

Na Gaeil Notes Monday April 6th 2020

Covid-19 During this time of uncertainty surrounding the COVID-19, as we are all keeping our distance, it is important that we look after our wellbeing and the wellbeing of others around us. Below are a few tips to support you in doing just that.

Physical Health Lots of fresh air by keeping a simple exercise routine. Encourage your young children to use this time to practice skills - Kerry GAA have been working with **The Performance Lab** over the past few months and they have given us **FREE** access to the First 5 Level of their Superheroes platform.

To obtain your free access, use the following :

log onto : www.strengthlab.co.uk

User: nocorona@strengthlab.co.uk

Pass: FightingTheGoodFight

Ensure that you are getting enough sleep and limit the use of devices at night. Be mindful of alcohol consumption as it can weaken the immune system and have a negative effect on your mood and mental health.

We can't stop the virus, but together, we can slow it down.

Keep practicing the guidelines below and play your part.

Reduce social contacting - stay apart but stay in contact with family, friends & neighbours

- Distance yourselves 2 metres from people in shops and supermarkets
- Stop shaking hands
- Avoid touching our eyes, nose or mouth
- Washing our hands regularly and practice cough and sneeze hygiene
- Clean and disinfect frequently touched objects and surfaces
- Work from home where possible

Stay Safe

The virus doesn't move. People move it. If we stop moving, the virus stops moving. Then the virus dies. It's that simple. Stay indoors and stop the virus.

”

Kerry GAA Work Outs Last week Kerry GAA launched a home workout challenge for all our Supporters. It has proven very popular across the World and there has been over 300 workouts and 81,500 reps logged online. Well done to all those people who have completed 3 of our 4 workouts for this week so far.

Are you part of this statistic? Fantastic work if you are, keep moving and working out. Upload your workout to your Social Media page/s & tag Kerry GAA & our workout partner RYPT (@apprypt) -

Not started yet... why not start today, click into the invite email and follow the instructions to sign in to access the 4 workouts for Week 1.

Don't forget to save each and everyone of your workouts as you will have a chance to win a signed Kerry Jersey each time.

Did you sign up? Did you miss the cut off for Week 1?

Fear not... you have up to midnight Friday 3rd to register FREE for Week 2

<https://info.rypt.app/rypt-kerry-gaa-fighting-the-good-fight>

Did you tell a family member or a friend about Kerry GAAs workouts?

Our vision is to keep all our Supporters fit and healthy, both in body and mind. Help us to do this by sharing this Newsletter with family and friends and get them working out with Kerry GAA.

Our Teams will need each and everyone of you when they run onto our pitches again. "Together is a beautiful place to be"

Volunteers Na Gaeil GAA Club volunteers have been very busy over the last week assisting those cocooned in our community with their shopping requirements and also collecting medical supplies for them from their local pharmacies. We thank them for their great work. Please let people know that this service is available. You can contact any of the following co-ordinators: Mícheál Herlihy (0862438902); Cathy Carey (0863554499); Eddie Sheehy (0876791460), Colm O'Súilleabháin (0879080465); Tim Lynch (0874184239). You can also contact the shops directly. Please God we will all stay safe and come back stronger. Ní neart go cur le chéile.

Coaching Webinar To help coaches through this difficult period, the GAA, An Cumann Camogaíochta and the LGFA have created a series of coach development sessions to take place over the coming weeks. The sessions will run every Tuesday and Thursday at 7.30pm. They began on March 26th.

The sessions will be along two separate formats. Every Tuesday there will be a live Questions and Answers session with a coach. Any participants in the Q and A will have an opportunity to view the coach delivering a session from the GAA Games

Development Conference over the last couple of years and submit their questions via the registration form for the coach to answer live.

Every Thursday there will be a live webinar presented by a coach or coach developer. The webinar will be a 30 minute presentation followed by a live Q and A with the presenter.

<https://learning.gaa.ie/gaacoachwebinar2020>

Juveniles We hope that all our juvenile players are doing well and not finding the restrictions too taxing. It is important to stay positive and hopefully you will all be back playing in Na Gaeil in the not too distant future. In the meantime this is the ideal opportunity to get out into the back yard or garden and improve your array of skills. When you eventually get back to Na Gaeil you will be a much better player and enjoy your football even more. So get out there and start today.

Club Activities Suspended As we know all club activities are suspended until further notice and by the looks of things it could be a while. The pitches and the gym are closed and will remain so until the restrictions are lifted. We know that this is an inconvenience for everybody but we also know that things will get back to normal in the not too distant future. We all must play our part.

Clubhouse The clubhouse will be closed for the foreseeable future. This means that our Monday night bingo, Tuesday night lotto and Wednesday night card playing are suspended indefinitely as well as all other activities that normally took place there on a weekly basis.

Personal Responsibility As we are living in testing times we all have a personal responsibility to adhere to the government and HSE guidelines and ensure that we implement them fully. Hand washing and social distancing are essential if we are to keep Covid 19 at bay so we all have to play our part and we can fight this together.

Sympathy We offer our sincere sympathy to the family of Jim O'Sullivan, Cloghers, Tralee and formerly of Kilfenora, Fenit who passed away last week. Jim was a regular visitor to Na Gaeil on Wednesday nights where he enjoyed playing cards with his many friends. Ar dheis Dé go raibh a anam dílis.

Good Luck We wish everybody well in the days and weeks that lie ahead. It is important that we stay upbeat and support everybody around us. The weather is improving and we are allowed to go for walks once we keep our social distance. We live in a beautiful county and lets enjoy the beauty of nature all around us. We have a duty of care both to ourselves and others. Stay safe and stay positive.

Clothes Collection There is now a Clothes Collection Bin situated in Na Gaeil car park for use by all members of the public.

