

THE CLUB PLAYER PACKAGE



Welcome to The GAA Club Player Package! A never seen before package that will ultimately help you reach your 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 their Team so that they can reach their goals and achieve success.

This package is an individual for GAA CLUB PLAYERS ONLY and hits every single facet possible to improve their game. 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 you and be a part of all your 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 as many players as possible, 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 GAA and the player's futures.

PACKAGE

Player Package:

- **Personalised Gym Programs**
 - Individual programs made specifically for one player's personal needs.
- **Tailored Nutritional Targets**
 - Diet education and personal plans made specific to one person's personal needs.

- **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, 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.

- **County Player Advice and Direction**

- **Individualised Player Development**

- **Sports Psychology Tips and Guidelines**

- **Overall S+C Guidelines**

We can't wait to hear back from you. We know that what we have here is something special and will undoubtedly improve your sporting 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 game to the next level. The best version of yourself only evolves when you endeavor into a strict regime that includes hard work and discipline. We want to turn your game inside out and upside down so you too can have success both personally and with your team to get the most out of your career. You only get one career, so why not let us help you make the most of it?

The Time Is Now.

Conor and Ruairi McNamee.

