

THE CLUB TEAM PACKAGE



Welcome to The GAA Club Team Package! A never seen before package that will ultimately help your club reach its Full Potential!

I'd like to introduce myself,

I'm Conor McNamee, I play for Offaly Senior Footballers and Rhode and run my own Strength and Conditioning/Athlete Development business.

Over the past few months, I have compiled an extensive all-round package with my brother Ruairi, using our personal experience and knowledge of the game, that is completely focused on developing club players to reach their full potential, for not just themselves but for the Team so that they can reach their goals and achieve success.

This package is for GAA CLUB TEAMS ONLY and hits every single facet possible to improve club players, both individually and as a team to achieve ultimate cohesion within the group. There will only be a small few clubs selected to avail of this program as we want to give the teams that we are working with the most amount of attention possible so that they are getting the most value possible from the program. Once we hit the quota of teams the window will be closed. Ruairi and I have been lucky enough to win 13 Offaly Senior football championships with Rhode between us. We have competed in 2 Leinster Club finals, unfortunately coming out the wrong side of the result, and have also been involved with Offaly Senior Footballers for most of our adult lives. We have been lucky enough to have been a part of fantastic teams and environments and want to pass on our experiences along with our studies as we both are highly educated and practice within the field.

We would love to work with your club and be a part of its future successes, as we know if we are given the opportunity, the results are inevitable. We fully believe and are very passionate about what we are providing, the GAA is within our veins and we want to help a select few clubs, as we feel it is a part of our purpose as coaches, to help people within the organization improve for the greater good of both the Club and players futures.

PACKAGE

PROCESS

Team Package:

- Personalised Gym Programs

- Contact made from the club
- Consultation on the package so that your club completely understands the package being made available

· Individual programs made specific to each player's personal needs.

- **Tailored Nutritional Targets**

· Diet education and personal plans made specific to each player's personal needs.

- **Group Nutritional Education**

· Weekly education to help the group understand nutrition and eating habits for not just the present but for the rest of their lives.

- **Recovery and body maintenance guidelines.**

· Guidelines on how to always be at your best and recover physically and on how to increase longevity.

- **Running programs/sessions and aerobic/off-field conditioning.**

· Pitch/treadmill sessions. Cardio machine sessions that do not involve running eg. Assault bike, Rower, Skiierg, Watt Bike.

- **Speed sessions**

· We will have speed drills and sprint mechanics within the program so that players can maximize their overall speed. This can sometimes be neglected and we think it is absolutely essential as you cannot beat acceleration!

- **Plyometrics.**

· Plyometrics are a type of exercise training that uses speed and force of different movements to build muscle power. We will add plyometric training into each player's programs as they will undoubtedly improve your player's physical performance and ability. Plyometrics can include different types of exercises, like pushing, throwing,

- We will then need to compile player and management contacts and information through a questionnaire that will be sent by the club to receive all the team's information so that we can create the programs and get all of the packages together.

- When we receive the questionnaires back, we will then create Whatsapp/Slack groups where we will be able to communicate with the groups on all of the components and deliver the package

- We then individualize programs and tailor them towards every specific person on the team to suit their needs/body types/positions etc.

- The programs will then be sent to the individuals

- There will be players assigned to be group leaders, the number of group leaders will depend on the number of players within the group and they will be picked by the management. The team leaders will streamline any issues or queries within the group and will also pass on any information that we deem urgent that we do not want to be missed within the larger group. We think the team leaders are a fantastic way to make players step up and drive on standards for the rest of the group and give them responsibility which will take them out of their comfort zones.

- Information and tutorial videos will be sent to the larger group to explain every aspect of the program so every player knows exactly what it involves. There will be no excuse for a player not to use the tools within the program due to a lack of understanding as we will provide an extensive amount of tutorial videos so that there is no stone unturned.

- There will be drip-fed information weekly so that players are not overwhelmed with the amount of knowledge within the program. The information will include points about our own county and club careers and what has worked for us. It will also include the components of the program such as nutrition, training, recovery, mentality, etc. We want to be as hands-on as possible for the small

running, jumping, and kicking at a more vigorous rate than general weight lifting.

- **Injury prevention tools and guidelines**

· Injuries have become a massive issue within the GAA over the last 10 years. Training has developed massively and the load has increased but we feel not enough work is being done on the prevention of these injuries and we want to share how we recover our own bodies to keep up with the busy inter-county and club schedules.

- **Sport psychology development:**

· Sport psychology has been one of the biggest investments that have been put into the intercounty setups that we have been involved in and we feel they have been a great success with our experiences with it. We will have a local psychologist help us feed your team and individuals information on how to manage the psychological side of their game which we believe will unlock certain players over time that have lacked in the mental side of their games. The information will include:

· Goal setting

· Visualisation

· Controlling emotions

· Separating life's challenges from sport/using emotions effectively

- **Session maps/planners for coaches**

· We have coached numerous teams ourselves over the past couple of years and we want to help teams create a template to create sessions to progressively overload their players and give coaches an idea of how intercounty sessions are mapped out which they can use themselves.

number of teams we are taking on and we feel the best way is to slowly provide the information over a number of weeks.

- **Team leader and management reports will be expected to come back as we feel it is not possible for there not to be any issues within the group and we will make sure that all these questions are answered and problems are resolved.**

- **The training block template will be given to team leaders after it is passed with management and we will also have session maps for managers if needed which will map out how to mix running and drills throughout a session. All drills will be progressively overloaded over time to increase the base of the players over time to avoid injuries and to also maximize fitness over the first few months of training. We understand some managers might not want this component of the program but we are willing to make it available if they would like to see what we have been drilled with, with Offaly and Rhode mixed with what we have studied in Sports and Exercise Science.**

- **There will be an initial testing session at the start of the program where players will be tested on their strength and fitness so that in a few weeks' time they can be re-tested to see what their improvements have been. This is essential as we can then see what needs to be worked on for the group's next block etc. It's also a nice way for players to see the improvements that have been made over time.**

- **All other components of the process will be spoken about in the consultation with the club and management as there are much more variables to be spoken about which we feel would be better over a phone/zoom call.**

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- Injury club group chat for guidance and tips.

We will create a group chat where players that are injured can be helped in all aspects of the program as we know that injuries can sometimes be a lonely place for players as they are isolated for the period before they get back to the pitch. Tips on how to stay motivated and also on certain exercises to help players get back to playing will also be involved, but note we are not physios and will not overrule the programs given by your club's physios.

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Email info@cbear.ie for all queries and for a consultation.

We can't wait to hear back from you and your club. We know that what we have here is something special and will undoubtedly improve your club's future for the better so that you can all reach your full potential. When a group comes together to reach a goal the relationships of everyone within the group become something special that we all hold onto for the rest of our lives. This program will undoubtedly bring your team and players together. The best groups that we have been a part of have all been so special due to one major factor, **HARD WORK!** Hard work holds a special power within the group like no other, as when players dig deep side by side and push each other on they know in September when they are down by a point with 5 minutes to go in the county final and need one last push by every man from 1 to 26 both physically and emotionally, that the man to their left

and right will go to the well so that the group can get their hands on that trophy.

Imagine that feeling. We want to help you feel that.

Conor and Ruairi McNamee.

