



The Caimin's Connection

Keeping you up to date with the latest news in our school community

TYB (Jason, Hannah, Leah)

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Issue 8

TY Coaching Update – by Leah Mullins



On Monday the 15th of January, Transition Year C took part in a coaching course with Gearoid Balfry, a Sports Development tutor from Limerick. In the morning session, students learned about the importance of the GAA Go Games, which are non-competitive games for U12's. TY's learned about:

- Basic coaching principles
- The importance of coaching
- The rules and responsibilities of a referee
- The qualities of a referee
- Training of new referees to officiate at underage levels
- How to assist referees with understanding the rules of LGF
- Why people want to be referees
- Go Games Rules
- CODA for sanction

In the afternoon session, TY's went outside to the basketball courts and worked together to create

coaching games. They practiced coaching each other too. By engaging in the development of coaching skills, the transition year students also got to experience a sense of responsibility and leadership. It allowed the students to learn how to make decisions and show teamwork, while also having fun.

Gearoid spoke about the importance of the programme saying, *"It's great to teach young students the basics of coaching and refereeing so they can become role models for younger people in their communities."* He also spoke on the importance of Go Games, remarking that *"I believe Go Games is so important, especially these days, because it helps players to develop an understanding of the inevitability of success and failure in an environment where playing is the name of the game, not winning."*

Some transition years commented on the programme, saying *"I really enjoyed taking part in this coach education programme, because it allowed me to find out what it takes to be a coach."* Another student who took part in the training commented, *"I really liked today because I got to have fun with my friends and coach them."* Meanwhile, another student said, *"I learned that some qualities a good referee should have are integrity, courage, kindness and good judgment."*



Cúrsa Cóitseála I.G.F.A. 15 Eanáir

IDIRBHLIAIN-C-Curtha le chéile ag Callum De Sotún

Ar an gcúigiú lá d'Eanáir, ghlac Idirbhliain-C páirt i gcúrsa cóitseála I.G.F.A. Reachtáladh an cúrsa i Seomra 171 don lá ar fad. Ar maidin d'fhoghlaimíomar faoi obair an réiteora-tóg mar shampla-

- An difríocht idir chárta buí agus dearg.
- Cathain agus cén fáth go n-úsáidtear iad.
- An difríocht idir fheall teicniúil agus neamh-theicniúil.
- Na comharthaí éagsúla a úsáideann an réiteoir chun a léiriú don slua cad a bhíonn ag tarlú.

Ina dhiaidh sin, d'fhoghlaimíomar faoin gcóitseáil. Roinneadh sinn i ngrúpaí difriúla agus phleanáladh ár seisiún traenála féin, bunaithe ar na scileanna sa Pheil Ghaelach—mar atá-

Ag breith ar an liathróid/ Ag pasáil/Ag ciceáil/Imirt aonair.

Agus sin déanta, leanamar ar aghaidh go dtí an halla spóirt agus chleachtaíomar druil bhréagach. Nuair a bhí ár ndruil phleanáilte, leagtha amach agus curtha i gcrích, bhí cúrsa an lae críochnaithe.

Mholfaimis an cúrsa seo, gan dabht ar bith. Thabharfaimis 8/10 mar ráta air!

TY Awards



An award ceremony took place at the TY ball at the weekend. The winners were:

- **Funniest boy:** Kyle McInerney
- **Funniest girl:** Ava Kelly
- **Best boy duo:** Lee Maguire & Kyle McInerney
- **Best girl duo:** Emma Murphy & Ciara O' Donnell
- **Best couple:** Jack Brazil & Abby Shanahan
- **King:** Peter Gilligan
- **Queen:** Aimee Cordon
- **Popular:** Heather Long

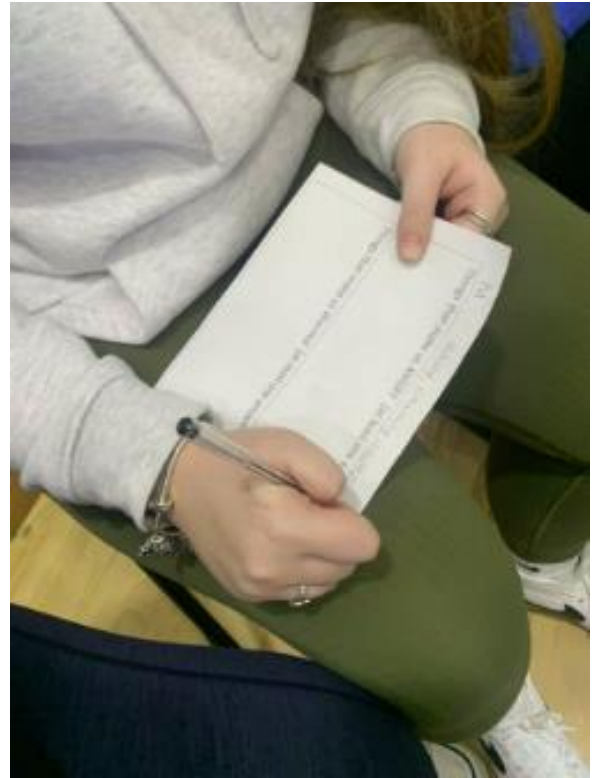
3rd Year Reflection Day By Hannah Nunes

Last Thursday, on the 18th of January, the 3rd years had a reflection day, in the lead up to the mocks.

The reflection day took place in the hall, starting at 9 o' clock in the morning, and finishing at the end of the day. The purpose of this reflection day was to help the students ease their worries and stress due to their upcoming exams. There were three people hosting the reflection day who were described as "fun", "helpful" and "patient" by various 3rd year students. The reflection day included many fun games and activities, along with lots of groupwork.



I interviewed third year student Rian Collins and asked him a few questions about his experience at the reflection day. The first question I asked Rian was if he enjoyed the reflection day, to which he replied "yes, I did really enjoy the reflection day, as it was fun and it was also nice to get a break from the work and studying for a day".



The second question I asked Rian was whether he thinks the reflection day benefited him and how, to which he replied, "I think the reflection day really benefited me, mainly when we were discussing in our groups about our likes and dislikes about school and things we are stressed about, because it made us realise we are not alone and we can relate to other people around us."

The final question I asked Rian was what his favourite part of the day was, and he answered, "my favourite part of the day was definitely the games we played in our groups. My favourite game we played was the one where we had to all link arms in a circle without letting the others break us apart. It was a lot of fun and took my mind off school and studying for a while."

Overall, it was a very good day and one the third year students really enjoyed. It gave them an opportunity to stop, reflect and destress for a day – a well-earned break from study and homework in the lead up to exams. The mock exams start on Monday and will run for two weeks. We wish all third years the best of luck!

Latest News in St. Caimin's

TY Ballin' By Jason Butler



There was also a bouncy castle called wipeout with a spinning bar that needed to be jumped over and avoided. This went down very well with the attendees and was great fun. Drinks were served at the bar and professional pictures could be taken.

On Saturday the 20th of January, students from St. Caimin's TY and 5th year went to the Tracey's West County Hotel in Ennis for the TY ball. The event was hosted by Tribal Events and was enjoyed by everyone who attended. The gentlemen dressed in their dapper suits, and the ladies dressed in their finest dresses. The venue was spectacular, and the atmosphere was electric. The crowd arrived and sat down for a sufficient meal. The 2

course menu included "slow roasted prime rib of Irish beef, placed on scallion mash, smothered in rosemary and thyme jus" and for dessert, a "fresh baileys & chocolate chip cheesecake, with fruit coulis and Chantilly cream". The meals were enjoyed, and the night resumed with lots of music by a DJ very close to home, LC2 student, DJ Shayne.



I interviewed a few TY students who attended the ball asked them how the night went. One replied, "In my opinion what I enjoyed the most was the fact that I could have the time of my life one last time with my mates in 5th year and also TY. The ball was something out of a movie to me with the music, games, the craic everything, overall, everything was just fantastic and I'm glad I went to it." Another student said, "I would recommend Tribal as host organisers, the music was good, and the food was nice. They provided a great service overall; the vibe was great, and it definitely was a night to remember." Many TY students described it as "a night to never forget" and compared it to being like a movie.

Trad Group Returns! By Jason Butler

The St Caimin's trad group is an excellent show of the music talent in our school. They go to different places and play Irish traditional music. It is coordinated by Ms Killeen and Ms Fahey; our 2 wonderful music teachers and students play their instruments in a traditional band.

Some instruments played by students in the trad group include the banjo, fiddle, concertina, guitar, harp, piano and many more. There is also a group of Irish dancers who display a great show of Irish dancing to the music played by the band. It is a great community to get involved in and are very inclusive and welcoming to new members.

I interviewed Cillian Galvin, who is a member of the trad group to gather information. Cillian has been a loyal and talented member of the trad group for four years now and plays a banjo with the band.

Q: "What opportunities have you had, from your involvement in the trad group?"

A: "I have had great opportunities and experiences with the trad group. We played a trad show for the talent show in 2023 and played in the musical "Back to the 80s" for a song. We also get to go to primary schools around the area for St. Patrick's day and do a show. Also, every year we go to Carrigoran retirement home to entertain the residents there. I love the opportunities we get at trad group, and they always come about."

Q: "What do you enjoy the most about trad group?"

A: "Personally, I enjoy being able to play my instrument with other people and share the experience with them. Music is my passion and being able to play with other people with similar interests is really great. All the people there are so nice and helpful as well which makes it a great environment."

Q: "Would you recommend trad group to other students at St Caimin's who haven't been before?"

A: "I would thoroughly recommend trad group to any student with a musical ability. It is a great way to get experience of playing with others and the people there



are very nice to everyone and help you be the best you can. The opportunities you get also don't happen anywhere else, so I really recommend trad group."

I also interviewed Ms. Killeen, who is heavily involved with the organisation of all things trad related in school. I began by asking her who the group is for.

A: "Trad group is for anyone who plays an instrument and has an interest in learning new tunes, performing & meeting others in the group."

Q: "What do you do in trad group?"

A: "Trad group looks different every week! Depending on the time of the year, we could be preparing for an upcoming event like the school open night, the school show or the St. Patrick's Day performance. We will either be learning new tunes or going over ones looked at before and seeing how they sound with the different instruments playing together. We have a huge mixture of instruments in the group from the traditional Irish ones like concertina, banjo, fiddle, flute, harp to rock instruments like electric guitar, bass & drums. We love to see what sound we can create with whoever walks through the door and take on lots of different styles from the pure trad tunes to pop to rock!"

If you have an interest in playing music in school, you can get involved with the trad group by messaging Ms. Killeen or Ms. Fahey and ask to be added to the Teams page. Trad group usually rehearses on Thursday's at lunchtime in the music room and they would love to see new members! A big thanks to Cillian and Ms. Killeen for their comments.

TY's Get a Taste for Leaving Cert P.E - By Hannah Nunes

Transition Years, Class B are currently completing a ten week block of Leaving Certificate Physical Education (PE). Students have a double class every Monday and this week marked the half way point in the course, as they are now five weeks.

So far, it's going great, and students seem to be enjoying it. They have already done so much and learned so much about movement skills, fitness and designing warm ups.



This week, students learned how to develop and design a warmup. Working in groups of four, they all had to lead an affective and accurate warmup for the class, in relation to their chosen sports, such as soccer and basketball.

Leaving Cert PE is a new addition to the school's choice of Leaving Cert option subjects. This is only the second year of it being in the school, so this year's Leaving Certs are the first year group to complete the course in St. Caimin's.

There is a wide variety of things that students can learn about in L.C PE, such as ethics and fair play, skill acquisition and development, coaching and planning, nutrition, drugs in sport, things that affect performance and much more!



There are 100 points available in the Leaving Cert PE exam. It is broken up into three parts, 50% practical and 50% theory. The first practical part is called the Physical Activity Project, and it is worth 20%. It is completed over 10 weeks in the first term of 6th year. Students have to do a needs analysis of their chosen sport/activity, followed by a wide range of fitness testing. After this they have to create a training plan/programme. Finally, they do a reflection and assess themselves.

The other 30% of the practical part for L.C PE is the Performance Assessment. The students are assessed on their ability to perform a set of skills, and this is completed over 10 hours. It is presented in the form of an 8 minute video. This year's L.C PE class in St. Caimin's chose to do theirs on weight + interval, but it can be on various other things such as games, gymnastics, or dancing. The final 50% is the exam in June.