



Na Fianna CLG
Meath club of the year 2013

INSIDE NA FIANNA:

January 2014



Welcome to the first edition of the 2014 Na Fianna CLG Newsletter!

Na Fianna CLG wishes all players, members and supporters a Happy New Year!

Our Annual Dinnerdance takes place **Friday 31st January** in the Hamlet Court Hotel. Tickets €30 available from Committee members. We'll celebrate winning Meath club of the year and medals will be given out on the night to the Senior Football team who won the Division 2 League and also to the Senior Camogie team who won the Division 2 League.

Many Thanks to our Sponsors!

Centra (Hannon's), Enfield.

Boggans Bar, Rathcore.

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Other Financial Contributors:

Flattery Bar, JM Office Supplies, Ruth Foran Photography, Bridge House Enfield, Alfco Farm Services Ltd, Con Coffey Motors, Michael McDonnell & Co Accountants, Killoe Developments, Pat Holton, Enfield Sports & Awards Centre, Enfield Credit Union, Walkers Chemist, Ger Smullen, Damien Cussen.

Meath Chronicle Awards

Na Fianna Senior Football team were honoured with the Meath Chronicle Sports Team of the Year Award 2013 at their annual awards ceremony on January 17th. Shane Barrett also had the honour of being nominated for Meath Sportsperson of the Year, following his nomination in September.

Support Our Lotto!

The Lotto is our main source of income and is vital to help run the club. There are over 45 teams representing Na Fianna and there are fees to be paid for each team to compete. You can play Lotto Online by following the link on our website. Or purchasing a Lotto Ticket from one of our sellers.

2014 Executive Committee

Chairperson: James McNally
Vice Chairperson: Tom Curran
Secretary: Ronan McMahon
Vice Secretary: Ronan McMahon
Treasurer: Brian Coleman
PRO: Brian Queeney
Insurance Officer: Conor Ryan

Child Protection Officer: Mary McInerney
Also on Executive Committee: Eoin Reilly,
Geraldine Queeney, Mark Burke, Damien
Griffin, Ian Scully,

Ladies Football Committee 2014

Chairperson Seani Kirby

Adult Secretary Ann Wall

Treasurer Lorraine Boggan

Registrar/Membership Mandy Dixon

Injury Officer Marie Healy Cole

Juvenile Secretary /Co-ordinator Trish Hanley

PRO Caroline Walsh

Club Executive Member Seani Kirby

Used Clothes & Book Collection

Clean clothes (in any condition) and books collected all year. Please contact Geraldine 086 1999417 or Claire on 087 9101536 to arrange collection.

New Na Fianna Website

Our website www.nafianna.ie has been revamped and is now more informative and easier to navigate. Please click on and browse through it!

For the latest Na Fianna news, see nafianna.ie, Na Fianna CLG on Facebook or @NaFiannaMeath on Twitter.

Na Fianna's Meath Players:

Although early in the year, we have some players in action for Meath teams already.

Senior Football: Dalton McDonagh

Under 21 Football: Michael Farley

Minor Football: Evan Henrick, Andrew Glynn

Ladies Football: Meabh Downey, Shauna Ennis.

Senior Camogie: Claire Coffey, Emma Coffey, Aisling Coffey.

'ABC Nursery'

Na Fianna's 'ABC' Nursery will restart in late March/early April. All children aged 4-7 years are very welcome to learn the basics of Hurling and Football. Parents are reminded that children will need to wear Gumshields as per the new GAA rules.

Coaching Corner with Jamie Queeney (Coaching Officer)

Players between the age of 10 and 12 enter a major skill learning stage. Fundamental **movements and skill-work** (left & right sides) should be focused on.

Hydration:

Drinking 2 litres of water a day will:

- Improve energy levels
- Increase mental & physical performance
- Remove toxins and waste products from your body
- Help you lose weight
- Reduce headaches & dizziness

New Football Rules

1. Introduction of a Black Card for Cynical Behaviour Fouls.
2. Change in the number of substitutes allowed.
3. Distinction between Deliberate and Accidental Fouls.
4. Definition of the Tackle.
5. Introduction of a clearer Advantage Rule.
6. A player in possession may score a point with an open-handed hand-pass.

The penalty for the above fouls are:

- i. Free Kick from where the foul occurred.
- ii. Order Off offender by showing him a Black Card*.
- iii. Allow a replacement from within the substitutions permitted*.

*Substitutes

- Increased to SIX per team.
- Maximum of THREE permitted for Black Card Offenders.

Na Fianna Gear

- There is now a wide variety of Na Fianna sports gear available to purchase from Enfield Sports and Awards Centre. All enquiries, please call James @ 087 2385028 or Carol @ 087 9311394,

UPDATED DISCIPLINARY SYSTEM



	Black Card	Penalty
Black Card	Black Card Black Cards will be issued for the following Infractions: <ul style="list-style-type: none">• Deliberately pull down an opponent• Deliberately trip an opponent with the hand(s), arm, leg or foot• Deliberately body collide with an opponent after he has played the ball away or for the purpose of taking him out of a movement of play• Threaten or to use abusive or provocative language or gestures to an opponent or a teammate• Remonstrate in an aggressive manner with a Match Official	
Substitutes		
Deliberate v Accidental		
Tackle		
Advantage		
Open Hand Point		

Gumshields Rule in Effect For

all Footballers

All Adult and Juvenile Football players must from the start of 2014 wear Gumshields in all training sessions and matches. If players are not wearing Gumshields and receive any damage to their teeth, the cost will not be covered by GAA insurance.

Award for Shane Barrett

Well done to Shane Barrett who was Hoganstand.com choice as Senior Club Footballer of the year 2013. Congratulations to Dean Henrick who was also nominated the award.

New Manager for Senior Footballers

Na Fianna CLG are pleased to announce the appointment of Ned Moore as Senior Football team manager. Ned is a Mullingar Shamrocks clubman and former Westmeath player and selector. We wish Ned and the team the best of luck in 2014.

Camogie

Na Fianna Camogie are always looking for new members and mentors to join. It doesn't matter if you never played Camogie before. We welcome members of all levels. Joining Na Fianna Camogie is a great way to meet new people, socialise and get fit. If interested please contact Geraldine Geraghty on 086 1999417 or Matt Coffey on 086 3409396.

Na Fianna Membership

Juvenile's /Students - €30

Adults (Players) €70

Adults (Non Playing) €40

Family: €130

You can now pay your membership online - simply follow the link on our website!

Interested in Playing Ladies

Football?

Na Fianna Ladies Senior & Juniors are back training. Anyone interested in playing can contact Bertie 085 1125334. New players are always welcome!

Third team Entered in Football Championship

Na Fianna will field a third adult Football team in 2014.

Along with the Senior team and Junior C team, there will now be a Junior D team entered in Championship only. It will take a lot of effort to field three teams but it will be a worthwhile effort to ensure all players get games. Any player who has not played for a long time or at all is most welcome to play.

(Hurling).

Interested in Playing Football/Hurling?

If you are new to the area or just interested in getting back into or starting to play adult Hurling and Football, contact Fergal 086 1733701 (Football) or Eoin 087 9607138