



Sligo GAA

*Development newsletter
Spring 2016*



Sligo GAA Development squads back up and running for 2016

The Sligo GAA Development squads from U-14 right up to U-17 are back in full training for the 2016 season.

All squads are making full use of the terrific facilities now available at the Centre of Excellence at Scarden and the new gym facilities which are on site.

Management teams have been in place for some time. Michael Duffy (Enniscrone/Kilglass) is in charge of the U-14 squad, Conor Gormley (Bunninadden) is looking after the U-15s, James Watters (St Molaise Gaels) is U-16 boss and Seán Davey (Curry) is U-17 manager.

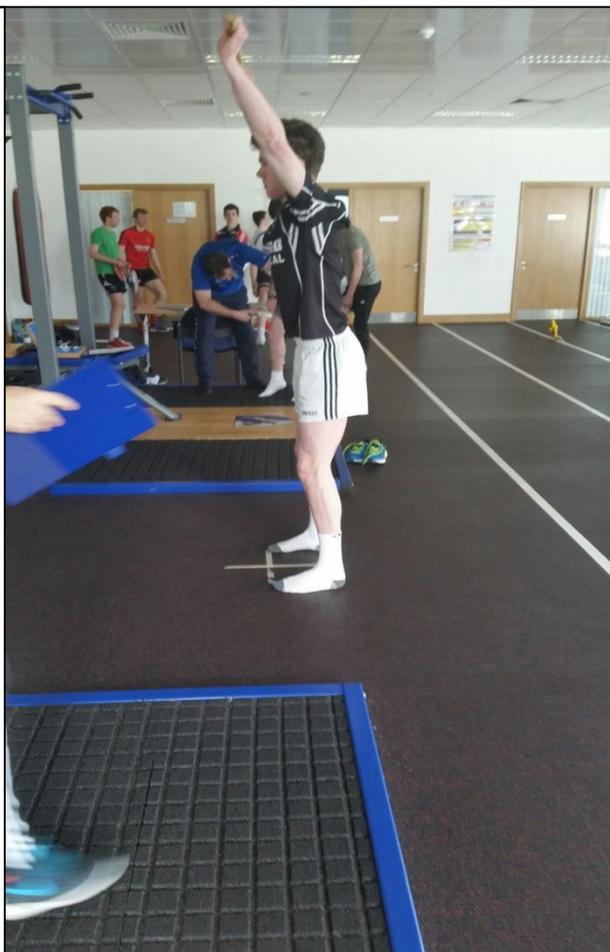
There is also a development squad committee in place to oversee the work. Those involved are Sligo GAA Coaching Officer Padraig Clancy, Sligo Games Manager Liam Og Gormley, Brendan Gillen (St Molaise Gaels), Peadar Niland (St Mary's), John McPartland (Coolera/Strandhill), Joe Murphy (Coolera/Strandhill), Sean Scott (Eastern Harps), Richard Kennedy (Tourlestrane) and Dessie Sloyan (Easkey).

The U-17 Development squad under the tutorship of Sean Davey have been engaged in training since mid-January.

The squad have been training twice weekly with a special focus on strength and conditioning work in the early part of the season which included a visit to the Connacht GAA Centre for fitness tests.

Other squads have been involved in skills tests closer to home and these have proven to be very useful.

All squads will be tested again later in the year to track their progress.



Congratulations to Summerhill College on their first Connacht Senior Schools A Championship title win in 31 years.

They beat St Attracta's College in a historic final at Markievicz Park last month.

The majority of those involved have come through the development squad structure in Sligo in recent years. Hopefully the next wave of players will carry on the mantle.



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U-14/U-15

The U-14 and U-15 squads are preparing for a busy year. The U-14 squad are taking part in a divisional competition shortly, while U-15 players have been training extensively at the Centre of Excellence. Both squads will continue to work on all facets of their game in preparation for a series of matches and blitzes which will take place over the coming months, as well as club action.



Sligo GAA is delighted that a number of sponsors have again continued their association with the underage structure through sponsorship of the development squads. Those involved include: EJ Menswear (County Development Squads), O'Dowd Storage & Warehousing (U-16s), Radisson Blu Hotel Ballinacree (U-17s) and Devenish Nutrition (Minor).

The East Division ended as winners of a very competitive U-16 Divisional competition held in early spring.

Selections from the North, South, East and West took part, with the East Division beating the North in the final (4-8, 0-4).

All in all it was a very useful exercise ahead of what will be a busy year for the U-16 county squad with teams taking part in the Ted Webb and Fr Manning Cup competitions.

Pictured right is the winning captain Stephen Fallon (Owenmore Gaels) receiving the cup from Liam Og Gormley after the final at the Centre of Excellence.

