

CRAOBH PEILE ULADH 2015

#ULSTER2015

# DÚN NA NGALL v TÍR EOGHAIN

PRELIMINARY ROUND | 17Ú BEALTAINNE | PÁIRC MAC CUMHAILL | 2:15 & 4:00PM

€3/£3 | Clár Oifigiúil *D. O'Maoláin* Rúnai



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# RÉAMHFHOCAL

## PRESIDENTS FOREWORD



Ba mhaith liom fáilte a chur roimh na foirne agus an lucht leanúna a tháinig go Páirc Mhic Cumhaill inniu ó Dhún na nGall agus ó Thír Eoghain. Molaim go hard gach duine a chuidigh leis na himreoirí seo thar na mblianta le ullmhú le himirt ag an ardchaighdeán spóirt seo.

It is hard to believe that its Ulster Championship time again. Today Dún na nGall welcome the men from Tír Eoghain as the Ulster Senior Football championship gets up and running in 2015. This great venue at Páirc MacCumhaill brings together the reigning senior and minor champions, Dún na nGall against their neighbours, Tír Eoghain who will be boosted by their recent All Ireland Under 21 success.

I wish to make special mention of the specially commissioned jerseys that Dún na nGall are wearing today. Last year 30 people lost their lives on Irish farms and Donegal has the second highest rate of farm fatalities in the country. I commend them and Aurivo Co-Op for highlighting this matter.



It is also an opportunity for the stars of the future to shine in today's arena. Cumann na mBunscol children will display their skills at half time while the minor sides from both counties are competing for a place against Ard Mhacha. Whether it be in schools competitions, on the important platform that is Scór or in club, county or Provincial activity our teams through their members and players exemplify the positive attributes which go hand in hand with our pride of place which remains central to all things GAA.

Not only do I believe that this is the most competitive of all of the GAA's inter-county championships, but as evidenced today every team can take to the field in a given game with a well grounded hope of success in that fixture. The progression of our counties in the recent Allianz Leagues adds to the excitement of our championship.

I would like to acknowledge and thank all the Ulster Council and Donegal GAA personnel involved in hosting today's games. Everyone plays their part; supporters and stewards, medics, match officials and players, sponsors, local authorities, media, County Boards and Provincial Council. I would also like to wish all four teams, their County Boards and management every success in their respective outings today and the match officials whose role should never be overlooked.

Finally, to you the supporters; your attendance here today makes these summer Sundays the special events they become. Your support, attendance and attention is highly valued and we hope the experience of today will encourage you join us again at some stage over the summer before the 2015 resting place of the Anglo Celt Cup is confirmed.

Be There. All The Way!!

Mairtin Mac Aibhne  
Uachtarán Chomhairle Uladh



### Amhrán na bhFiann

Sinne Fianna Fáil  
A tá fé gheall ag Éirinn,  
buion dár slua  
Thar toinn do ráinig chugainn,  
Fé mhóid bheith saor.  
Sean tír ár sinsir feasta  
Ní fhagfar fé'n tiorán ná fé'n trál  
Anocht a théam sa bhearna bhaoil,  
Le gean ar Ghaeil chun báis nó saoil  
Le guna screach fé lámhach na bpileár  
Seo libh canaidh Amhrán na bhFiann.

# TODAY'S GAMES

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Photography: Sportsfile

## ELECTRIC IRELAND ULSTER GAA FOOTBALL MINOR CHAMPIONSHIP PRELIMINARY ROUND

THROW IN 2:15pm (ET if required)



## DÚN NA nGALL v TÍR EOGHAIN

**Referee:** Paul Faloon (An Dún)  
**Standby:** Donal Connolly (Muineachán)  
**Linesman:** Séan Laverty (Aontroim)  
**Sideline Official:** Paul McKeever (Aontroim)  
**Umpires:** Kevin Faloon, Mickey Cranney,  
Gregory McGrath and Noel Tumilty.

### Paul Faloon (An Dún)

Paul is a member of the Drumgath club in County Down and his occupation is a gardener. Paul has a great interest in refereeing and really enjoys the role.

Paul has been refereeing since 2011 and has taken charge of numerous finals most notably the Down Minor Championship Final in 2013 Down Intermediate final 2014 and two Herald Cup Finals.

Paul also took charge of the 2104 Ulster Minor Football Championship Quarter Final between Monaghan and Tyrone.



## ULSTER GAA FOOTBALL SENIOR CHAMPIONSHIP PRELIMINARY ROUND

THROW IN 4:00pm



## DÚN NA nGALL v TÍR EOGHAIN

**Referee:** Joe McQuillan (An Cabhán)  
**Standby:** Maurice Deegan (Laois)  
**Linesman:** Ciaran Bránagan (An Dún)  
**Sideline Official:** Noel Mooney (An Cabhán)  
**Umpires:** Ciaran Brady, Ciarán McCarville,  
TP Gray and Jimmy Galligan

### Joe McQuillan (An Cabhán)

Joe has been refereeing for 16 years. Joe has refereed three Ulster Club Senior Finals and one All Ireland Senior Club Final. Within Ulster, he refereed the 2010 Quarter Final between Dún na nGall and An Dún as well as the 2011 games between Doire and Fear Manach and Tír Eoghain and Dún na nGall. He also refereed the Ard Mhacha and Tír Eoghain clash in 2012 and Doire v Dún na nGall in 2014.

Joe's biggest achievement came in September 2011 when he took charge of the All-Ireland Senior Football decider when Dublin defeated Kerry. He took charge of his second All-Ireland Senior Football Final in 2013.



#### DISCLAIMER

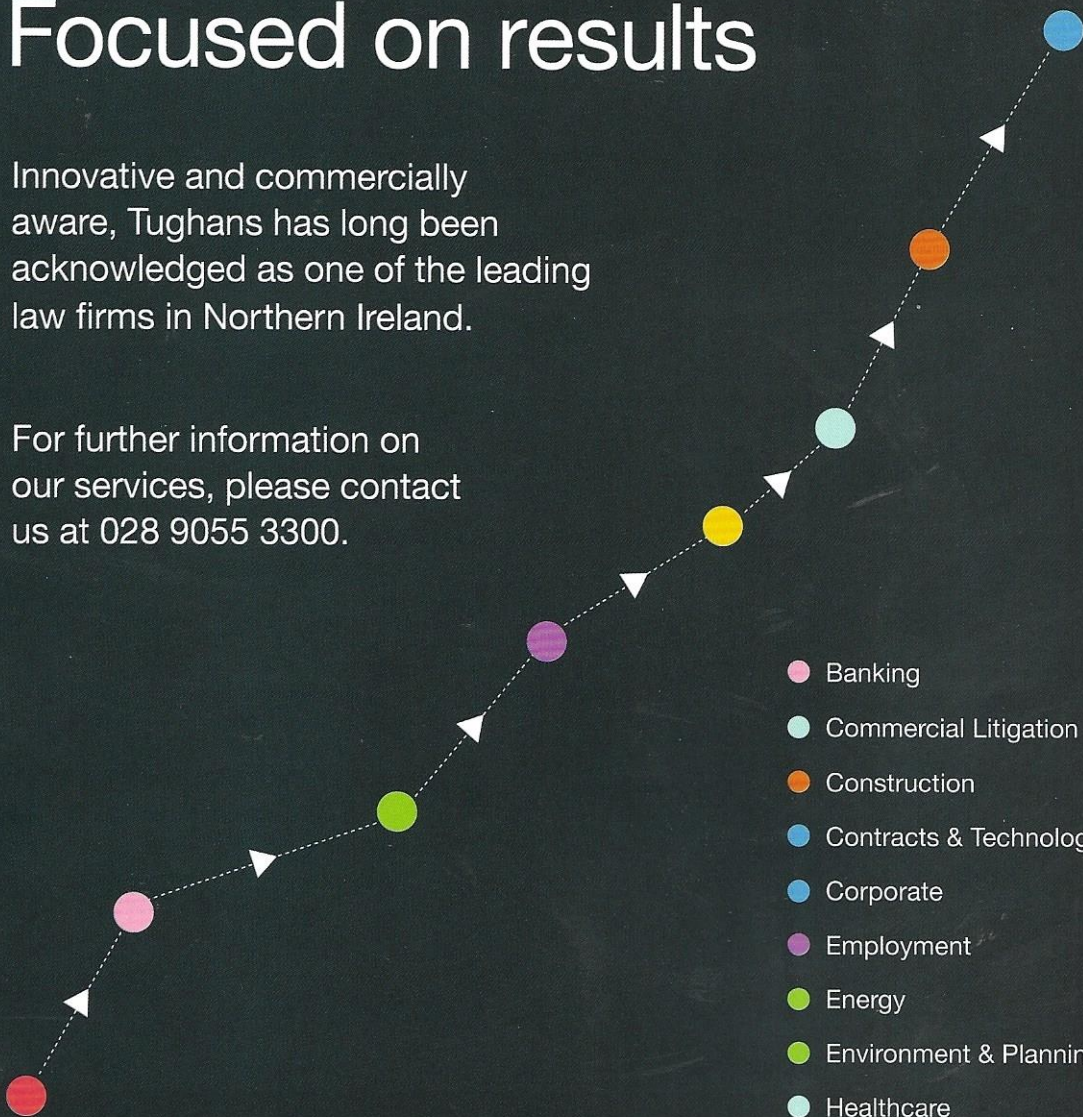
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# CUMANN NA BUNSCOL

TODAY'S MINI GAMES

## DÚN NA nGALL



Gary Kelly, Glenswilly NS  
 Rory Kennedy, Gaelscoil na gCeithre Máistir  
 Michael Mac Lochlainn, Gaelscoil Bun Cranhacha  
 Danny Burke, Frosses NS  
 Thomas White, Mountcharles NS  
 Denis Shields, St Joseph's Rathmullan  
 Peter Grant, Scoil Fhionnán, Whitecastle  
 James Toye, Scoil Bhríde, Convooy  
 Cian Mac Giolla Easpaig, Scoil na Carraige, Glencolmcille  
 Fionnan Mac Giolla Comhail, Scoil an Luinnigh, Gaioth Dobhair  
 Alec McConnigley, Milford NS  
 Darragh McGeoghegan, Malin NS  
 Jack Boyle, Dunkineely NS  
 Connor Colton, Scoil Mhuire Pettigoe  
 Pauric O'Donnell, Doochery NS  
 Micheal Ó Rathallaigh, S.N Gort an Choire  
 Jamie Murray, St Mary's Stranorlar  
 Thomas O'Shea, St Mary's Ardara

## TÍR EOGHAIN



James Quinn, St Patrick's PS, Dungannon  
 Conor Bradley, St Patrick's PS, Castlederg  
 Ruairí Canavan, St Colmcille's PS, Carrickmore  
 Darragh Donnelly, Aughmullan PS  
 Jack O' Callaghan, St Mary's PS, Carland  
 Conor Falconer, Christ The King PS, Omagh  
 Daire Fee, Primate Dixon PS, Coalisland  
 Daithí Ó Faolain, Derrylatinee PS  
 Patrick Purvis, Edendork PS  
 Evan McGinn, Gaelscoil Uí Neill, Clonoe  
 Patrick McArdle, Holy Family PS, Omagh  
 David Morris, Our Lady of Lourdes PS, Greencastle  
 Niall Robinson, St. John's PS, Kingsisland  
 Conor Mullin, Sacred Heart PS, Tattyreagh  
 Ronan Coyle, St Eugene's PS, Victoria Bridge  
 Aidan Carroll, Sacred Heart PS, Rock  
 Matthew Hurl, St. Peter's PS, Moortown  
 Ryan Agnew, St. Teresa's PS, Loughmacrory



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.

## DID YOU KNOW?



240,000

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

90,000

Active players of Gaelic Games

# 250,000

## Members of the GAA in Ulster

137,000

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



46,000 Spectators approximately attended the 2015 Bank of Ireland McKenna Cup.

# 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.

15,000

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



# 30,000

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

28,00

Children were coached as part of the Foundation and Key-stage 1 Schools programme in 2014.

400

Delegates attend the Ulster GAA Club and Community

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.

# 25,000

2014 Approximately 25,000 games were organised & played with the Province of Ulster

45,000

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



36,000  
Twitter followers



25,000  
Facebook followers



@thewildJJ

Massive game again.  
Legend! #shoutitout

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# VALUING VOLUNTEERS

## CORMAC MAC GAIRBHIGH



Is beag a shíl Cormac Mac Gairbhígh nuair a d'fhág sé Rann na Feirste agus thug a aghaidh ar Londain in 1988 go mbeadh sé ar ais ag a chlub dúchais mar chathaoirleach chór a bheith fiche bliain níos moille.

A distinguished player in his time, Cormac tasted success twice as a county player. In 1984 he was part of the All-Ireland winning Vocational team. Three years later Cormac was at college in Limerick and making the twice weekly trip to Donegal for training as part of the U-21 team. The same team that defeated Kerry in Dr. Hyde Park in 1987 to claim our second All-Ireland title at that grade.

That game went to a replay and having started in the first game Cormac was very unlucky not to start the second day. He was involved in a crash on the way to the replay and didn't feature because he arrived late. As we know the likes of JJ Doherty, John and Barry Cunningham, Tommy Ryan, Barry McGowan and Manus Boyle from that team went on to be part of the team to take Sam to the hills for the first time.

A married man and father of two young children, in 1996, Cormac headed for the hills again and wasted no time linking back up with his native club, Naomh Muire. Having been involved with the club in the early years during the 80's Cormac was back in the groove swinging that left foot and captaining the club to the Intermediate title for only the second time in 1998. The same year the club were promoted to Division 1 but Cormac suffered a bad knee injury which would end his playing days.

This did not halt his dedication to the club as Cormac soon took up the role of manager at a time when the club was rebuilding again. He guided the club to a Junior Championship Final in his first year narrowly losing out to Milford after extra time in a replay. Completing his term as manager after two years, Cormac handed over the reins to John Joe Doherty and moved into the position of Chairman.

The following nine years saw massive change at the Banks with the installation of match standard flood lights, a new training pitch and a considerable extension to the clubhouse. Cormac was not only Chairman at this time but was more than happy to get his tools out and help out with the manual labour, the same as so many others within the club did during this development. During his tenure as chairman the club picked up the Division 3 Reserve title in 2006 and were promoted to Division 2 in 2007.

An bhliain chéanna chuaigh an club ó dheas go Béal Átha an Ghaorthaidh áit ar bhain said amach craobh soisear Uile Éireann i gComórtas Peile na



Gaeltachta. Sa bhliain 2009 bhain foireann faoi fiche haon an chluib craobh na Condae B. Dhá bhliain ina dhiaidh sin bhí níos mó cupaí ag teacht na Méillte agus Comórtas Peile na Gaeltacht buaite arís, an t-am se oar an Crois Bhealaigh, i gCloich Cheann Fhaola, faoi cheannas Danny Ó Domhnaill.

In 2013 the club were crowned Intermediate champions and Cormac was to sign off in his tenure as Chairman by having the honour of hosting Comórtas Peile na Gaeltacht at the Banks.

As with many other volunteers that give their time to our games, Cormac has not finished his involvement with GAA and is currently the club's County Board Delegate, a position which he relishes and is excellent at and for which the club is extremely grateful. You will also see Cormac fulfilling the other duties that are the life-blood of any club from umpiring at games to tráth na geist at Scór. Today keep your eye out for him as he is one of our stewards.

Go raibh maith agat a Chormaic as ucht do chuid ama, do chuid oibre, do chuid díograise agus do dhílseacht d'ár gcluichí gaelacha.



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# MINOR PREVIEW

Ryan McCann

**When Mickey Donnelly gives his Tyrone side a team-talk before this afternoon's game in Ballybofey, the Aghaloo clubman could be doing so for the last time.**

For the last five years, the former Ardboe and Mayobridge boss has been in charge of the young Red Hands and after guiding them to the 2012 Ulster Championship and an All-Ireland Final appearance in 2013, he has decided that this will be his final season at the helm.

With the help of long-serving assistant Kieran McHugh and three-time All-Ireland winners Ryan McMenemy and Brian McGuigan, Donnelly plans to leave on a high.

In truth, the 2015 Ulster Championship draw couldn't have been tougher for Tyrone and the

experienced managerial unit will need to etch a tactical master plan if they are to topple the reigning provincial champions today.

Declan Bonner's regimented Donegal outfit appear to be just as prolific this term if their performances in the Ulster Minor League provides a reliable parameter. They sailed through Group B, winning all four games, before brushing aside Down and Derry in the latter stages en route to securing back-to-back Leagues for only the third time in the county's history.

"I think Donegal have a fairly successful template and it is reflective across all age groups," said Donnelly.

"A template is one thing but we seen first hand that they have immensely talented footballers on top of that. We know their pedigree but it is a challenge we are relishing. For myself and Kieran McHugh, this is our last throw of the dice as a management team and we don't want the journey to end on Sunday, that's for sure."

When the sides met six weeks ago in Strabane, Donegal trounced the Red Hands 1-16 to 0-7. They looked sharper, fitter and further on in their Championship preparations. Defensively, the Tir Conaill men are resolute with goalkeeper Danny Rodgers launching attacks as soon as the ball goes dead.

Kilcar sharpshooter Conor Doherty missed the League Final win over Derry through injury but he is expected to recover in time to spearhead the Donegal attack this afternoon alongside deadly duo Ethan and Niall O'Donnell.

Michael Carroll - who starred in last year's All-Ireland Final loss to Kerry - will line out at midfield this year and Tyrone's

## THE IRISH NEWS

@IRISHNEWSSPORT

chances of progression could hinge on their ability to stop the Gaoth Dobhair man - who has already been earmarked as an inter-county star of the future.

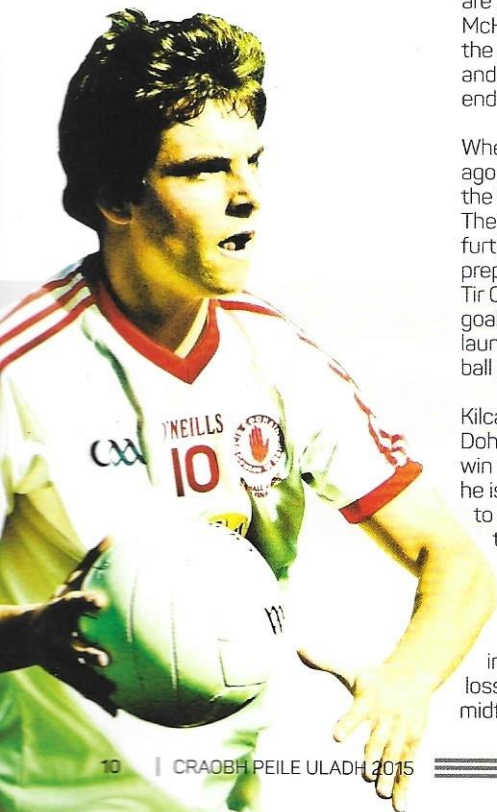
For the neutral, this game is likely to be a war of attrition with both sides appreciating the need to be defensively sound in Championship conditions. Donnelly admits playing Donegal at their own game could be the key to a place in draw for the next round.

"I think both teams will set out to play a certain way because that is what suits their crop of players," he said.

"But in the All-Ireland Finals last year - in minor and senior - Kerry set about trying to replicate the defensive system that Donegal deployed and it worked out well for them.

The bottom line is that Donegal have had a system in place for a number of years and they are very efficient at carrying it out and it will be about disrupting that."

If Tyrone are to progress, they will rely heavily on the industry of Coalisland ace Cormac O'Hagan and the scoring ability of Tomás Carney from Derrylaughan. If Aidan Fullerton, Michael Corless and Edendork prospect Conn Kilpatrick can produce their best performances, the Red Hands might be in with a chance.



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OUR CHAMPIONSHIP COVERAGE

**THE IRISH NEWS**

# DÚN NA NGALL

## DONEGAL MINOR TEAM

Manager: Declan Bonner



### FÍR IONAIÐ/SUBSTITUTES

16. Sean Graham, Gaeil Leitir Ceanainn 17. Philip McNern, Naomh Columba 18. Seaghan Ferry, Gaoth Dobhair  
19. Jason McGee, Cloich an Fhaola 20. Conor Doherty, Cill Cartha 21. Eoghan McGettigan, Naomh Conaill  
22. Barry Curran, An Clochán Liath 23. Sean McHugh, Beart 24. John Ross Molloy, Ard an Ratha

	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"/>

**NOTES**



# TÍR EOGHAIN

## TYRONE MINOR TEAM

Manager: Mickey Donnelly



### FÍR IONAIÐ/SUBSTITUTES

16. Connor Traynor, An Baile Nua 17. Aidan Fullerton, An Charrraig Mhór 18. Brian Kennedy, Doire Lochain  
 19. Conn Kilpatrick, Éadán na d'Torc 20. Jack McGuigan, Baile na Móna 21. Ronan McGuigan, Baile na Móna  
 22. Michael McKernan, Oileán a'Ghuail 23. Emmet McNabb, An Droim Mór 24. Patrick Molloy, Dún Geanainn

	Cúil	Cúilíní	Seachái	45	Saor	Ciceann
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"/>

NOTES

# LAOCHRA ULADH

## FRANKIE BRENNAN

Uachtarán ar Fhó-chumann  
Ard a' Rátha

Creid é nó na creid, a fhad is d'imir Frankie Brennan do Ard a' Rátha, Contae Dhún na nGall agus mar ionadaí do Chúige Uladh níor bhuaigh sé ach an t-aon bhonn amháin, an bonn sin i gCorn Dr. Lagán i 1952.

Chas Dhún na nGall ar Chorcaigh i gcluiche leath-cheannais na sraithe an bhliain sin agus 'sé barrúil Frankie go mbheadh an lá leo ach go raibh na Conallaigh ró-neirbhíseach sa chead leath. Roghnaíodh é ar fhoireann mionúr an chondae i 1946 agus arís i 1947. Sa bhliain sin ghortaigh sé a ghlún agus mhol dochtúir do éirí as an pheil ach d'imir sé ar feadh deich mbliana eile. D'imir sé a chead chluiche Craobha i ngrád na sinsir in éadan An Dún i 1949 agus ceapadh é mar chaptaen

ar fhoireann shinsir an chontae idir 1954 agus '57 agus mar chaptaen ar an fhoireann shóisir an chondae i 1958. Ba peileadóir cumasach é a d'imir i lár na páirc agus sa líne leath-thosach. Deir sé gurbh iad Eddie Devlin agus Mick Cushnehan an bheirt imreoir is fearr ó Thír Eoghain a d'imir sé in éadan. I ndiaidh dó éirí as mar pheileadóir chaith sé ciithre bliana mar réiteoir, ceapúhán nach raibh gan chontúirt san ré sin. I ndiaidh do moltóireacht a dhéanadh ar chluiche craobha idir An Clochan Liath agus Gaoth Dobhair, cluiche nár chríochnaíodh ar an lá, d'éirí sé as. Chaith sé fiche bliain idir 1949 agus '69 mar oifigeach ina chlub féin agus 'sé Uachtarán an Chlub é faoi láthair. Bhronn Coiste an Chondae i nDún na nGall Gradam Ómóis air i 2002.

Go mba fada buan é.



## PAT KING (1947 – 2015)

Cailleadh mac dílis de chuid An Cumann Lúthchleas Gael i gContae Thír Eoghain agus Contae Fhear Manach nuair a d'éag Pat King go tobann sa bhaile ar 13ú Aibreán i mbliana i ndiaidh dó tinneas gearid a fhulaingt.

Mar bhall de Chumann Naomh Mhic Artáin, Trí Leac, bhain Pat cúig Chraobhchomórtas Sinsear na hÉireann agus seacht Sraithchomórtas sa Pheil i rith ré órga an chlub idir 1973 agus 1987. Bronnadh Laoch na himeartha air nuair a bhain Trí Leac Cluiche Ceannais an Chontae sa bhliain 1980 agus trí bliana ina dhiaidh sin thug sé an fhoireann leis chuig bua dúbailte sa tSraith agus sa Craobh. Ba é seo an buaicphointe a bhí ag saol fada imeartha ag imirt ag an leibhéal sinsearach, saol peile a thosaigh sa bhliain 1964.

Fuair Pat a chéad bhlaiseadh den pheil mar dhalta scoile i Scoil Naomh Mícheál in Inis Ceithleann. Lean sé ar aghaidh leis an pheil nuair a d'fhreastal sé ar Choláiste Oideachais Naomh Iósaf i mBéal Feirste. Ba bhall tábhachtach é ar fhoireann na hollscoile nuair a bhain siad Cluiche Ceannais na nOllscoileanna amach sa bhliain 1969 agus nuair a bhain siad an comórtas ar ais i bPáirc an Chrócaigh arís an bhliain dár gcionn.

D'imir sé den chéad uair ar Fhoireann Sinsir Thír Eoghain sa bhliain 1969 agus b'imeoir buan é ar fhoireann an chontae ar feadh dhá bhliain déag go dtí gur éirigh sé as sa bhliain 1980 – rud nach raibh ar intinn aige a dhéanamh. Sa bhliain 1973 d'imir sé sa líne leatosach nuair a





bhain Tír Eoghain Craobh Uladh agus Corn An Dr. Mhic Cionnaith. Roghnaíodh é mar chaptaen Thír Eoghain i 1972, 1976 agus 1977. Chomh maith le bheith ag imirt don chlub agus don chontae, d'imir sé ar son Uladh i gcomórtais Chorn an Iarnróid i 1973, 1974 agus 1977.

I ndiaidh dó glacadh le post mar mhúinteoir corpoilúna i Méanscoil Naomh Eoghan i Ros Liath, chuir sé faoi i Lios na Sceithe agus bhain sé Craobhchomórtais Sinsear Fhear Manach le Gael Eimeid. D'imir sé ar an fhoireann lena bheirt mhac, Shane agus Barry go dtí gur ghlac sé le ról bainisteora ar fhoireann na sinsear, tréimhse a tháinig chun cinn mar an tréimhse ba rathúla i stair an chlub.

Sa deireadh, iarradh air teacht i gceannas ar Fhoireann Chontae Fhear Manach agus d'éirigh leo teideal Uile-Éireann 1996 agus Corn An Dr. Mhic Cionnaith 1977 a

bhaint faoina bhainistiú, le beirt dá mhac ag tosú ar an fhoireann.

Chomh maith lena chuid oibre ar an pháirc, bhí se gníomhach i rólanna riaracháin mar Leas-Chathaoirleach, Rúnaí agus mar Oifigeach Caidrimh Phoiblí ar Choiste Ghairmscoileanna Uladh.

Bhí dúil aige i roinnt spóirt eile; lúthchleasaíocht, canúáil, rothaíocht, fánaíocht, seoltoireacht agus galf – fear mór spóirt amach is amach. Is mar dhuine de na peileadóirí is fearr agus is spórtúla dá raibh ann a léirigh ceannasaíocht i gcónaí, is fearr a chuimhneófar air.

Maireann a mhic, Shane, Barry agus Ronan, a dheartháireacha, Michael, Charlie agus Stephen, a dheirfiúra Mary agus Christine agus ochtar garpháiste.

# Cúrsa Gaeilge

## Shéamuis De Faoite

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## Cúrsa Cuimhneacháin

### Shéamuis de Faoite

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Na Dúnaibh – Downings  
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Ó Dé Luain 20ú Iúil 2015  
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From Monday 20<sup>th</sup> July  
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([s3amusmgp@gmail.com](mailto:s3amusmgp@gmail.com))

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# ULSTER GAA TO HOST FÉILE NA nGAEL 2015



Following the hosting of a successful Féile na nGael tournament in 2014, Ulster GAA has been given the honour of hosting the event again over the weekend of 19th to 21st June 2015.

The event will bring a total of 192 teams together for a fun weekend of competition in Hurling and Camogie. A further 60 Handball clubs will also play in a tournament on Saturday 21st June. This will bring approximately 4,800 young people together over the weekend.

The event will be officially launched tomorrow night, Monday 18th May at 6.30pm in Navan Fort, Armagh, when the Presidents of the GAA, the Camogie Association and the Handball Association take a break from a three day primary schools visitation programme throughout Ulster.

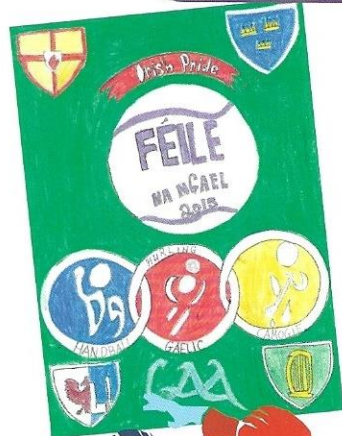
A fun art competition has been organised with primary schools throughout Ulster as Ulster GAA bid to get a design for the front cover of the Féile na nGael programme.

The draw to match the visiting clubs with their hosts for the 2015 Féile na nGael has been completed.

The draw identifies both the Hurling and Camogie sides involved in the Irish Pride Féile na nGael. As the visiting teams become identified, the draw will be updated reflecting all participating teams.

This can be viewed at:  
<http://ulster.gaa.ie/2015/04/feile-na-ngael-2015-draw/>

Ulster GAA looks forward to welcoming the teams, and their families and supporters, from across Ireland, to our province for the weekend and hope that all participants leave with wonderful memories of their time at Féile na nGael 2015.



# SENIOR PREVIEW

GaelicLife

@GAELIC\_LIFE

Niall McCoy & Ciaran Woods



The Red Hands were relegated from Division One while Donegal reached the Semi-Final. There was an evident gulf in class when the sides met at the end of March. Perhaps most importantly, the Tir Chonaill players are entirely comfortable against Tyrone and are expected to secure their fourth success Ulster Championship win against them since 2011.

A glance at the league statistics would further bolster the argument of a Donegal success. Tyrone had the worst attacking record in Division One (3-76) whilst Donegal had the second best defensive record (5-70), with Dublin conceding a point less across the seven games.

In fact, if you took into account all 32 teams that played National League football in 2015, only Division Four outfits Carlow and Wicklow had a points per game total that was lower than Tyrone's. The caveat in all of this though is that throughout the league,

and in the six weeks since their draw with Kerry, Mickey Harte's main focus will have been on their Ulster Championship Preliminary Round tie.

A team's style of play can simply not be defined by attacking and defensive, and this season Harte has tried to install a different type of defensive organisation to the one we usually see from the Red Hands.

They get big numbers back, they attack in lines, it's extremely similar to what we have seen from Donegal under Jim McGuinness, especially in his first year in 2011.

Like Tyrone this season, McGuinness used the league four years ago to work on that plan, to allow mistakes in order to tweak the problems. The team that kept Dublin to eight points in an All-Ireland Semi-Final also conceded 1-14, 2-12 and 1-15 a few months earlier - against Division Two sides.

The period between their Division Two Final win over Laois and their Ulster Championship opener with Antrim was crucial. They would concede 0-7, 1-8, 0-9, 0-8, 0-14 (aet) and 0-8 in the championship that year.

Since their relegation was confirmed against Kerry, Tyrone will have set about perfecting the strategy they tried to implement in the league stages.

Training has been moved from Garvaghey - a place where their drills were open to the world to the see - to clubs around the county where they can plot in private.

Harte has been the master of the tactical surprise, but will the trick up his sleeve contain enough magic to see off a Donegal team that will enjoy home advantage?

The Tir Chonaill men are not heavy scorers themselves, but have been rather accurate this season. They have been taking the majority of their chances.

# EVERY rational argument surrounding the Donegal and Tyrone match would point to a win for Rory Gallagher's side in today's clash.



## LAST FIVE MEETINGS

**March 29 2015, Ballybofey  
Allianz Football League Division 1**

**Donegal 1-13 Tyrone 0-06**

Hosts Donegal made light work of sweeping aside Tyrone in what was a must-win game for both sides in their relegation battles. Michael Murphy was black carded on 59 minutes, but received a standing ovation as he left the field having kicked six points.

Ryan McHugh bagged the only goal of the game after 31 minutes, putting the ball beyond Tyrone goalkeeper Sean Fox who had been called in for his debut following an injury to Niall Morgan. It was the most toothless Tyrone display of all their recent clashes, managing just two points from play in the entire game.

**May 27 2013, Ballybofey  
Ulster SFC Quarter-Final**

**Donegal 2-10 Tyrone 0-10**

An attritional clash as the hosts struck for the goals at crucial times. The game was one to forget for Niall Morgan, the Tyrone goalkeeper's decision to cup his ears to the Donegal crowd coming back to bite him as he failed to register a score from any of his resulting free kicks.

Colm McFadden's 32nd minute goal sent Donegal in with a 1-06 to 0-07 interval lead, while substitute Ross Wherity palmed home a second goal on 49 minutes, and they finished strongly, holding Tyrone scoreless for 33 minutes.

**March 3 2013, Omagh  
Allianz Football League Division 1**

**Tyrone 1-13 Donegal 0-12**

Donegal finished a tempestuous affair at Healy Park with just 13

players as Tyrone secured a rare victory. Michael Murphy saw red for a second bookable offence to cap a miserable day for the Donegal skipper, who saw his penalty in first half injury time saved by Morgan.

Stephen O'Neill's second-half goal came against the run of play to put the Red Hands 1-7 to 0-6 ahead. Donegal reduced Tyrone's lead but without ever looking like getting on terms, with Donegal's Neil Gallagher dismissed late in the contest.

**June 30 2012, Clones  
Ulster SFC Semi-Final**

**Donegal 0-12 Tyrone 0-10**

In their closest clash, Martin Penrose eased Tyrone into a narrow 0-06 to 0-05 half-time lead after the sides had been level on five occasions in the first half.

But Donegal's massed defence squeezed the Red Hands out

of the game in the second half, and scores from Colm McFadden, Michael Murphy and Karl Lacey saw them home. However, Donegal needed a superb Paul Durcan save from a speculative Martin Penrose shot in stoppage time to deny the Red Hands.

**June 26 2011, Clones  
Ulster SFC Semi-Final**

**Donegal 2-6 Tyrone 0-9**

It was Dermot 'Brick' Molloy's injury-time goal earned Donegal a surprise win over Tyrone. The Red Hands dominated early on to lead 0-6 to 0-1 but Donegal hit three points in the three minutes before half-time.

The Red Hands led 0-8 to 0-6 after 56 minutes before Colm McFadden's goal put Donegal one ahead. Tyrone's Kevin Hughes was then harshly sent off and when Martin Penrose levelled a replay looked on, but Molloy had other ideas as his late goal won it.

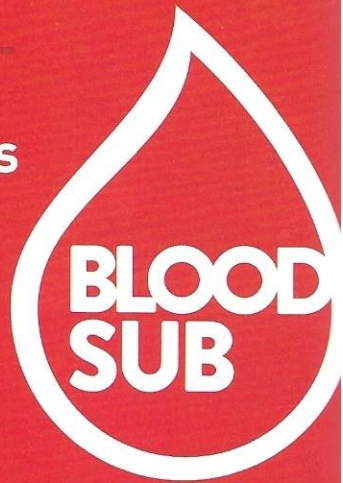


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# DEFIBRILLATOR RESPONSIBILITIES

Many GAA clubs in Ulster have put in place a piece of equipment which could help save lives. The equipment is an Automated External Defibrillator (AED), a portable device that checks the heart rhythm. If needed, it can send an electric shock to the heart to try to restore a normal rhythm. AEDs are used to treat sudden cardiac arrest (SCA), a condition in which the heart suddenly and unexpectedly stops beating.

In order for the AED to be effective, the heart must be in a 'shockable' rhythm, therefore not every casualty who collapses will benefit from the use of the defibrillator. In these instances, good quality CPR (Cardiopulmonary Resuscitation) is the best lifeline a first responder can offer until professional help arrives.

There have been many examples where AEDs in the community have saved lives which otherwise may have been lost, while the accompanying CPR bought time for others until emergency help arrived. GAA Clubs who have a defibrillator in their possession are to be commended for taking the step for the betterment of their community. In order to ensure that the equipment is in best working order and it's users confident should they be called upon, the following guidelines should be considered.

## ACCESSIBILITY:

It is essential to properly store and maintain a club AED as the performance of the defibrillator may be compromised if the recommendations are ignored. It is important that your AED is accessible as every minute is critical for a collapsed casualty. Research has shown that the chance of its use being effective is considerably

increased if defibrillation occurs within 3 minutes. In order to prevent damage, wall mounting is preferable though not essential. To avoid difficulties accessing an AED in the event of an emergency, it is advised that the AED should not be kept under lock and key. However, if kept in an area which is locked, keys *must* be convenient to hand. Heated, alarmed cabinets are available for outside storage should it be required.

## CHECKING:

Ideally the Club should appoint an officer/officers who will be responsible for checking that the defibrillator is in proper working order and that and the necessary components are present. Manufacturers will provide recommendations on this but as a guideline the following should apply:

On a daily (ideally) or weekly (minimum) basis, the battery should be checked along with the pad's expiry date. Additionally the following items should also be present to ensure the casualty has the best chance of survival; spare pads; paediatric pads; face mask, scissors, razor and towel.

In the event of the AED being used or expiration of pads an immediate re-order should be placed.

## TRAINING:

AEDs have been designed for use by laypersons who have received AED/CPR training. When in use, they give clear audio and visual commands as to whether or not a shock is advised. It is important to have a group of dedicated personnel within the Club or Community who receive initial



training and are refreshed again at least once a year (although best practice would suggest ever six months). Training should be delivered by an accredited organisation or person and contents should be in accordance with recommendations as set by the appropriate Resuscitation Council or Association.

It is essential that the wider Club and Community are aware of who the trained users are and how to contact them in the event of an emergency. Posting names and contact details in appropriate places is important to ensure this happens. It is also recommended that a dedicated list of AED-trained individuals should be kept adjacent to the AED with phone numbers.

In the event of the AED being used it is important that the Club holds a debrief on it's protocols, prepare for a re-order of battery/pads and offer support as is required to the person or persons who used the equipment.

Any club seeking more information should contact [aileen.cummins@ulster@gaa.ie](mailto:aileen.cummins@ulster@gaa.ie)

# STATS 2015



## THE FACTS

### DONEGAL V TYRONE



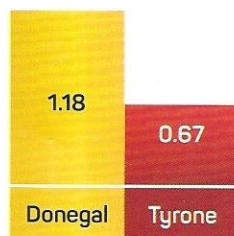
#### AVERAGE GOALS SCORED



#### MOST PROLIFIC



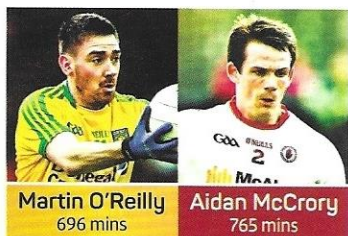
#### AVERAGE GOALS CONCEDED



#### NUMBER OF SCORERS



#### MOST GAME TIME



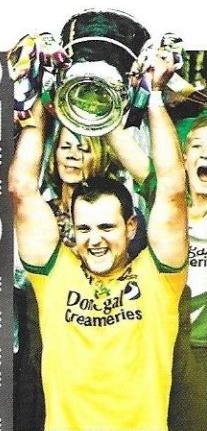
#### THE FACTS

Donegal have eliminated Tyrone from the Ulster Senior Football Championship in three of the last four years.

**GaelicLife**

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## FIXTURES



PRELIMINARY ROUND  
Donegal V Tyrone  
17/05/15

QUARTER-FINAL: 24/05/15  
Cavan V Monaghan  
THROW IN: 2.00PM

QUARTER-FINAL: 31/05/15  
Fermanagh V Antrim  
THROW IN: 4.00PM

QUARTER-FINAL: 7/06/15  
Derry V Down  
THROW IN: 2.00PM

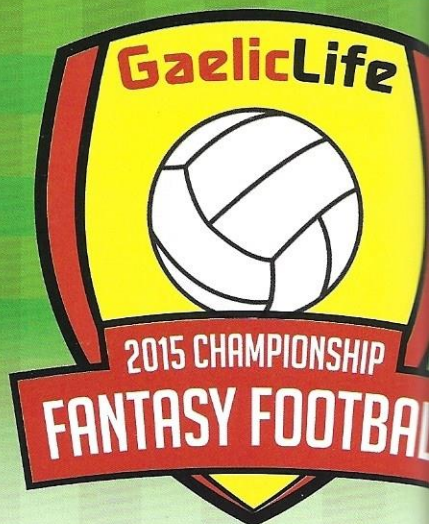
QUARTER-FINAL: 14/06/15  
Armagh V Don/Tyr  
THROW IN: 2.00PM

SEMI-FINAL 21/06/15  
Winners V Winners  
THROW IN: 4.00PM

ULSTER FINAL 19/07/15  
Winners V Winners  
THROW IN: 2.00PM

SEMI-FINAL 27/06/15  
Winners V Winners  
THROW IN: 7.00PM

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BRIDES

DERRY PEOPLE  
DONEGAL NEWS



No  
Ne

# DÚN NA nGALL



## DONEGAL PEN PICS

Ainm	Cumann	Aois	Airde	Meáchan
Paul Durcan	Na Ceithre Maistiri	30	6' 5"	15st
Paddy McGrath	Ard an Ratha	25	5' 11"	12st 7
Neil McGee	Gaoth Dobhair	28	6' 1"	15st
Frank Mc Glynn	Gleann Fhinne	28	5' 11"	13st
Eamon McGee	Gaoth Dobhair	30	6' 2"	13st 7
Karl Lacey	Na Ceithre Maistiri	29	5'11"	12st
Anthony Thomson	Naomh Conaill	28	6'	12st 7
Neil Gallagher	Gleann Suili	31	6' 4"	15st
Darrach O'Connor	Buncranncha	18	5'8"	11st 7
Patrick McBrearty	Cill Chartha	20	6'	12st 7
<b>Michael Murphy</b>	<b>Gleann Suili</b>	<b>25</b>	<b>6' 2"</b>	<b>14st</b>
Colm McFadden	Naomh Micheal	30	6'	13st 7
Michael Boyle	An Tearmann	27	6'	13st 7
Martin McElhinney	Naomh Micheal	25	6' 2"	12st 7
David Walsh	Naomh Brid	31	6'	12st 5
Martin O'Reilly	Sean Mac Cumhail	21	5' 9"	12st 7
Ryan McHugh	Cill Chartha	20	5'8"	10st 7
Odhrain MacNiallais	Gaoth Dobhair	21	6ft	13st
Eamon Doherty	Naomh Adhamhnain	23	6ft	14st 7
Hugh McFadden	Na Cealla Beaga	20	6'3"	14st 5
Christy Toye	Naomh Micheal	31	6'3"	12st
Ciaran McGinley	Cill Chartha	25	6'2"	13st 5
Eoin McHugh	Cill Chartha	20	5'11"	11st
Daniel McLaughlin	Naomh Michael	24	5'11"	12st 5
Gary McFadden	Gleann Suili	26	6'2"	13st 5
Mark McHugh	Cill Chartha	24	5'11"	12st 5
Stephen Griffin	Naomh Naille	27	6' 2"	13st 5

## LAST CHAMPIONSHIP VICTORY, MAY 26 2013

Goals from Colm McFadden and Ross Wherity were the difference in a tight quarter final clash here two years ago as the reigning All Ireland champions defeated their neighbours.

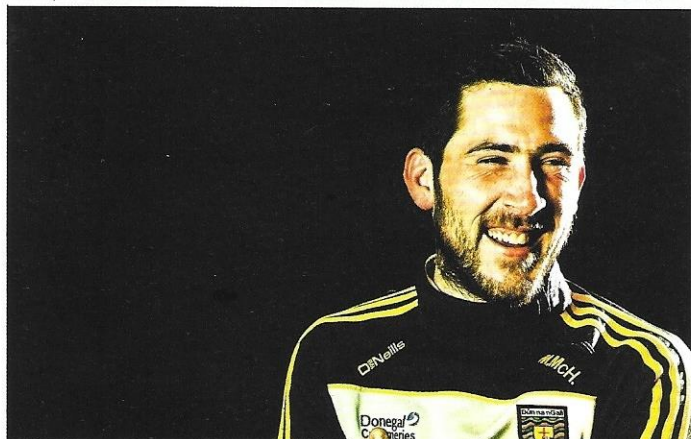


2-10

0-10

"We have had a great run in the province over the last four seasons, playing in all four finals and only losing one game in Ulster during that period and we will be hoping to keep that run going."

Donegal Manager, Rory Gallagher





# DÚN NA NGALL

## DONEGAL SENIOR TEAM

Manager: Rory Gallagher



### FÍR IONAIÐ/SUBSTITUTES

16. Michael Boyle, An Tearmann 17. Eamonn Doherty, Naomh Adhamháin 18. Anthony Thompson, Naomh Conaill  
 19. Colm McFadden, Naomh Micheal 20. Mark McHugh, Cill Chartha 21. David Walsh, Naomh Brid  
 22. Daniel McLaughlin, Naomh Micheal 23. Ciaran McGinley, Cill Chartha 24. Gary McFadden, Gleann tSúilí  
 25. Eoin McHugh, Chill Charta 26. Stephen Griffin, Naomh Naile

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

NOTES



# TÍR EOGHAIN

## TYRONE SENIOR TEAM

Manager: Mickey Harte

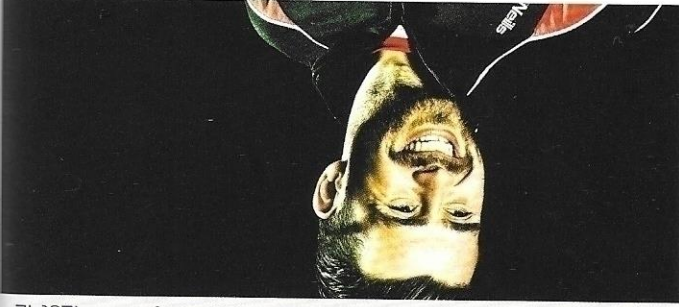


### FÍR IONAIÐ/SUBSTITUTES

16. Niall Morgan, Éadan na dTorc 17. Rory Brennan, Trí Leac 18. Mark Bradley, Coill an Chlochair  
 19. Conor Clarke, An Omaigh 20. Peter Hughes, Eiscreach 21. Danny McBride, An Srath Bán  
 22. Conall McCann, Coill an Chochair 23. Ryan McKenna, Eaglais 24. Joe McMahon, An Omaigh  
 25. Cathal McShane, E R Uí Néill 26. Ronan O'Neill, An Omaigh

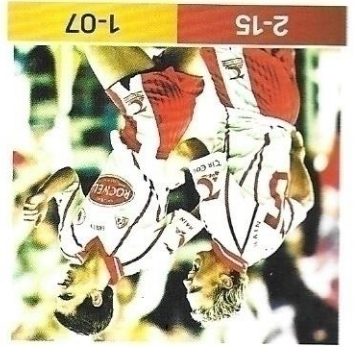
	Cúil	Cúilíní	Seachai	45	Saor	Cicean
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2AD Leath	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Iomlán	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input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

NOTES



Tyrone Manager, Mickey Harte

“We have been no strangers to Donegal over recent years and while they have maintained the upper hand this decade, we enter this game fully aware of the bar they have set over the last 5 years and level that we need to reach if we want to advance in the Ulster Championship.”



You have to go back 8 years to get Tyrone's last victory over Donegal when goals from Collie McCullagh and Raymond Muligrew at Clones sent Tyrone through to an Ulster Final where they were victorious over Monaghan.

**LAST CHAMPIONSHIP VICTORY OVER DONEGAL**  
June 17 2007

**TYRONE PEN PICS**

**TÍR EOGHAIN**

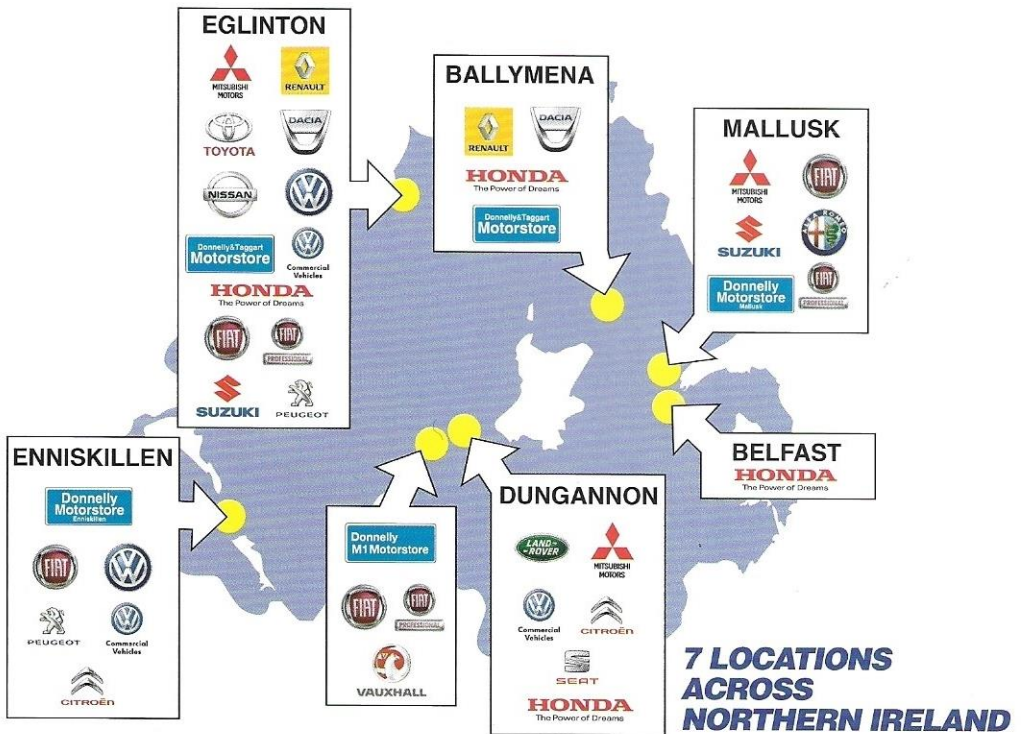


Alm	Cumann	Aois	Airde	Méidhm
Aidan McCrory	Airteagal Chiaráin	27	5'11	12st 8
Barry Tierney	An Omagh	23	5'11	12st 6
Cathal McCarron	An Droim Mór	28	6'	13st 12
Cathal McShane	E R Uí Néill	19	6'2	12st 2
Colm Cavanagh	An Mhaigh	27	6'4	13st 12
Conall McCann	Coillín an Chlochair	22	6'	12st 2
Connor McAiskysky	Cluain Eo	23	5'10	12st 8
Conor Clarke	An Omagh	23	6'2	14st 4
Danny McBride	An Srath Bán	27	6'	13st 5
Darren McCurry	Eadan na dtorc	22	5'10	12st 8
Dermot Carlin	Coillín an Chlochair	30	5'10	12st 8
Joe McMahon	An Omagh	31	6'2	13st 12
Justin McMahon	An Omagh	29	6'2	13st 5
Mark Bradley	Coillín an Chlochair	21	5'7	11st 2
Matthew Donnelly	Tri Leac	24	6'	13st 12
Michael O'Neill	Cluain Eo	26	6'2	13st 12
Niall McKenna	Domhnach Mór	25	6'1	12st 12
Niall Morgan	Eadan na dtorc	23	6'1	11st 13
Pádraig McNulty	Dún Geannainn	23	6'5	13st 12
Patrick Quinn	Dún Geannainn	23	6'4	13st 12
Peter Harte	Airteagal Chiaráin	24	5'10	12st 4
Peter Hughes	Eiscreach	26	5'9	11st 9
Richard Donnelly	Tri Leac	23	6'2	13st 1
Ronan McNabb	An Droim Mór	25	5'11	12st 8
Ronan McNamee	Achadh Uí Aráin	23	6'1	13st 12
Ronan O'Neill	An Omagh	22	5'10	12st 2
Rory Brennan	Tri Leac	21	6'	12st 2
Ryan McKenna	Eaglais	24	5'11	12st 8
<b>Sean Cavanagh</b>	<b>An Mhaigh</b>	<b>32</b>	<b>6'2</b>	<b>14st 4</b>
Tiernan McCann	Coillín an Chlochair	23	6'	12st 12



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- Eglinton - EGL ..... 028 7122 0517
- Enniskillen - EKN ..... 028 6633 0314

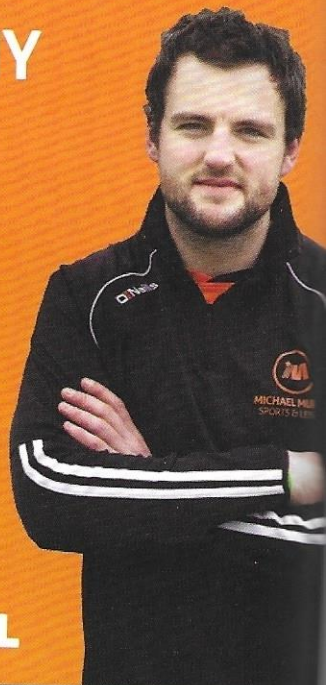


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T: 074 91 28268



# ONE MINUTE WITH...

## Odhran Mac Niallais

**Club:** Gaoh Dobhair

**Favourite Position:** Centre forward

**Favourite Pitch:** St. Tiernachs Park, Clones

**Hobbies:** Soccer

**Childhood hero:**  
Ciaran MacDonald and Zinedine Zidane

**Best Player you have played with:** Michael Murphy and Karl Lacey

**Best Player you have played against:** Diarmuid Connolly

**Best game you have been involved in:** All-Ireland Semi Final V Dublin last year

**Best game you have ever seen:** Dublin v Kerry All-Ireland Semi Final 2013

**Best trainer within the squad:** Paddy McGrath

**Worst trainer within the squad:** Neil Gallagher (when he decides to train)

**Worst training drill:** Tackling 1 v 1

**Best motivator within the squad:** Michael Murphy

**Pre Match meal:** Chicken and pasta

**Any superstitions:** Don't listen to Eamon McGee

**Favourite Song:** Hello (Matoma remix)

**Favourite Film:** The Town

**Favourite Holiday Destination:** Dubai

**Favourite Drink:** Irn Bru

**Favourite Meal:** Steak and chips

**Best advice ever received:**  
Try the steak and chips

**Biggest influence on career:**  
My family

**Club Volunteer of note:**  
Mervyn O'Donnell

**Song you listen to before big games:**  
Just throw the iPad on shuffle

**Most important skill:**  
Putting the ball over the bar

**Biggest Strength in your game:**  
Don't know of any

**Area of your game you would like to improve:** Tackling

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

**Which county do you like to see do well apart from your own:** None

**Advice for youngsters:** Practice with your weak foot

**Young Player within your club to look out for:** Michael Carroll

**Best thing about the GAA:**  
The big days and winning



CLUB AND COUNTY

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\* Terms and conditions apply, visit: [www.powerni.co.uk/energy-online/terms](http://www.powerni.co.uk/energy-online/terms).  
Energy Online customers can save up to £60 discount per year,  
£15 per quarter – 6% off our standard rate.

  
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# VALUING VOLUNTEERS

## PAUL DORIS

Paul Doris has been involved with Dungannon Thomas Clarkes for the past quarter of a century and has been steeped in the GAA all his life.

Paul was born in Dublin and for a time resided in Meath before then finding the family domiciled for the next 13 years in Mayo where his father worked in the bank. As a regular occurrence with working with the bank, the Doris household were next transferred to Leitrim where they lived in Mohill. Paul's elder brother David played football for Mayo.

Paul joined the Merchant Navy and after a spell on the High Seas, Paul returned to live in Tyrone back in 1963 where he gained employment with the Financial Company Lombard & Ulster.

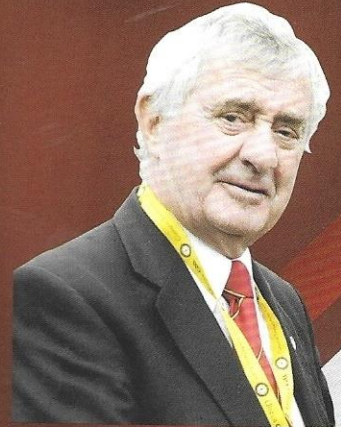
Paul quickly settled in and once again became heavily involved in the GAA when he took up the offer to act as Club Referee for Drumragh. After a couple of years with the whistle, Pat & Peter McGlone persuaded Paul to take on the reigns of Senior Team Manager with Drumragh Sarsfields. For the next 4 years Paul held the post of team manager. In the meantime Paul met and married a Dregish lass Anne Timoney and they went on to have 4 children, Catherine, Noleen, Anita and John.

Paul eventually moved to Dungannon where he immersed himself in the Dungannon Thomas Clarkes. Paul has held a number of positions within the Club namely Club Treasurer, Vice Chair on a few occasions as well as overseeing the Development Of the Second Floodlit Pitch at O'Neill Park.

Prior to Dungannon returning to O'Neill Park as their home, the Clarkes used to play on a pitch at Barkers Field and Springfield, the present home of the Dungannon Golf Club. Before this the very first pitch used by the Clarkes was known as Doris's Meadow, on the Carland Rd which was owned by Paul's grandfather. Away from the football scene, Paul plays an active role in parish activities and having roped his long term friend Dessie Slater (R.I.P.) to assist him both were prominent in all Parish related events be it fund raising, or simply assisting the Monsignor in what ever role he required of them.

At County Administrative level Paul also excelled and his talents were quickly noticed and as a Drumragh clubman at the time Paul found himself elected to County Treasurer in 1982 a post he held until 1984, the Centenary year of the GAA. Paul held the County Vice Chair position for 10 years before he finally rose to the higher position of County Chairman and was in this post from 1996 until 1998.

Having served his County loyally Paul moved on to a position on the Ulster Council serving as Tyrone Delegate and at the same time assumed the role of Chairman of the Ulster Referees Committee.



From there Paul went on to serve on the National Referees Committee in Croke Park. Paul has been a loyal and trusted friend to Referees ight across Ireland. He continues in this role and today again, he will be on the sideline assisting our match officials.

Paul spends most of his free time up at O'Neill Park cutting the grass, lining the pitch, tidying out the changing rooms. As the Head Groundsman Paul loves nothing more than to nurture the home grown turf of O'Neill Park and have it looking resplendent on match days, it is his pride and joy.

One of the proudest moments for Paul was when he made the journey to Croke Park in 2011 to accept the President's Award for services to the GAA from Christy Cooney the then President of the association.



# ONE MINUTE WITH...

## Cathal McShane

**Club:** Owen Roes Leckpatrick

**Favourite Position:** Half forward/  
full forward.

**Favourite Pitch:** Croke Park

**Hobbies:** Golf

**Childhood hero:** Stephen O'Neill

**Best Player you have played with:**  
Conor McKenna

**Best Player you have played  
against:** Stephen O'Neill

**Best game you have been  
involved in:** U21 All Ireland Final  
2015! Will never forget it.

**Best game you have ever seen:**  
Tyrone v Dublin 2005! Mugsys  
goal made it for me, unreal!

**Best trainer within the squad:**  
Peter Harte

**Worst trainer within the squad:**  
Ronan McNamee without a doubt,  
useless! lol

**Worst training drill:** Hard to  
choose

**Best motivator within the squad:**  
Big Sean Cavanagh

**Pre Match meal:** Chicken and  
Pasta

**Any superstitions:** If I don't get a  
'Greys' before a big game I won't  
perform

**Favourite Song:** Westlife – When you looking like that.

**Favourite Film:** Batman, The Dark Knight

**Favourite Holiday Destination:** Spain

**Favourite Drink:** Blackcurrant and water!

**Favourite Meal:** 50/50 with garlics.

**Best advice ever received:** It was after the 2013 Minor All  
Ireland final defeat! A certain person told me to get back  
at it and never give up hope of getting to another one!

**Biggest influence on career:** Family and close friends

**Club Volunteer of note:** Ronan Parker. What a man!

**Song you listen to before big games:** Melbourne sound

**Most important skill:** Communication with players.

**Biggest Strength in your game:**  
Height, strength and power

**Area of your game you would like to improve:**  
Tackling for definite

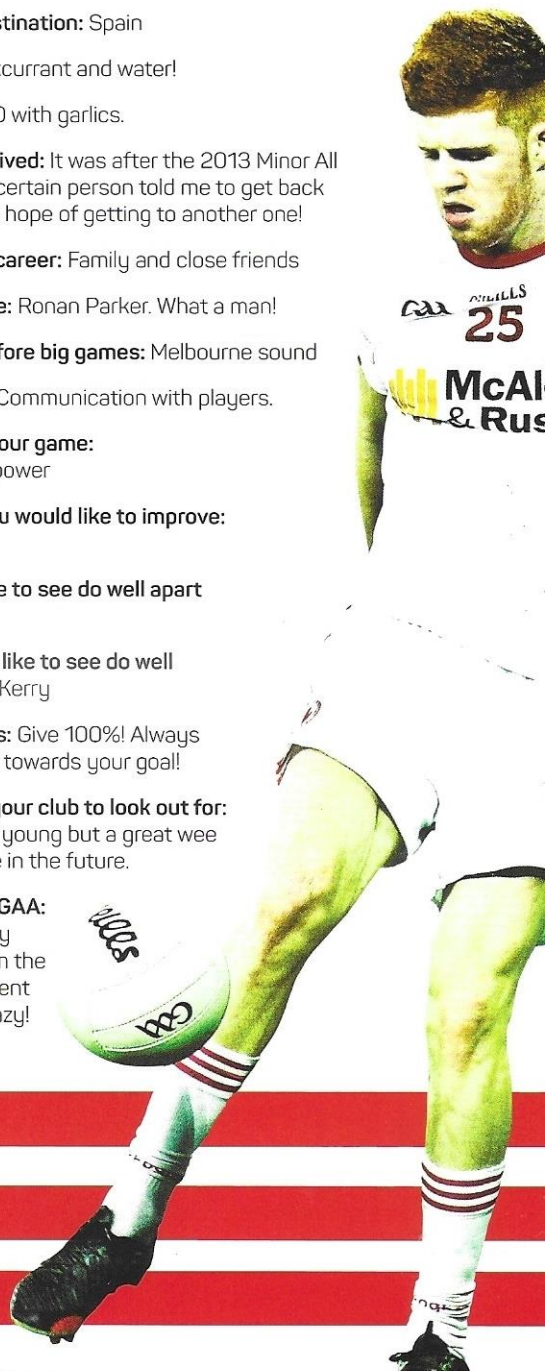
**Which club do you like to see do well apart  
from your own:** Urnai

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

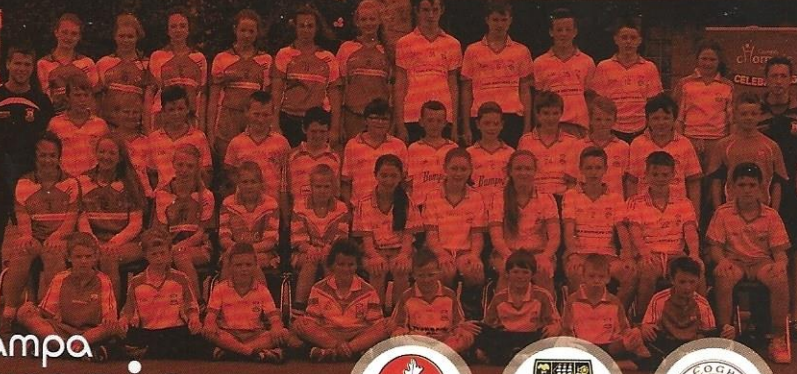
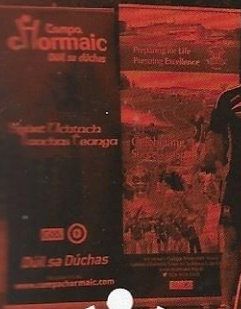
**Advice for youngsters:** Give 100%! Always  
believe and work hard towards your goal!

**Young Player within your club to look out for:**  
Darragh Dooher! Very young but a great wee  
player that we will see in the future.

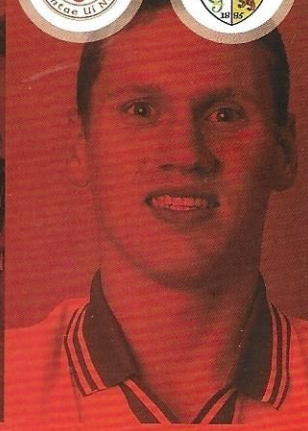
**Best thing about the GAA:**  
The passion that every  
single player shows on the  
field! All the commitment  
and effort put in is crazy!



## CLUB AND COUNTY



**Campa  
cHormaic**  
Dúil sa dúchas



# SPÓRT UCHTACH LAOCHAS TEANGA

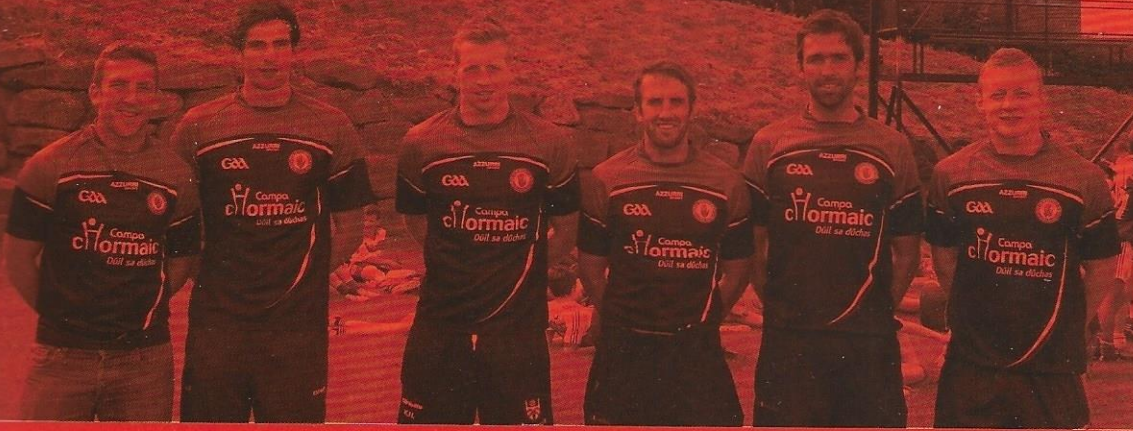
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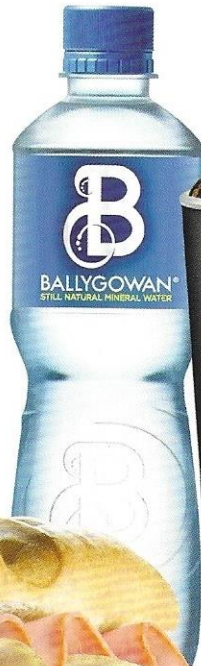


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## The Journey

As many clubs are aware Club Maith is an excellent means through which to improve the way your Club conducts its business. It is Ulster GAA's club accreditation scheme which is licensed by Sport NI and is relevant to all clubs in Ulster.

Although Club Maith will prove a valuable assurance-mark when applying for funding; the real value of Club Maith for your Club is the journey which it takes your Club on. This is something accredited clubs can testify to; with improvements being seen in many aspects of club life.

The beauty of Club Maith is that it asks clubs to assess themselves on all aspects of their club, not just those which grab the headlines. And increasingly we are seeing those clubs which have been on the Club Maith journey realising their potential both on and off the field.

This was reflected in the President's Awards held in November 2014 when eleven clubs were awarded with the prestigious Presidents' Awards covering aspects of club governance, membership welfare, community enhancement, culture & heritage, and coaching and games development.

Needless to say, some of the most innovative programmes known to Ulster GAA were being lived-out in our Club Maith accredited clubs. Castleblayney Faughs community physical activity programme "Operation TransFauhsmsation" being one such example.

2015 has seen a review of Club Maith, which happens on a three yearly-basis. The



Club Volunteers from St Patricks GAA Gortin, Co. Tyrone receive their Club Maith award from Ulster President Martin McAviney

Club Maith Portfolio has been upgraded with some additional criteria being added-in, mainly to reflect progress in the areas of health and wellbeing, and coaching and games. While some of the policy documents have been consolidated to reflect advancements in the GAA such as the Respect Policy, and Recruitment of Volunteers Policy, overall it is hoped the Portfolio is once again made more user-friendly.

An ever transitioning Club Maith website and Club Maith Toolkit will act as a valuable support to all clubs with club development queries.

Currently there are 55 clubs accredited through-out Ulster, with every county being represented. While 120+ clubs are registered with Ulster GAA as currently going through the process. The "Open Season" for submission of completed Club Maith Portfolios remains, whereby clubs can submit their Portfolios between the first Monday in August and the first Monday in December each year.

All clubs working on a Portfolio currently should be working

of the upgraded Club Maith Portfolio which is available on the Club Maith website. Visit <http://ulster.gaa.ie/club-maith/> for more information.



Martin McAviney presents recently accredited clubs with their Club Maith certificates back in December 2014.

# SPORTS SCIENCE

## Increasing the Efficiency of Training

Frequently the finger is pointed towards management teams. More specifically, sport scientists have been viewed as an unnecessary luxury, causing the problems.

The truth and reality of sport science is the complete opposite. Sport science helps skills coaches, strength & conditioning coaches and physios get most benefit from sessions in the most efficient manner possible.

### Fitness Testing

Measuring fitness regularly helps coaches check what needs to be improved. Rather than blindly planning sessions and programmes, S & C coaches can target specific aspects of fitness based on the results. It allows coaches to measure effectiveness of training. If a player has not progressed, the plan can be changed to ensure no sessions are wasted and progress is made.

### Heart Rate Analysis

During games, heart rates average 160 – 190 beats per minute for most players. This allows us to focus on training activities, and measure how 'intense' training is, relative to games. For many years we have heard coaches saying they want training at match pace. Matching training heart rate to match heart rate does exactly that...ensures training is at match pace. If something is not at match pace, the coach can make changes to raise the intensity, again, making sure no session is wasted.

### GPS Analysis

GPS is similar to heart rate analysis. It focuses

## Overtraining!

## Time commitments!

## Excessive demands on players!

on distances, speeds, rest times, impacts etc. Heart rate measures what is going on internally, and is not visible to the eye. GPS measures everything we can see the body doing. Rather than leave that to subjective judgement, GPS allows us to put numbers to player performance.

### Statistics

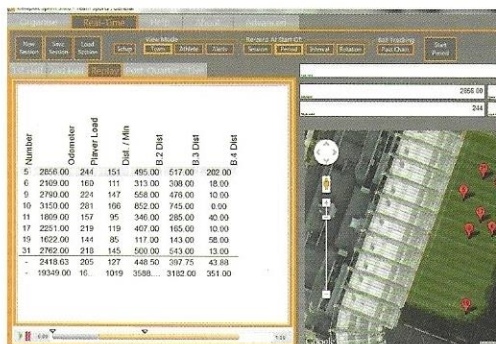
Many people fear numbers and point towards the scoreboard as the only important statistic. True! However, to win, there are many incidents within a game that contribute. Understanding what is closely linked to winning, we can identify more accurately what needs development in training to increase chances of success. Knowing statistics helps identify a focus for subsequent training sessions. For example, if we lost 9 possessions in the tackle, we identify that as an area for development, and plan our training to develop this.

### Video Analysis

Video analysis links closely with statistics, but provides more information, and perspective on the stats. Using the previous example, we could discover the 9 possessions lost were all unnecessarily carried into contact. Therefore, rather than planning a session to improve strength in the tackle, we plan a session focusing on the ball carrier avoiding contact when there are other options.

### All Together

Sport science can provide coaches with information and evidence to plan and execute sessions that 'tick all the boxes'. Skill and tactical focus is led by stats and video work, while the drills and games planned can be pitched at an intensity to replicate match pace. Players can develop their skills, tactical awareness and fitness through the same activity, maximising the efficiency of the training session.



## The School of Sport offers the following

- MSc Sport and Exercise Psychology
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- MSc Physical Activity and Public Health
- MSc Sport and Exercise Nutrition
- MSc Sport and Exercise Medicine
- BSc Sports Coaching (part time only)



\*All MSc courses are offered full and part time at the Jordanstown campus

For information or advice on the above courses,  
please contact Jim Lowther  
on 028 903 66474 or if dialling from the  
Rep of Ireland 048 903 66474.

Email: [J.Lowther@ulster.ac.uk](mailto:J.Lowther@ulster.ac.uk)

For information regarding the GAA Academy  
please contact Paul Rouse on +44(0)79205211788

Email: [p.rouse@ulster.ac.uk](mailto:p.rouse@ulster.ac.uk)



**DRIVING GAELIC GAMES FORWARD**

Wishing all our players best of luck in their Championship campaigns

## Donegal has the second highest rate of farm fatalities in Ireland\*

Last year 30 people lost their lives on Irish farms and Donegal has the second highest rate of farm fatalities in the country\*. To highlight the paramount importance of farm safety and to raise awareness of farm safety across the county, the Donegal's Senior Footballers will wear a specially commissioned jersey in their first Championship match against Tyrone on Sunday the 17th May in Mac Cumhaill Park, Donegal. The logo of their jersey sponsors, 'Donegal Creameries', a consumer foods brand within Aurivo Co-op, will be replaced for one game only with the 'Stay Safe on The Farm' logo.

This Aurivo jersey initiative is also supporting FBD's farm safety campaign, by including

its 'Champions for Change' logo on the reverse of the Donegal jersey. The Champions for Change campaign calls on agri organisations and farmers to stand up, stop taking risks and become a champion for change when it comes to cases of farm safety.

Aaron Forde, Chief Executive of Aurivo said: "One death on a farm is one too many. We have worked hard with FBD and the Health and Safety Executive Northern Ireland to ensure we take a leadership role in promoting farm safety among our farmer owners. It is our job as a large dairy co-operative to ensure that we raise the awareness of the importance of farm safety amongst our milk suppliers because 58% of fatal

farm accidents happen on dairy farms. We are confident that the strong 'farm safety messages on the Donegal GAA jersey will help to highlight the importance of farm safety across the county to those watching the game in the stadium and at home."

Commenting on the jersey initiative, Seán Dunnion, Chairman of Donegal GAA said: "Aurivo continues to support Donegal GAA through its Donegal Creameries brand sponsorship of our teams. This initiative is a fantastic opportunity to promote safety in the farming community in our county and we are very happy to lend our support to Donegal Creameries and Aurivo in delivering this farm safety awareness campaign."



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Written illustrations are available on request from any branch. All mortgages are subject to status and lending criteria. Suitable security is required. Applicants must be 18 years or older unless otherwise stated. Bank of Ireland UK is a trading name of Bank of Ireland (UK) plc which is authorised by the Prudential Regulation Authority and regulated by the



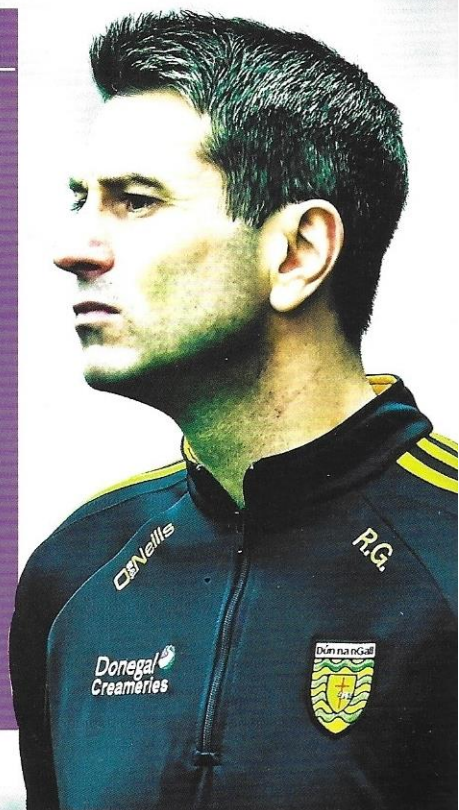
## RORY GALLAGHER

Dún na nGall Manager

It's a great honour for me today to lead Donegal into the 2015 Ulster Championship. We have had a great run in the province over the last four seasons, playing in all four finals and only losing one game in Ulster during that period and we will be hoping to keep that run going. 2015 has been a positive year for us so far, retaining our status in division 1 and qualifying for the national League Semi-Finals, while also taking the opportunity to introduce some new players to the team and the squad.

Today's opponents have become a familiar neighbour at this stage, having played them in three of the last four campaigns, every one of which has been a titanic battle. Our near neighbours have been the yard stick for the rest of the province over the last decade or so and with this game coming on the back of their recent All Ireland success at U21 level, they will come in to today's game full of confidence. However our lads have worked very hard this year and are ready to meet this very difficult challenge head on.

From our own perspective I would like to thank the players for all the effort and commitment they have shown to date. A word of thanks also to the backroom team, the medical staff, the conditioning coaches, the county board, our sponsors Donegal Creameries, and the many clubs who have given up their facilities so freely this past few months, and we look forward to your continued support.



## HEAD TO HEAD

### MICKY HARTE

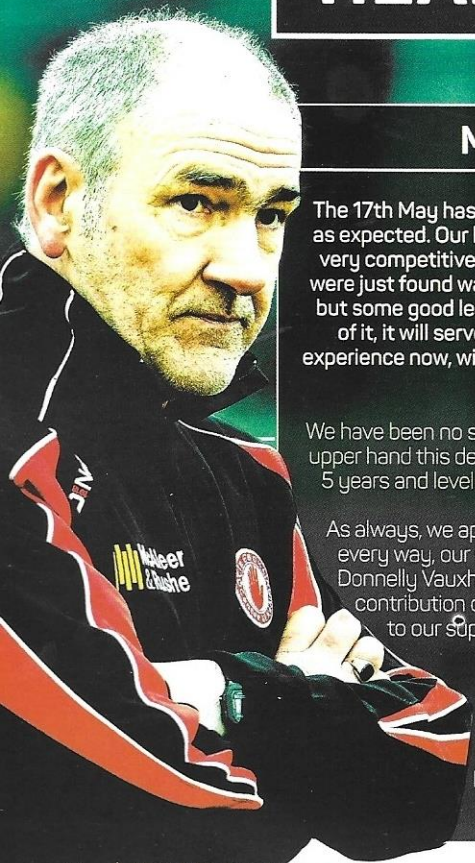
Tír Eoghain Manager

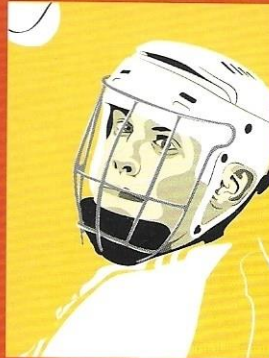
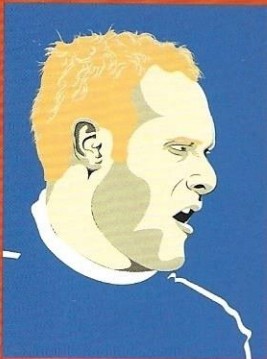
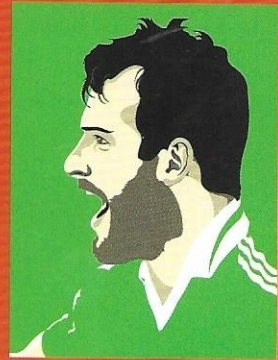
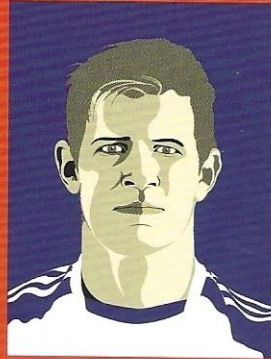
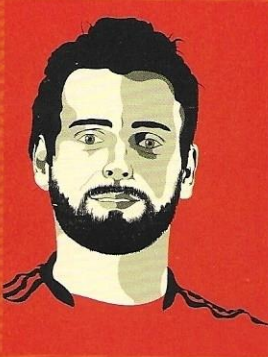
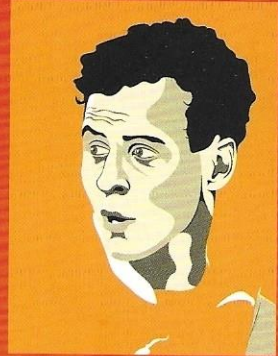
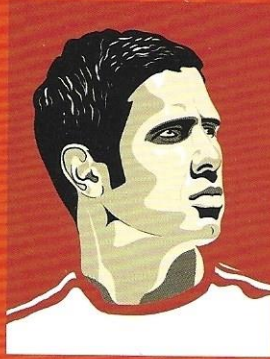
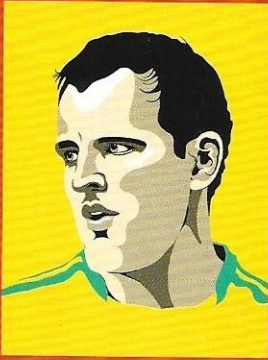
The 17th May has been a date we have all been waiting for. Preparations have went as well as expected. Our league performances were something of a mixed bag and we had several very competitive matches, got a tough lessons in others but unfortunately in the end we were just found wanting in our attempts to stay in Division 1. There was some hard learning but some good learning and if we can bring all that together, especially the best examples of it, it will serve us well during the championship. We have a good blend of youth and experience now, with great competition for places and this should drive our all our players on to perform to the best of their collective abilities.

We have been no strangers to Donegal over recent years and while they have maintained the upper hand this decade, we enter this game fully aware of the bar they have set over the last 5 years and level that we need to reach if we want to advance in the Ulster Championship.

As always, we appreciate the support from all those that assist the teams preparations in every way, our sponsors McAleer & Rushe and O'Neill's Sportswear, our Brand Partners Donnelly Vauxhall, Bank of Ireland, Moy Park, Deep River Rock and of course the ongoing contribution of the Club Tyrone membership, we're grateful for all their help. Thanks also to our supporters who got behind us when we needed it in the National League and with a big crowd here today we'll be hoping for more of the same.

I can't let this moment pass without congratulating our successful All Ireland winning U21 team. I have great memories of the competition from the start of the noughties and it was great to see another Tyrone team produce some great performances to collect an All Ireland title at this level. Well done to Feargal, Brian and Peter and the team on their achievement!





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# SUMMER CAMPS



Preparations have already commenced for the 2015 Tyrone Summer Camps. We are now on the look out for approximately 50 coaches and 4 camp coordinators who are capable of delivering our Summer Camp coaching programme to the highest possible standard. Are you interested in coaching at the Tyrone Camps this Summer? If yes then we would like to hear from you.

The camps will commence on Monday 6th July and will run for eight consecutive weeks. The Summer of 2015 will see us run 52 Camps throughout the County. We require a large number of quality coaches in football, hurling and handball to make our Summer Camps a success. To be eligible to coach at the Tyrone Summer Camps all coaches must fulfil the following criteria:

1. Have completed a GAA Foundation Coaching Award and Child Protection training.
2. Are vetted through Tyrone GAA.
3. Are actively coaching within their own Club.
4. Are prepared to attend the Summer Camp coaches training sessions.

Details of the Summer Camp coaches training programme will be finalised in the coming weeks.

If you meet the above criteria and can coach at a high level then we want to hear from you as we could offer you up to eight weeks of enjoyable work this Summer coaching our County stars of the future!

To register an interest in becoming involved in the 2015 Tyrone Summer Camps please email the following address [tyronesummerncamps@hotmail.com](mailto:tyronesummerncamps@hotmail.com).

**Week 1:** 6th-9th July

Carrickmore, Killyclogher, Ardboe, Castlederg, Eglishe & Beragh

**Week 2:** 13th-16th July

Kildress, Drumragh, Strabane, Eskra, Owen Roes & Clann na nGael

**Week 3:** 20th - 23rd July

Aghyaran, Brackaville, Donaghmore, Stewartstown, Omagh & Derrylaughan

**Week 4:** 27th-30th July

Clonoe, Killeeshil, Fintona, Drumquin, Clogher/Augher & Greencastle

**Week 5:** 3rd-6th August

Galbally, Trillick, Gortin, Moortown, Dromore & Moy

**Week 6:** 10th-13th August

Loughmacrory, Rock, Errigal Ciaran, Tattysreagh, Newtown Stewart, Killyman & Pomeroy

**Week 7:** 17th-20th August

Urney, Cookstown, Glenelly, Edendork, Brocagh & Derrytresk

**Week 8:** 24th-27th August

Dungannon

**HURLING & CAMOGIE CAMPS**

**MULTI-SPORTS CAMPS**

**Week 1:** 6th-9th July - Shamrocks

**Week 2:** 13th-16th July - Dromore

**Week 5:** 3rd-6th August - Greencastle

**Week 3:** 20th - 23rd July - Garvaghey

**Week 6:** 10th-13th August - Eoghan Ruadh

**Week 7:** 17th-20th August - Galbally

**1 Child: £24   2 Children: £47   3 Children: £68  
4 Children: £83   5 Children: £100**

# REFEREES HEALTH CHECKS

## Free Health Checks for referees

Ulster GAA teamed up with 3fivetwo Group earlier this year to offer Ulster referees free health checks at Tyrone GAA Centre at Garvaghey.

Highlighting the benefits of this programme, Ulster GAA President Martin McAviney stated, "The health and wellbeing of all our members is important and we continue to promote healthy living and lifestyles to our membership, especially our players and officials.

"The focus of our games is usually on our players and teams but the man in the middle is a very important adjudicator to allow our games to flow and be the best they can be. Just as our players need a high level of fitness, so too our referees, especially those who oversee Provincial competitions. The ref has to run the length and breadth of the pitch throughout the full 70 minutes and their health and wellbeing needs looked after.

"This initiative provides our Provincial panel of referees, from all nine counties, the opportunity to receive a full health check free of charge. We are delighted to have 3fivetwo Group on board providing these much needed health checks at the start of our season."

Speaking following the event Mark Regan of 3fivetwo Group, Northern Ireland's Largest Private Healthcare Provider stated, "3fivetwo Group are delighted to work with Ulster GAA to provide these much needed health checks for provincial referees. Not only does this initiative provide important data for Ulster GAA



on the general health and fitness of referees but it also provides individual referees an opportunity to detect any unknown health problems, which could result in preventative treatment and advice."

"Our doctors and medical teams, some of whom are members of GAA clubs themselves are able to assess and diagnose the widest variety of health issues. As well as offering a range of

player and membership benefits through our new medical partnership with the GAA in Ulster, we can also deliver a series of basic lifesaving and defibrillator training courses both at our Training Academy or onsite at a home club or community centre."

To find out more go to [www.GAAhealthhub.com](http://www.GAAhealthhub.com) or email [GAA\\_info@3fivetwo.com](mailto:GAA_info@3fivetwo.com)

### GAELIC FOOTBALL RULES

#### Cynical Behaviour Fouls (Black Card)

- 1 Deliberate Body Collide
- 2 Deliberate Trip
- 3 Deliberate Pull Down
- 4 Verbal Abuse to an Opponent or Teammate
- 5 Remonstrate with a Match Official

For more information go to [www.gaa.ie/rules](http://www.gaa.ie/rules)

A romantic close-up of a bride and groom looking at each other. The groom is on the left, wearing a dark suit and a white pocket square. The bride is on the right, wearing a strapless, beaded wedding dress and a pearl necklace. Her blonde hair is styled in an updo. They are both looking towards each other with soft expressions. The background is bright and out of focus, suggesting a window or a bright outdoor setting.

# Weddings

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# LIVE TO PLAY

## AND THE WINNER IS...

Ulster GAA marked an exciting new development in their Road Safety programme with the introduction of the Live to Play Film Awards Competition in 2015! The competition seen 'the pupil turn master' as school children across Ulster created their own educational video on road safety.

Assisted by their teacher, pupils were asked to plan, record, and produce their very own road safety video, addressing road safety messages such as

- Cycle Safety
- Stay Safe in the car
- Cross the road with care
- Distractions – use of mobile phones and headphones

Of the many entries submitted to the competition, six schools were shortlisted to attend the awards event hosted at the iconic Tyrone GAA Centre. The Garvaghey venue was transformed as the glitz of Hollywood was played out in the Live to Play Oscars imagery.

Ulster GAA President Martin McAviney presented awards to the winning and highly commended schools who had emerged from entries to the Road Safety video competition held by the Provincial Council. St Brigid's Mayogall, St Dallan's Warrenpoint and Holy Family Magherafelt received the highly commended award. St Macartan's Clogher, St Mary's Cabragh and St. Columba's Straw emerged as winners and received customised Live to Play Playing kits featuring the trademark 'seatbelt' design in their school colours. Each shortlisted school received



their own 'movie' billboard, personalised to their individual film entry while all participating pupils to the competition received a Live to Play Bookmark, thereby ensuring the learning and messages of the programme are visible daily in the classroom.

Ulster GAA President Martin McAviney reflected on the impact this programme had made in schools. Speaking at the Oscars he said, "I am delighted to see first-hand the enthusiasm which this programme has generated among young people on the subject of Road Safety. In Ulster GAA we are very proud of the impact Live to Play has made in addressing a very difficult issue. I believe that through innovative work, such as is on show today, we can continue to make an impression on our young people".

The Live to Play Film Awards is the latest in a series of novel initiatives Ulster GAA has undertaken to promote Road Safety.

Last year the Provincial Council launched its 'Kidszone', an interactive element of their website housing a number of educational road safety games for school pupils. In keeping with the online theme, Ulster GAA has also shared a series of social media messages featuring high profile GAA personalities from the world of football, hurling, camogie and handball. Added to this the work at level in offering education events, providing posters and signage and it is evident the emphasis that the leadership of the GAA in Ulster place on Road Safety.

Five years on from the inception of Live to Play and with significant progress made in raising awareness among members as to the importance of road safety, Ulster GAA is issuing a reminder to all it's members that this is a cause which requires constant attention from all road users.

To find out more go to [www.ulstergaa.ie/livetoplay](http://www.ulstergaa.ie/livetoplay)

# OPEN UP

WHEN FOOTBALL, HURLING & GOLF COMBINE

**A Star-studded GAA match will open a week of events in Newcastle next week as the Royal County Down golf course hosts the Irish Open for the first time.**

A host of football stars will feature in The GAA Open, a charity exhibition game that will pitch an Ulster Select against a Rest of Ireland team. The event will take place at St Patrick's Park in Newcastle on Monday, 25 May at 7pm.

The GAA Open will be hosted by Down GAA (in association with the Association at Ulster and Central Level) and will raise funds for the Cancer Fund for Children at Daisy's Lodge in Newcastle.

The game will be part of a week of events that will provide a backdrop to the Irish Open at Royal County Down.

A host of football stars from across Ireland will form the two

teams that will be managed by four of the leading names of the GAA. Down legends Seán O'Neill and James McCartan Jnr will take charge of the Ulster team against a Rest of Ireland Select managed by Sean Boylan (Meath) and John O'Mahony (Galway/Mayo).

The GAA Open will also feature the skills of hurling as part of a fun-filled evening to launch Ireland's premier golf tournament.

The Cancer Fund for Children at Daisy's Lodge enjoys the support of the Rory McIlroy Foundation. The World No 1 will feature at the Irish Open along with fellow Irish golfers Graeme McDowell, Padraig Harrington, Shane Lowry and Ryder Cup captains Darren Clarke and Paul McGinley.

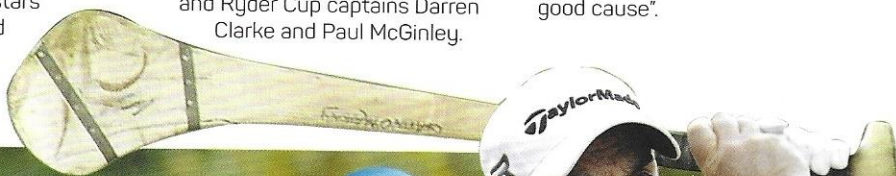


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*At the GAA Open launch in Newcastle were David Wilson, Secretary, Royal County Down Golf Club, Cllr Naomi Bailie, Chairperson of the Newry, Mourne and Down District Council and GAA President Aogán Ó Feargháil.*

Event Chairman John Devaney described The GAA Open as "a unique occasion that will showcase stars of Gaelic Games and further develop the link between the GAA and other sports". He added that the event promises to be "a successful example of collaboration between the various levels of the GAA, the local authority, the Irish Open promoters and all for a good cause".



## THE GAA OPEN

WHEN FOOTBALL, HURLING & GOLF COMBINE

**Watch the GAA's finest footballers and the greatest golfers in the world.**

The GAA - Supporting The Irish Open and Raising Money for the Northern Ireland Cancer Fund for Children.

**7PM Mon 25th May 2015**

**ADULTS | £10 | €13 Children | £5 | €6**



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