice to help them carry out their tasks.

---

important requirement for Club Maith accreditation.

Key issues covered in this year's training included: **One Club** (Integration), Club Development Planning, Respect and Discipline, Club Health Matters, Applying for Club Maith, Club Finance and Insurance and training for Designated Officers in Child Protection.

Details about the 2013 Club Officer Training Programme will be circulated in due course.

For further information contact Sharon Haughey: 028 3751 7180 or [sharon.haughey.ulster@gaa.ie](mailto:sharon.haughey.ulster@gaa.ie)



# SuperValu Range

6 Large  
€1.85

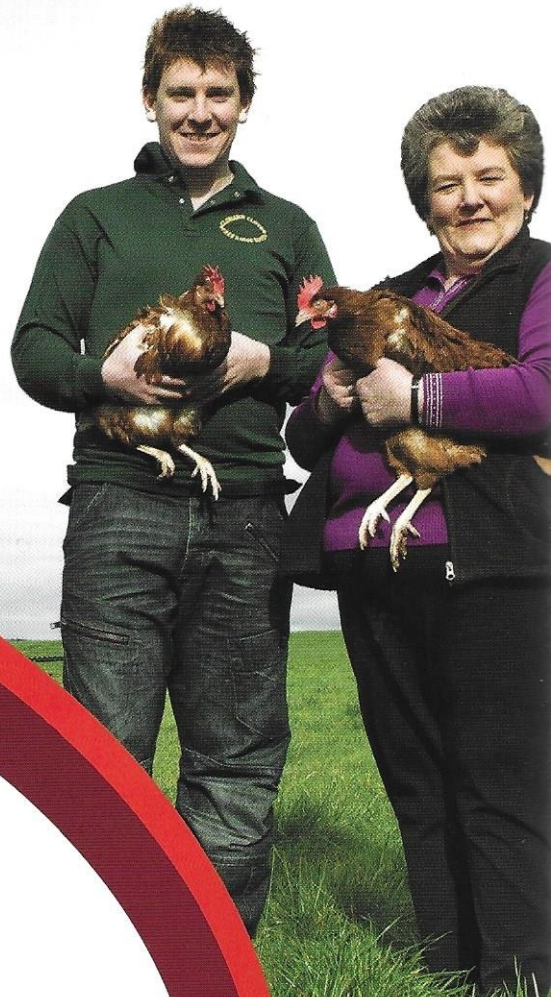


## Free range. For our SuperValu Range.

Meet Margaret Farrelly and her son Killian. When we asked them to supply eggs for our new SuperValu Range they knew it was a tall order; producing eggs of the highest quality but at a more affordable price. Margaret's chickens roam the farm, getting as much daylight as possible because the amount of sunlight enhances the quality of the egg. And at night music is piped into the coop, keeping the chickens contented. What's more, the Farrellys have also helped create employment with 15 full time staff – in addition to working with 19 local farmers. All of which means that Margaret and her family are able to supply us with the tastiest, ethically produced eggs at the best possible price. So you can buy the best for a whole lot less.

**Say "hello" to our new SuperValu Range!**

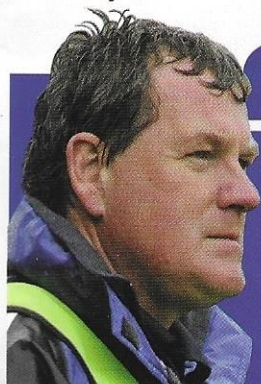
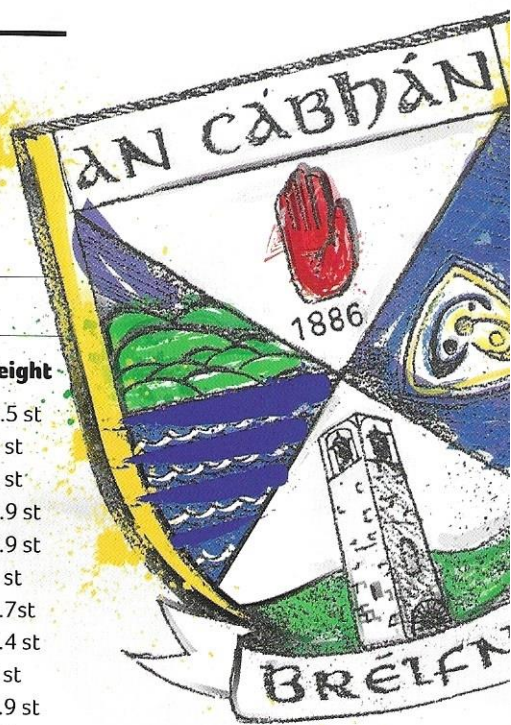
Prices correct at time of going to print



# Meet the Teams

## An Cabhán, Pen Pics

Name	Club	Age	Height	Weight
Feargal Flanagan	Butlersbridge	20	5' 11"	13.5 st
Gearoid McKiernan	Swanlinbar	21	6' 4"	15 st
James Reilly	Drung	31	6' 2"	15 st
Mark McKeever	Gowna	28	5' 11"	12.9 st
Damien Reilly	Belturbet	24	6'	12.9 st
Thomas Corr	Denn	27	6'	14 st
Niall McDermott	Ballinagh	21	6' 1"	13.7st
David Givney	Mountnugent	22	6' 4"	14.4 st
Ronan Flanagan	Castlerahan	24	5' 8"	12 st
Brendan Fitzpatrick	Belturbet	24	5' 9"	12.9 st
Eugene Keating	Cuchulainns	22	6'	14.2 st
Keith Fannin	Drumgoon	29	5' 11"	13.1 st
John McCutcheon	Cootehill	25	6'	14.2 st
Ray Cullivan	Ballyhaise	23	5' 11"	14.2 st
Robert Maloney-Derham	Cavan Gaels	21	6'	12.9 st
Raymond Galligan	Lacken	24	6' 2"	14.2 st
Kevin Tierney	Ballyhaise	21	6' 1"	13.1 st
Jack Brady	Ramor	19	5' 11"	13.1 st
Niall Smith	Cavan Gaels	21	5' 10"	11.6 st
Kevin Meehan	Cavan Gaels	23	5' 8"	11.6 st
Dara Tighe	Killeshandra	21	5' 8"	12 st
<b>Padraic O'Reilly</b>	<b>Ballinagh</b>	<b>25</b>	<b>6'</b>	<b>13.5 st</b>
Killian Clarke	Shercock	18	6' 3"	13.1 st
Jason McLoughlin	Shannon Gaels	19	6' 1"	11.6 st
Fergal Slowey	Ballyhaise	25	5' 8"	12 st
Joshua Hayes	Cootehill	22	5' 10"	12 st



As a relatively recently appointed management group we are very focused in having 15 passionately committed young men representing their county every time they get the opportunity to pull on a jersey.

# AN CABHÁN



Manager: Terry Hyland



## Fír Ionaid/Substitutes

16. Keith Fannin, Druim Dhuin Éire Óg 17. Killian Clarke, Searcog 18. Jason McLoughlin, Gael Na Sionnaire  
 19. Darragh Tighe, Cill na Séan Ratha 20. Fergal Slowey, Beal átha h Éis 21. Thomas Corr, An Dinn  
 22. Joshua Hayes, An Muinchille 23. Kevin Tierney, Beal átha h Éis 24. Niall McDermott, Beal Átha na nÉach  
 25. Raymond Galligan, Leacain 26. Ray Cullivan, Beal Atha hÉis

## Notes

	Cúil	Cúilíní	Seachaf	45	Saor	Ciceanna
1AD Leath						
2AD Leath						
Ionlán						



# DÚN NA NGALL

Manager: Jim McGuinness



### Fír Ionaid/Substitutes

- 16. Michael Boyle, An Tearmann
- 17. Declan Walsh, Málainn
- 18. Marty Boyle, Naomh Conaill
- 19. Thomas Mc Kinley, Naomh Colmcille
- 20. Christy Tøye, Naomh Mícheál
- 21. Stephen Griffin, Naomh Naille
- 22. Daniel Mc Laughlin, Naomh Mícheál
- 23. Martin O'Reilly, Sean Mac Cumhaill
- 24. Dermot Molloy, Naomh Conaill
- 25. Peter McGee, Gaoth Dobhair
- 26. Adrian Hanlon, An Clochan Liath

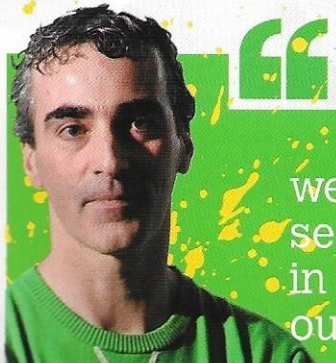
### Notes

	Cúil	Cúilíní	Seachai	45	Saor	Ciceanna
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2AD Leath	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Iomlán	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

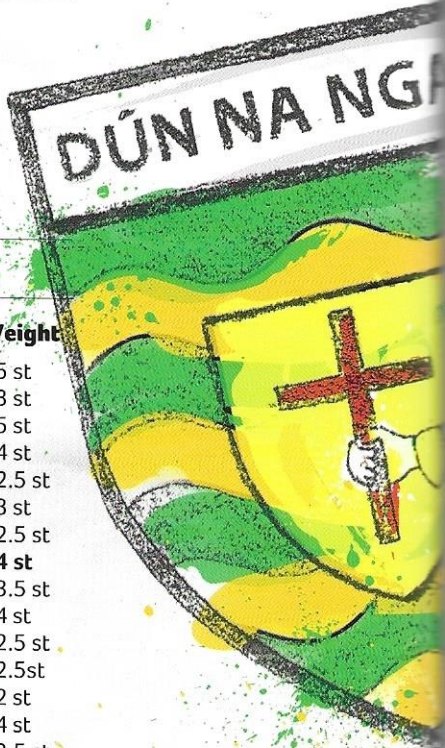
# Meet the Teams

## Dún na nGall, Pen Pics

Name	Club	Age	Height	Weight
Paul Durcan	Four Masters	28	6' 5	15 st
Frank McGlynn	Glenfin	26	5'11	13 st
Neil McGee	Gweedore	26	6' 1	15 st
Karl Lacey	Four Masters	27	5' 11	14 st
Anthony Thompson	N. Conaill	26	6'	12.5 st
Declan Walsh	Malin	23	6'	13 st
Paddy McGrath	Ardara	23	5' 11	12.5 st
<b>Rory Kavanagh</b>	<b>St Eunans</b>	<b>28</b>	<b>6' 2</b>	<b>14 st</b>
Martin McElhinney	N. Micheal	24	6' 2	13.5 st
Ryan Bradley	Buncrana	26	6' 2	14 st
Martin O'Reilly	Mc Cools	19	5' 9	12.5 st
Mark McHugh	Kilcar	22	5' 11	12.5 st
Dermot Molloy	N. Conaill	21	6'	12 st
Michael Murphy	Glenswilly	23	6' 2	14 st
Colm McFadden	N. Micheal	28	6'	13.5 st
Adrian Hanlon	Dungloe	25	5' 8	12.5 st
Michael Boyle	Termon	25	6'	16 st
Kevin Rafferty	St Eunans	30	6' 5	14 st
Neil Gallagher	Glenswilly	31	6' 4	15 st
Patrick McBrearty	Kilcar	19	6'	12.5 st
Daniel McLoughlin	N. Micheal	22	5' 11	12.5 st
David Walsh	N. Brid	25	6'	12.6 st
Tommy McKinley	N. Colmcille	21	5' 10	12 st
Eamon McGee	Gweedore	28	6' 2	13.5 st
Marty Boyle	N. Conaill	26	6' 1	12 st
Christy Toye	N. Micheal	28	6' 2	14 st
Barry Dunnion	Four Masters	28	5' 10	12 st
Antoine McFadden	N. Micheal	22	6'	13.5 st
Peter Withrow	N. Micheal	25	6' 1	14 st
Peter McGee	Gweedore	23	6' 5	16 st
Stephen Griffin	St Nauls	25	6' 2	14 st
Leo McLoone	N. Conaill	23	6'	14 st
Gary McFadden	Glenswilly	25	6' 1	14.5 st



It was a tough league campaign, during which many lessons were learned, culminating in a good second half display against Armagh in our last game that saw us retain our Division 1 status.





NEWSPAPER OF THE YEAR

# THE IRISH NEWS

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#EveryBall

## How Hard Are The Players Really Working?

Kevin McGuigan is the Sport Science Support Officer with Ulster GAA. Kevin's role involves provision of sport science support to county teams around Ulster, ranging from the underage Academy teams right up to Senior County teams. Kevin provides a range of sport science services, such as GPS analysis, heart rate analysis, fitness testing and video analysis.

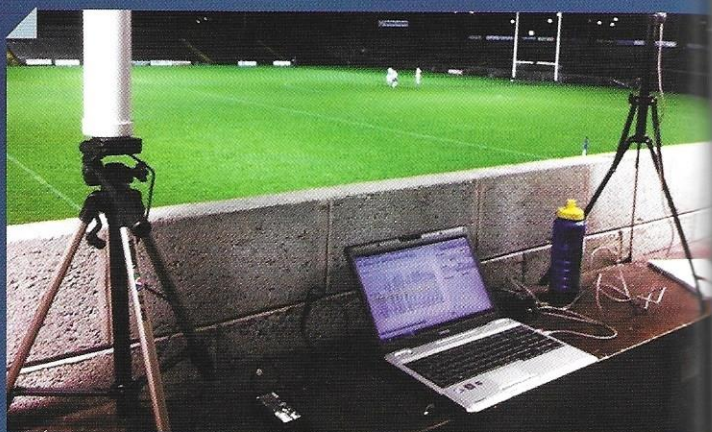
# It's Science

## Staying ahead of the Game

Kevin is currently working extensively on establishing how much work players put into matches through the use of highly advanced live GPS and Heart Rate technology. You may see Kevin located in and around the press box at the back of the stand with his antennae attached to his laptop.

This technology allows Kevin to report back to managers and selectors as the match progresses and to players at half time. Kevin provides coaches and players with stats and figures about how much work they are doing on the pitch. At half time the coach will take a report to the players detailing how much distance they covered during the half.

The information will even allow the coach to see when during the half the players worked hardest and how that affected the scoreboard. They can also see how far each player had to sprint in the half. At the start of each half each player will have been given some targets and half time provides a great opportunity for coaches to let players know if they need to work harder.



Based on results gathered so far senior county players will, on average, cover around 4,500 metres during a 35 minute half of football. On occasions, some players have covered over 6,000 metres during a 35 minute half. That works out at a massive 155 metres per minute!

On average a top player will have an average heart rate between 85% and 90% of their maximum heart rate. Or, to make that simpler to understand, during a 70 minute game a player's heart will beat approximately 12,500 times... 180 times every

minute...3 times every second!

As the Ulster Championship progresses in 2012 Kevin will continue to provide support to various teams, while compiling a bank of information that can be used to guide coach and player preparation going forward towards 2013. Over time, Kevin hopes to develop a better knowledge of how GAA players need to be trained to survive the physical demands when they take to the pitch on Championship Sunday.

Keep checking the Ulster GAA website for sport science updates



# GAA STARS, SEEN BY CARS



One of the entries from  
Aoife Boylan, 3rd Class  
Scoil Bhride Mountnugent

# LIVE TO PLAY

Road Safety Awareness



O'NEILLS

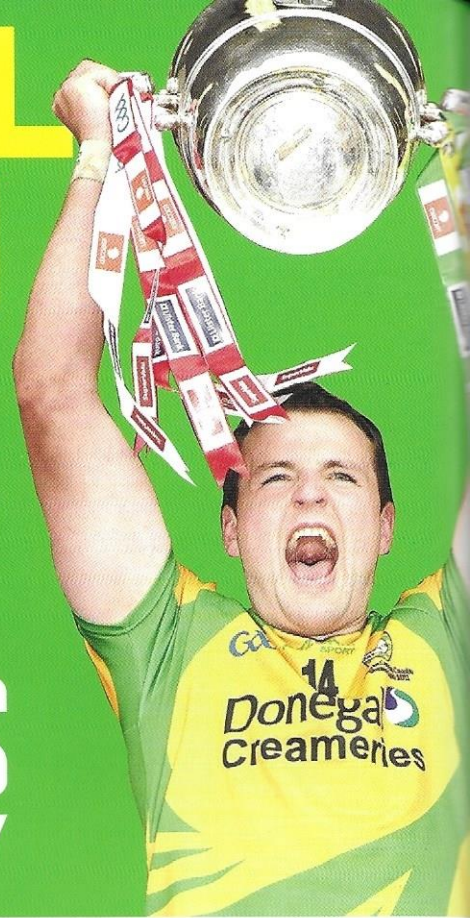


[www.ulster.gaa.ie](http://www.ulster.gaa.ie)

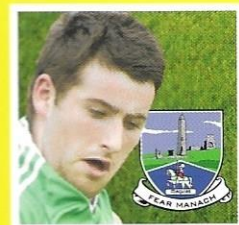
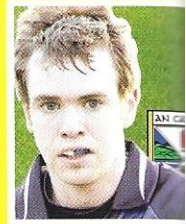
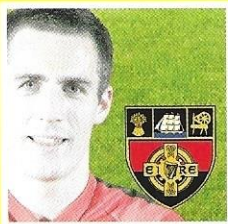
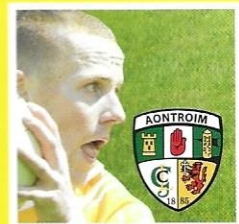
# DONEGAL V. CAVAN

Full coverage  
in Monday's

DERRY PEOPLE  
**DONEGAL NEWS**  
EVERY MONDAY AND FRIDAY



## ULSTER CHAMPIONSHIP TOP CLASS COVERAGE

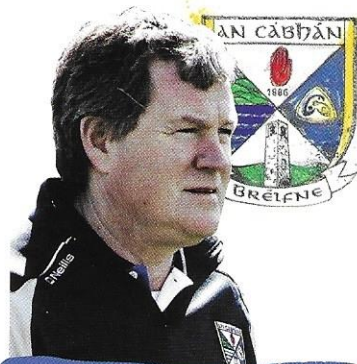


# GaelicLife Every Thursday

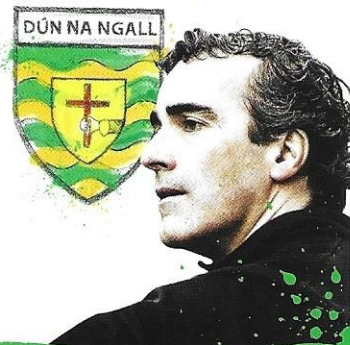
CORPORATE PARTNER OF ULSTER GAA

# Head to Head

## The Senior Managers



We get the thoughts of two highly respected managers as they look forward to today's encounter where the new breed from Cavan face the reigning champions from Donegal.



### Terry Hyland

The Ulster Senior Football Championship is still the best and most keenly contested of the four provinces, for all 9 counties it must be the yard stick by which we measure our progress. I welcome Donegal, the defending Ulster champions to Kingspan Breffni Park today and acknowledge their right to be considered hot favourites.

As a relatively recently appointed management group we are very focused in having 15 passionately committed young men representing their county every time they get the opportunity to pull on a jersey.

Home results are vital for all counties and we are delighted to have home advantage on our side today. Cavan needs strong support for our county teams and I ask our loyal supporters to get behind the jersey. There is a very clear plan in place which won't be completed during the first or perhaps second season at the helm. I am satisfied that the panel of players selected for this campaign are well prepared and guarantee our supporters an honest and committed performance.

#### Match Fact

Cavan and Donegal have shared the last three Ulster Under 21 titles between them and both today's managers were involved in these successes in 2010, 2011 & 2012.

### Jim McGuinness

Once again it is a great honour for me today to lead Donegal into Ulster Championship action. Breffni Park is one of the heartlands of Ulster Championship Football and is synonymous with many great championship matches down through the decades and always has a championship air and atmosphere about it.

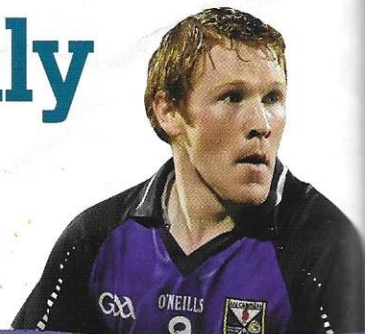
Our opponents today have had a great year so far with another great run in the U21 Championship to compliment their great year in 2011 winning both Minor & U21 Ulster Championships. They will come in to today's game full of confidence and will no doubt provide us with a very difficult challenge.

From our own perspective I would like to thank the players for all the effort and commitment they have shown up to this point. It was a tough league campaign, during which many lessons were learned, culminating in a good second half display against Armagh in our last game that saw us retain our Division 1 status.

A word of thanks also to the backroom team, the medical staff, who have done trojan work to get some of our players on the pitch today, the conditioning coaches, the county board, our sponsors Donegal Creameries, the many clubs who have given up their facilities so freely this past few months, and we look forward to your continued support.

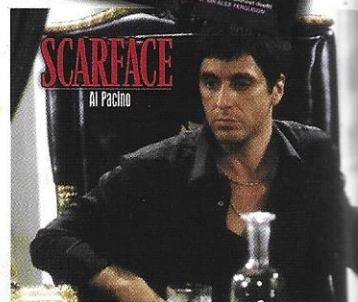
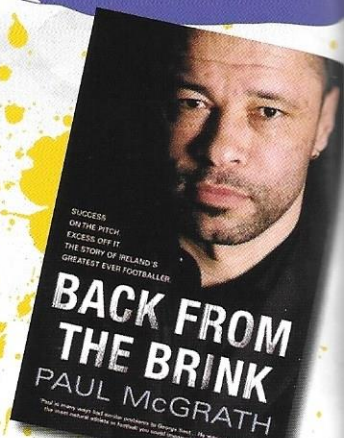
# Padraic O'Reilly

For Club & County

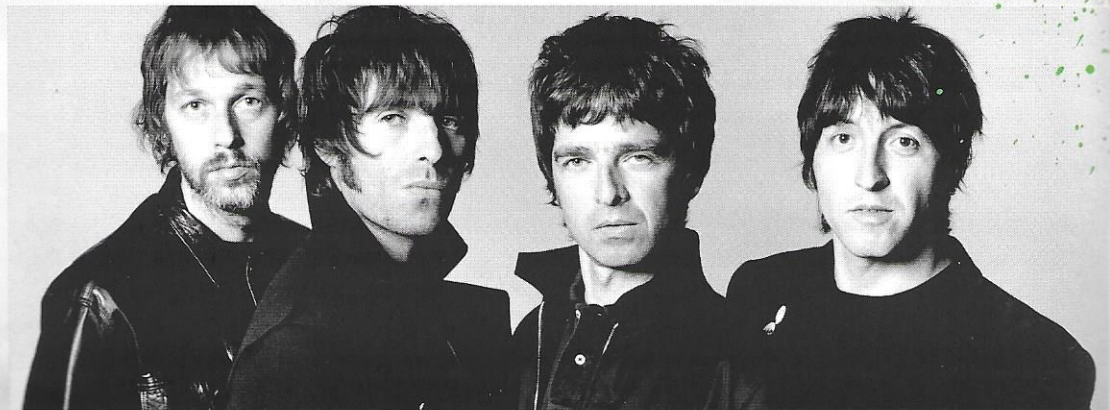


**Name:** Padraic O'Reilly  
**Club:** Ballinagh  
**Favourite position:**  
 Centre Back  
**Favourite pitch:** Croke Park  
**Hobbies:** Poker, Golf, Cycling  
**Childhood hero:**  
 Bernard Morris  
**Best player you have played with:**  
 Dermot McCabe  
**Best player you have played against:**  
 Brendan Devenney  
**Best game you have been involved in:**  
 Cavan V Tyrone, drawn game  
 Ulster SFC 2005  
**Best game you have ever seen:**  
 Cavan v Roscommon, League Semi Final 2002  
**Best trainer within the squad:**  
 Joshua Hayes  
**Worst trainer within the squad:**  
 James Reilly  
**Worst training drill:**  
 4 x 4 running  
**Pet hate:** People who can't park  
**Best motivator within the squad:** Ronan Flanagan

**Pre match meal:**  
 Pasta and chicken  
**Any superstitions:** I bless myself before I leave the house  
**Favourite song:**  
 Oasis - Wonderwall  
**Favourite film:**  
 Scarface  
**Favourite holiday destination:**  
 New York  
**Favourite drink:** Club Orange  
**Favourite meal:** Steak  
**Favourite book:** Paul McGrath, Back from the Brink  
**Which club do you like to see do well apart from your own:**  
 Lacken  
**Which county do you like to see do well apart from your own:**  
 Galway  
**Advice for youngsters:**  
 Enjoy the game  
**Young player within your club to look out for:**  
 Cathal Bogue  
**If you won the Lotto:** I'd pay for Mario Balotelli to play for my club  
**Aim for 2012:** To be playing Championship football in July



**Best thing about the GAA:**  
 Playing football with your childhood friends



# Disability Inclusion

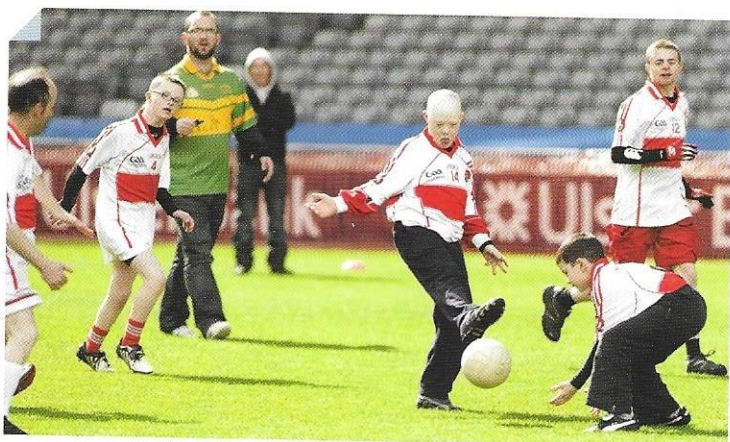
For more information: paul.callaghan.ulster@gaa.ie

By Paul Callaghan

**Ulster GAA's Disability Inclusion programme is growing from strength to strength over the last number of years. Ulster Coaches have taken a two fold approach by educating the coaches and giving children and adults with disabilities an opportunity to play our games.**

Every club will have somebody with a disability in their area but many feel uncomfortable or don't know what to do if someone wants to join the club. The 'GAA 4 All' project is an important part of the Ulster Council GAA's coach and volunteer development programme. These interactive workshops are aimed at club coaches and parents who have an interest in delivering adapted Gaelic games and activities to children and young adults with disabilities and special needs.

These workshops involved a short theory session where the audience are asked to consider how we can introduce Gaelic games into our clubs and the various barriers that may have to be overcome. This is then followed by the main part of the workshop where the audience take part in various practical games and activities using a wide range of specially adapted equipment. In this practical part of the course the participants are challenged to adapt various games to include people with various learning difficulties and disabilities (wheelchair users, visually impaired etc...).



Regional Development Officers have been delivering coaching sessions in Special Schools around the province and have been hosting Fun Activity days where they have invited Special Schools to a regional venue to do some skills and conditioned Gaelic Games.

Tuesday the 10th of April was a big day for the Disabled Gaelic footballers of Ulster as they participated in a provincial blitz in Croke Park. 150 players (men & women) and 60 helpers got a tour of the famous stadium and then pulled on their county jerseys to play a series of games on the pitch.

This was a follow up to the indoor and outdoor blitzes that were organised in the province recently. This was a great day and a fantastic opportunity for the players to show off their skills and promote their games.

The participants all received a prestigious Ulster medal as a

memento of their special day and judging by the smiles on all of their faces they really enjoyed the experience.

Participating teams/groups included Donegal Special Olympics, East Down Gaels, Drumlin House and Rehab Care from Cavan, Cookstown Special Needs and Omagh Special Needs from Tyrone, South Derry Disability Group, Monaghan Special Olympics and Armagh City ABLE group.

For further information on GAA Disability Programmes, contact:

**Paul Callaghan** (Derry, Donegal, Fermanagh, Tyrone)

paul.callaghan.ulster@gaa.ie  
00353 868 066166

**Diarmaid Marsden** (Armagh, Cavan, Monaghan)

diarmaid.marsden.ulster@gaa.ie  
079 2052 8792

**Shane McCann** (Antrim, Down)  
shane.mccann.ulster@gaa.ie  
079 2052 8793



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the site to see



## The most watched news in Northern Ireland

# Neil Gallagher

For Club & County

**Name:** Neil Gallagher

**Club:** Glenswilly

**Favourite position:**

Centre Half Back

**Favourite pitch:** Glenswilly

and Pairc MacCumhaill

**Hobbies:** Golf, Darts, Ping Pong

**Childhood hero:** Anthony Molloy

and Anthony Tohill

**Best player you have**

**played with:** Michael Murphy

**Best player you have**

**played against:**

Christy "Magnus" Toye

**Best game you have**

**been involved in:**

Ulster Final 2011

**Best game you have ever seen:**

1992 All Ireland Final

**Best trainer within the squad:**

Me and Karl Lacey

**Worst trainer within the squad:**

Toss up between Colm McFadden

and Neil McGee

**Worst training drill:**

Sprints

**Best motivator within the**

**squad:** Patrick McBrearty

**Prematch meal:**

Soup and brown bread and plenty of Argi+!!

**Any superstitions:** Stay well away from Eamon McGee in the changing room

**Favourite song:** Wonderwall (the Christy Toye version)

**Favourite film:**

A night at the Roxbury

**Favourite holiday**

**destination:** Gweedore, great place to gather your thoughts down by the sea

**Favourite drink:** Argi+

**Favourite meal:** Shepherds Pie and Potatoes

**Which club do you like to see do well apart from your own:**

Buncrana – cause Ryan Bradley plays for them and I love to see Ryan doing well

**Which county do you like to see do well apart from your own:**

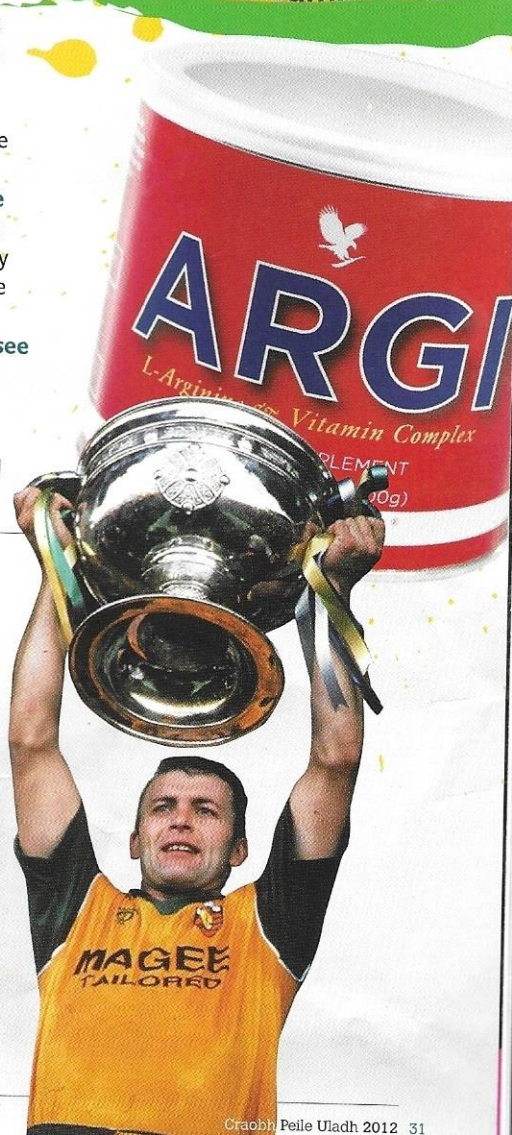
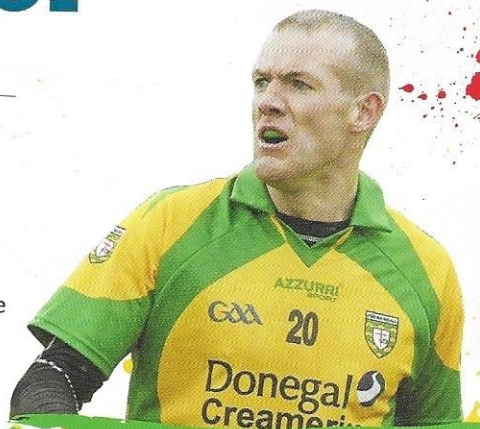
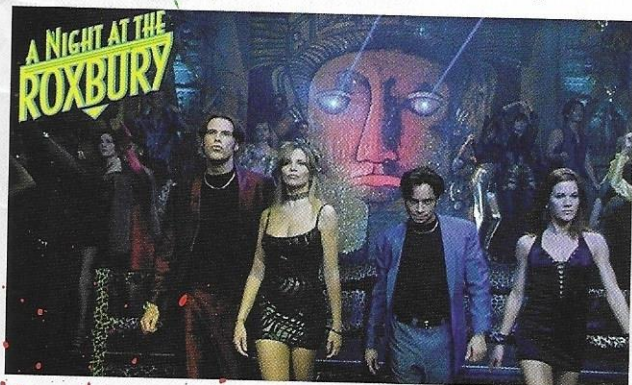
Kilkenny Footballers

**Advice for youngsters:**

Watch Michael Murphy playing

**Best thing about the GAA:**

the people you meet, the enjoyment it brings to so many and admiring the way Neil McGee chats to women after a game



## Cúrsa Gaeltachta | 24ú Cuimhneachán

# Cúrsa Cuimhneachán in Sheamuis de Faoite

For members of C.L.G.  
Downings - Tír Chonail

Ó Monday 23rd July 2012  
Go Saturday 28th July 2012

The Ulster Council of the Gaelic Athletic Association sponsors this course. The course takes place on the beautiful Ros Goill Peninsula in Donegal, and Comhairle Uladh provides a wide variety of facilities, and services free of charge to participating members. Do not miss this opportunity to enhance your knowledge and appreciation of our heritage.

The course caters for three categories of participant

(a) Fluent Irish speakers.

(b) Improvers or those with a little Irish.

(c) Beginners or those with little or no knowledge of the language.

Every effort is made to ensure that the course is both pleasant and inclusive. This is achieved by having classes for three levels of fluency in the language, by refined preparation for certain events, and by strategic translation and summarisation techniques together with the wholehearted participation of

the course members in the delivery of the programme.

### 3 recommendations here for this week

(a) Speak as much Irish as possible

(b) Divest yourself of any degree of pretentiousness

(c) Enjoy

## Foireann An Chúrsa | 2012

Pádraig Ó Cutliffe	(Ceannaire)
Máire Nic Shuibhne	(Ceannaire)
Mícheál Mac Aoidh	(Ceannaire)
Máiréad Nic Dhaibhéid	(Rúnaí Áitiúil)
Séamus Mac Giolla Phádraig	(Cláráitheoir)
Míceál Ó Grianáin	(Comheagarthóir Laethúil an Chúrsa)
Tomás Ó Cuilinn	(Rúnaí - Grúpa-Oibre na Gaeilge, Comhairle Uladh CLG)
Nollaig Mac Cumhaill	(Cathaoirleach - Grúpa-Oibre na Gaeilge, Comhairle Uladh CLG)

For further Information: Cláráitheoir an Chúrsa:

Séamus Mac Giolla Phádraig 41 Cavanakeeran Road, Pomeroy, Co. Tyrone. BT70 2RD  
or [www.ulster.gaa.ie](http://www.ulster.gaa.ie)

Latest date For Applications - Friday 20th July 2012



**SENSE**  
NIGHT CLUB

THE WINNER  
**TITANIC**  
**GO** 2012  
AWARDS  
NIGHTCLUB  
OF THE YEAR

**ESSENTIAL**  
**SATURDAYS**  
IT'S YOUR WEEKEND!

COOL FM'S DJ HIX & GUESTS  
THE ESSENTIAL PARTY MASH UP

£5 ADM B4 10PM £7 AFTER  
DRESS : ESSENTIAL STYLE  
DOORS 9PM : 20+

# SUMMER JAM SUNDAYS

## N. IRELANDS BIGGEST SUNDAY NIGHT!

**DJ'S IBEY SESAY & GARETH STEWART - YOUR SUMMER PARTY MASH UP**  
WE'RE GONNA PARTY AS MUCH AS WE CAN... ADM £5: ALL DRINKS £2.50: DOORS 9PM 18+

**HIGH FIVE**<sup>®</sup>  
**MONDAYS**

**N. IRELANDS BIGGEST  
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# Craobh Peile Uladh

## ULSTER SENIOR FOOTBALL CHAMPIONSHIP 2012

Preliminary Round  
Sunday 20th May



**AN CABHÁN**  
V  
**DÚN NA NGALL**

Kingspan Breffni Park, Cavan,  
Senior: 3.30pm Minor: 1.45pm



Quarter Final: Sunday 27th May

**MUINEACHÁN**  
V  
**AONTROIOM**

St Tiernachs Park, Clones,  
Senior: 3.30pm Minor: 1.45pm



Semi-Final:  
Sunday 24th June

V

Venue to be Confirmed  
Senior: 2.00pm Minor: 12.15pm



Ulster Final:  
Sunday 22nd July

V

Venue to be Confirmed  
Senior: 2.00pm Minor: 12.00pm

Quarter Final: Sunday 3rd June

**FEAR MANACH**  
V  
**AN DÚN**

Brewster Park, Enniskillen,  
Senior: 3.30pm Minor: 1.45pm



Semi-Final:  
Saturday 30th June

V

Venue to be Confirmed  
Senior: 4.30pm Minor: 2.45pm

Quarter Final: Sunday 10th June

**ARD MHACHA**  
V  
**TÍR EOGHAIN**

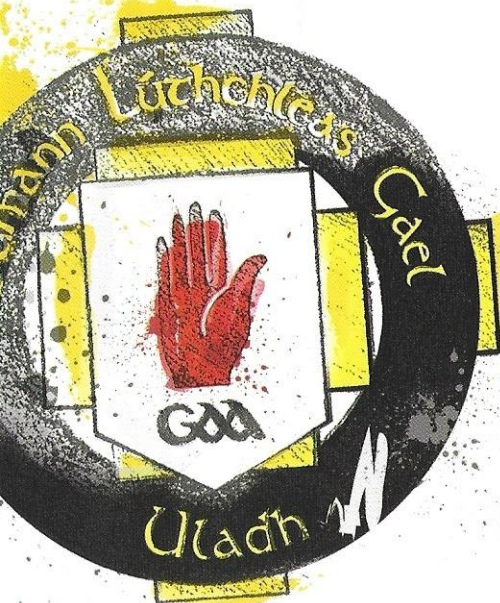
Morgan Athletic Grounds, Armagh,  
Senior: 4.00pm Minor: 2.15pm



Quarter Final: Saturday 16th June

**DOIRE**  
V  
**AN CABHÁN OR  
DÚN NA NGALL**

Senior: 5.00pm Ladies 3.15pm



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

find us on  
**facebook & twitter** #ULSTER2012

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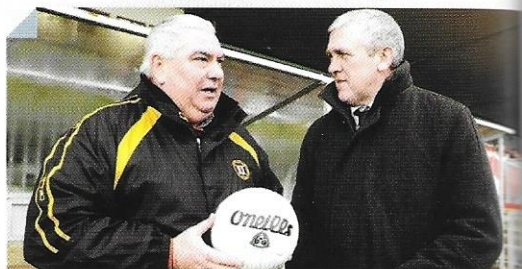
# Nothing beats being there

# Coaching and Games Development Programmes in Ulster

The Coaching and Games Development Programmes in Ulster and within our counties are as diverse and interesting as ever.

Our main focus remains the promotion and development of our games.

The diagram below illustrates the vast array of coaching activity that is taking place in our province.



Player Development	Feile Uladh	Ulster Óg Sport	Ulster Leagues	Handball
	U15 Talent Academy Blitzes		U16 Talent Academy Blitzes	Rounders
	U17 Talent Academy Blitzes		U16 Inter Provincial Games	
	U16 Buncrana Cup		U17 Jim McGuigan Cup	Ladies Football
	Elite U16 Academy		County Academy Road Shows	
Player Participation	Recreational Games		Game of three Halves	Camogie
	Disability & Special Needs		Cuchullains Cup Coaching	
	Urban Development Coaching		GAA Activity Days Croke Park	
Coach & Manager Education	GAA Coaching Awards		County Team Support	County
	OCN Accredited Qualifications		County Workshop Support	
	Advanced Programmes (SINI)		County Staff In-service	Clubs
	Tutor Education Programme		Sports Science Support	
	Coach Development Workshops		Club Coaching Structures	
Primary Schools	KS1 Physical Literacy Coaching		Specialist Project - Video Analysis	Secondary Schools
	Integrated Schools Coaching & Blitz		Competitions	
	KS1 Health Promotion		GAA Academies FE & HE	Further and Higher Ed
	KS 2 Hurling Coaching		Club Support & Competitions	

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# At your Fingertips

## Introducing the Ulster App

Ulster GAA President Aogán Ó Fearghail has launched an exciting new communications campaign to promote the 2012 Ulster Championship, which includes a new Ulster GAA online TV Channel and a cultural mobile app 'GaelGo'.

Ulster GAA, in partnership with Comhaltas, and with the support of DCAL, have launched GaelGo, which will promote all events and activities taking place in Ulster to include our traditional games, Scór, Irish language, song and dance. GaelGo is communications on the move and can be downloaded for free at [www.gaelgoapp.com](http://www.gaelgoapp.com)

Ulster GAA has also announced two new Ulster GAA 2012 Championship TV Preview Programmes, which will be launched this week by on [www.ulster.gaa.ie](http://www.ulster.gaa.ie) or by viewing the Ulster GAA facebook page [www.facebook.com/ulstergaa](http://www.facebook.com/ulstergaa) or Youtube page [www.youtube.com/ulstergaa](http://www.youtube.com/ulstergaa)

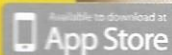
Presented by Adrian Logan and Emma Canavan the magazine programme looks at the build up to the 2012 Championship and reviews some of the action and excitement from 2011. Episode 1 which is now online gets the thoughts of the Managers and sees niece vs uncle when Emma Canavan interviews uncle Peter about his new role as Fermanagh Manager. Also giving their thoughts on Ulster GAA 2012 are: John Brennan, James McCartan, Mickey Harte, Liam Bradley, Jim McGuinness, Terry Hyland and Eamonn McEaney. Monaghan fan and GAA Director General Paraic Duffy, Antrim fan and Sports Minister Caral Ni Chuilin and Cavan fan and Ulster GAA President Aogán Ó Fearghail also share their thoughts. Episode 2 gets the thoughts of the players in advance of Ulster 2012 Championship.

Produced by MXB and the Ulster GAA Communications and Marketing Team Ulster GAA 2012 Championship is online now.

Facebook users are also asked to support their County team by downloading their free Championship 2012 cover page by logging on to the Ulster GAA facebook page or [www.ulster.gaa.ie](http://www.ulster.gaa.ie) and placing their County crest as their backdrop. Finally a new Tag Me competition has been put in place with winners who tag the new Ulster GAA match branding winning two tickets to each match, a print of the match programme cover signed by the Managers and also being placed into a competition to win €2500 for their Club at the Ulster Final in association with McKeever's Sports and the [www.gaastore.com](http://www.gaastore.com).

Ulster GAA President Aogán Ó Fearghail strongly encouraged Ulster GAA fans to access the social media channels: "We hope the GaelGo app will help to promote all our games and cultural activities, and I have no doubt that Gaels across Ulster will be downloading GaelGo onto their iPhones and smart phones, and will find it a really useful resource to keep updated on all that's going on."

# SPORT, CRAIC, CEOL AND NOW AVAILABLE

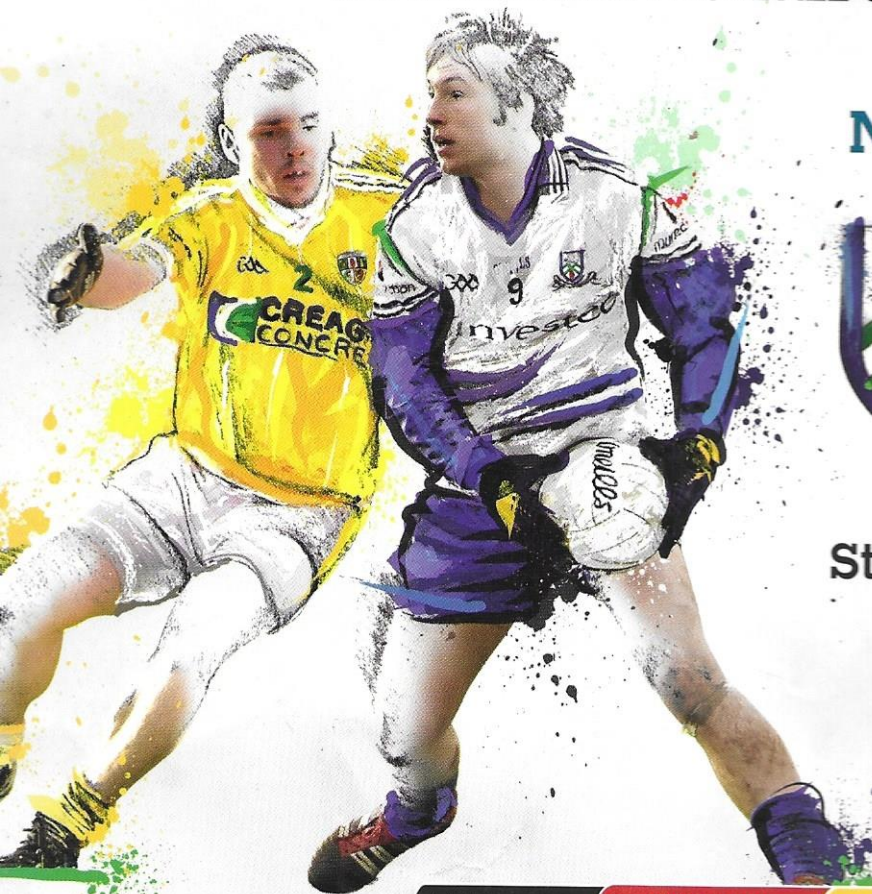


ADD A SPLASH OF COLOUR  
TO YOUR SUMMER

# Muineachán v Aontroim

ULSTER SENIOR FOOTBALL CHAMPIONSHIP 2012

Quarter Final  
**NEXT SUNDAY**



at  
St Tiernachs Park  
Clones

Throw In  
1.45 & 3.30PM

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Prices are for Non All-Ticket games. See press and [ulster.gaa.ie](http://ulster.gaa.ie) for details on All-Ticket games  
\*These tickets are requested through County Boards

Tickets available through Clubs, County Boards & Tickets.ie Watch Press for Details on Tickets Packages

# Nothing beats being there