

“Living your club. Leading your club. Working as one within.”  
Munster Club Forum.

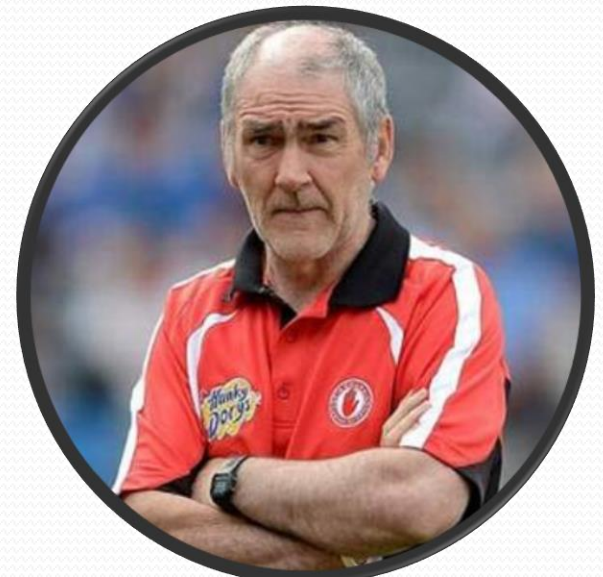




# MAKING YOUR CLUB BETTER


“The key to everything is to respect uniqueness. That is the thread that defines teams ,CLUBS and maybe my entire outlook on life. To get the most from life and other people we must respect every individual. This is the baseline principle from which we can never go wrong”

- MICKEY HARTE



# MY CLUB : De la Salle

- SOLACE.
- ENJOYMENT
- LEARNING
- FAMILY
- EDUCATIONAL.
- GROWTH
- HISTORY
- REAL
- BACKGROUND



“Recognising uniqueness”

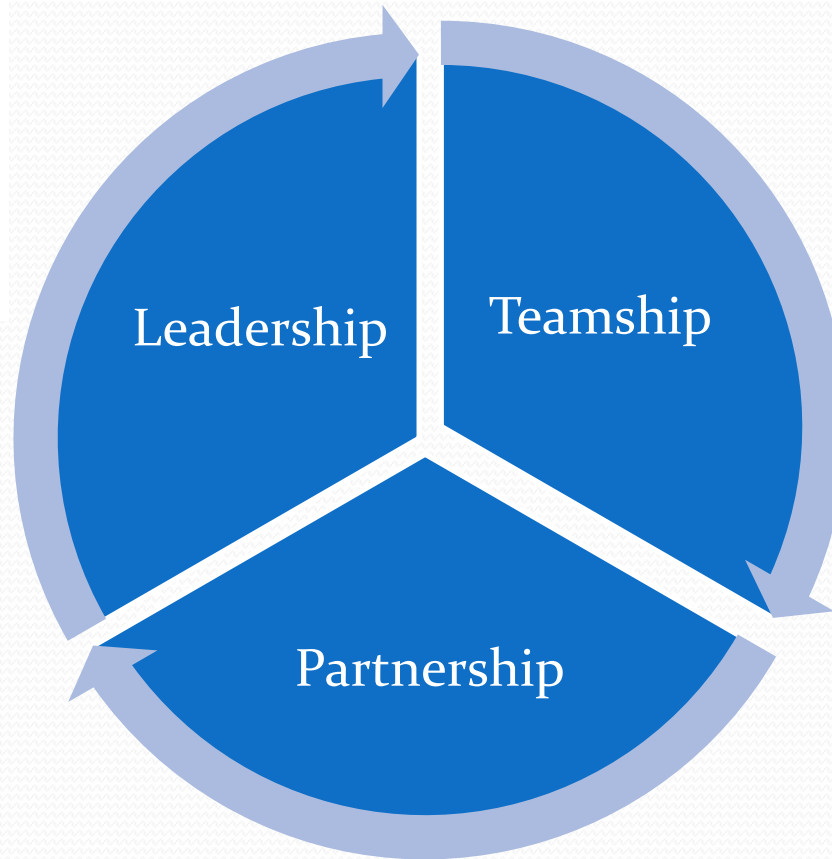
# Leadership

The Quality of our actions  
and the honesty of our  
intent





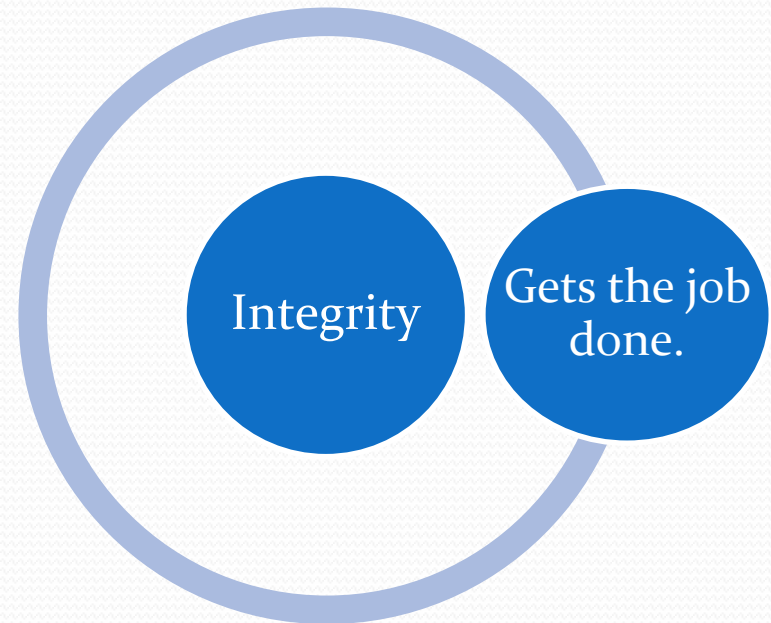
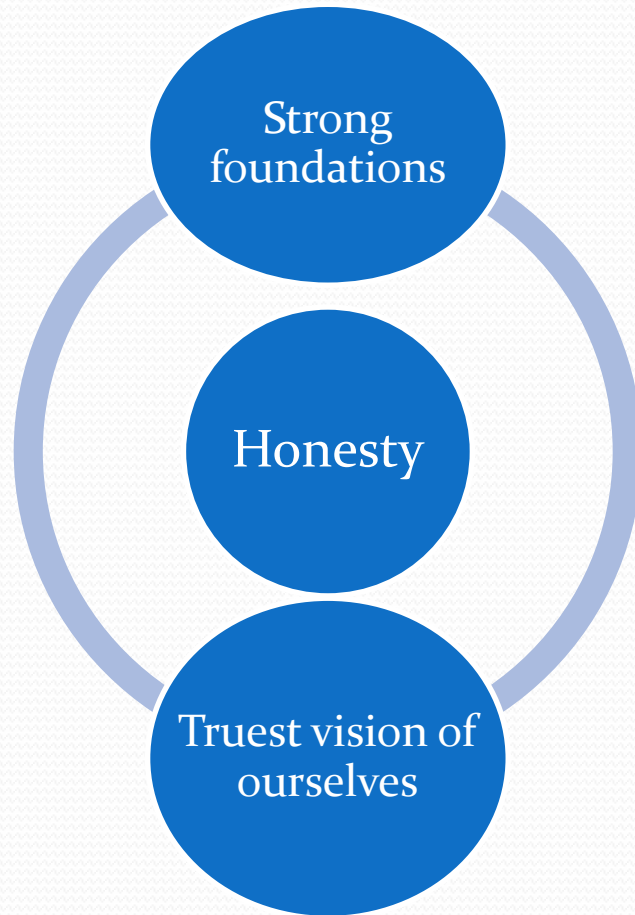
# One Team



# HOW TO CREATE THAT UNITY OF PURPOSE WITHIN A CLUB?

- Provide Example/Constant Communication
- Language/Body Language
- Honesty
- Integrity
- Inclusivity
- Authenticity
- Empathy

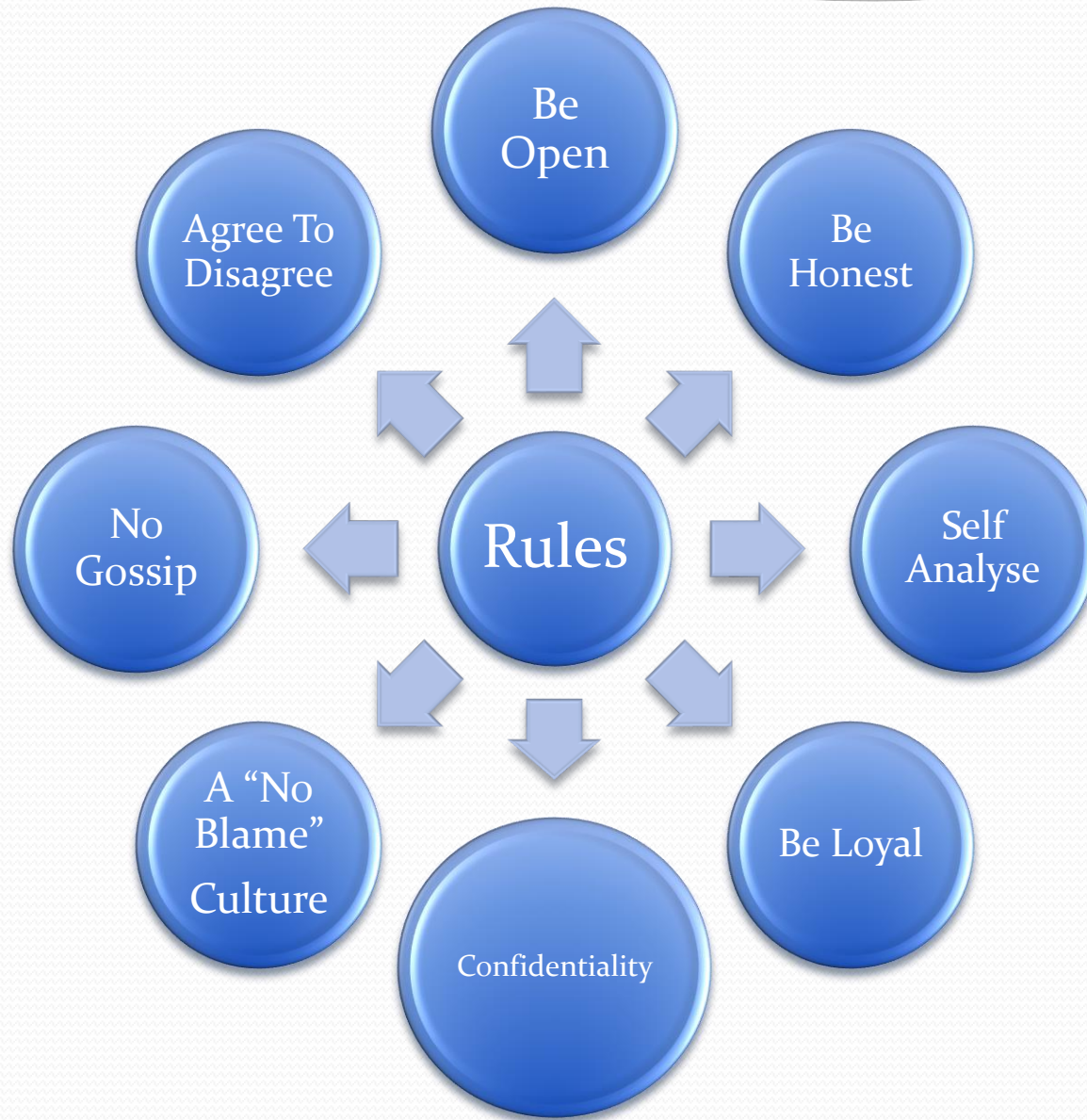
# Authenticity begins with:

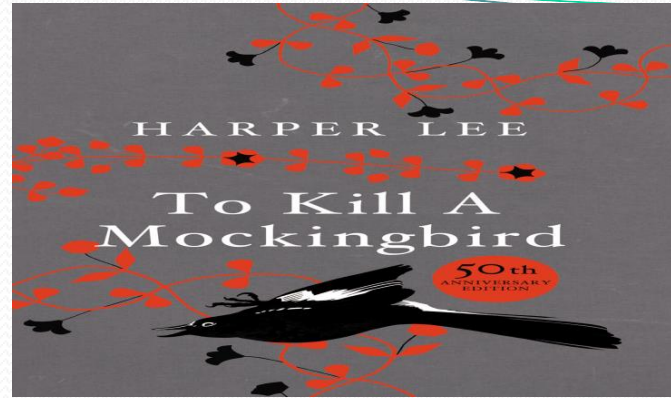


“If our values, thoughts, words and actions are aligned, then our word is our world”



Performance

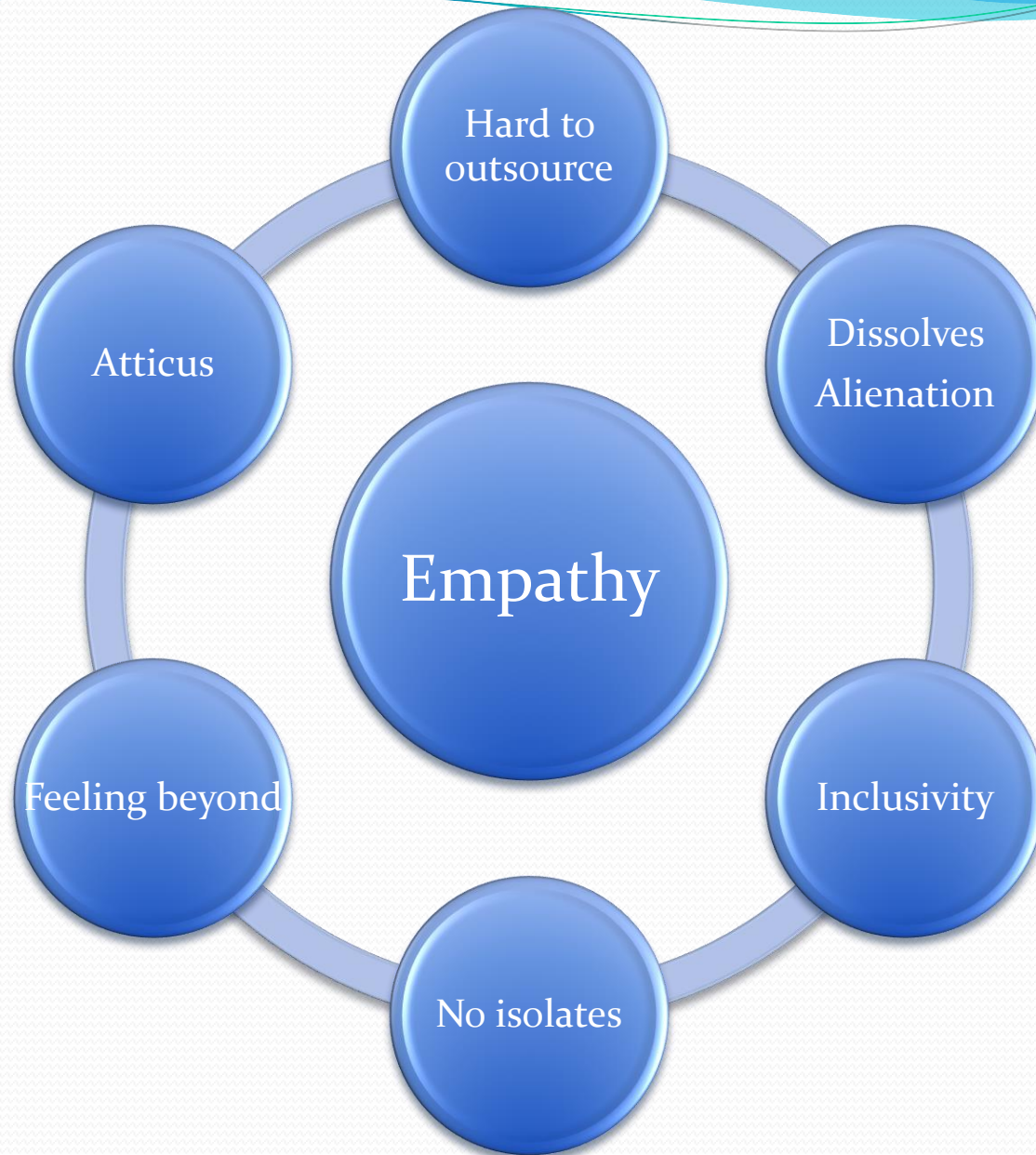




*You never really understand a person until  
you consider things from his point of view...  
Until you climb inside of his skin and walk  
around in it.*

*Atticus Finch -  
To Kill A Mockingbird*







# THE GROWTH MINDSET:

- Implicit in viewpoint re setbacks.
- Knowledge shared and understood.
- Balanced Approach.
- Recognising the challenges facing all parties

# RESILIENCE DEALING WITH SETBACKS

- MACDUFF APPROACH “GRIEVE FIRST”.
- FOLLOW THE PROCESS .
- SALVATION LIES WITHIN.
- REVIEW
- CONSULT
- CLARITY
- COMMIT
- CHANNEL
- FEARLESS

# Pat Riley

“...you have no choices about how you lose but you do have a choice about how you come back and prepare to win again. Every time your back is against the wall there is only one person that can help you. That is you. It comes from the inside.”

# Vision for your club:



**Your Vision for your club.**

**Key steps/principles.**

Setting the Vision

Planning

Strong Team

Acting and Thinking differently

Leadership

Designing the experience

# Your sense of place/history/culture



# How can we get this mind-set

- **Enjoyment**



**Build on Success**



# Induction Policy



# Transitional /Retirement Policy

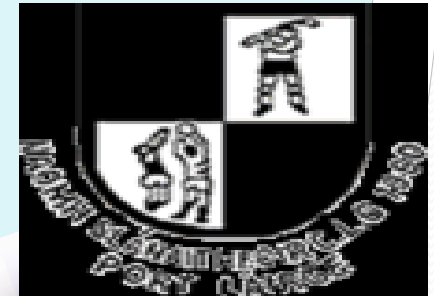




# Club Links .



**De La Salle GAA**



# Media Coach



The Munster Express

Home News Business Sports Entertainment Opinion Ser

YOU'RE BROWSING: HOME

LOCAL NEWS



WR  
place  
Visiting  
Medic  
Region



RTE



# Forbairt a Dheanamh ar todchaí

- *Skill Advancement*
- Skills used to achieve Team Play
- Development of Position
- Specific Skills
- Development of Functional
- Roles and problem-solving
- Abilities within Individual,
- Unit and Team skills
- •Mastery of Individual and Position Specific skills at a
- High-Performance level.

# *Tactically Aware*

- Understanding “Game Plan”
  - Implement Patterns of Play
  - Selection of Tactical options
  - Pressure – achieving the
- Principles of Play
- Implement problem-solving
- Strategies
- Develop Mini-unit strategies
- Game Appreciation
- Implement Performance analysis
- Ability to Adapt Tactical strategies during a match
- Prioritise Pressure –
- Possession / Position / Points
- Identify Opposition tactical
- strengths and weaknesses

# *Physical Development*

- Strength
- Power
- Speed and Acceleration Sports specific multi-activity
- Endurance
- Multi-sprint Endurance
- Strength and Power
- Speed ,Agility & Quickness
- Position specific conditioning
- Recovery routines
- Multi-sprint Endurance
- Strength and Power
- Speed, Agility& Quickness
- Position specific conditioning
- Recovery routines
- Individualised programs

# Mental Capacity

- Motivation
  - Goal setting –medium term
  - Determination
  - Pre-match preparation
  - Controlled breathing
  - Coping with Arousal and Anxiety
  - Goal setting – long term
  - Mental relaxation
  - Imagery
  - Coping strategies
  - Self-Awareness
  - Profiling


# Life Lessons

- Independent thinking
- Ambition – career options
- Self-identity
- Role model
- Principle-centred values
- Life management
- Self-reliance
- Coping with failure
- Self-reliance
- Patience to achieve long-term goals
- Positive use of Power /Influence
- Life management

# Stakeholders

## Who Are They?

1. Members.
2. Schools.
3. Parents.
4. Communities.
5. Businesses
6. Potential Members.

- 
- **Social scene.**
  - **Student welfare.**
  - **Unemployment**
  - **Mental Health**
  - **A changing environment.**
  - **A changing society.**

# Leaving Structures in Place

**“Our time is limited. Understanding the fragility of life is the first step in understanding our role and responsibility as a leader. Our greatest responsibility is to honour those who came before us and those who will come after, to ‘leave the jersey in a better place.’ We are the stewards of our organisations, the caretakers of our own lineage. Our actions today will echo beyond our time. They are our legacy. Care for the land, Care for the people, Go forward.”**

**— James Kerr ‘Legacy’**

# Joe Schmidt



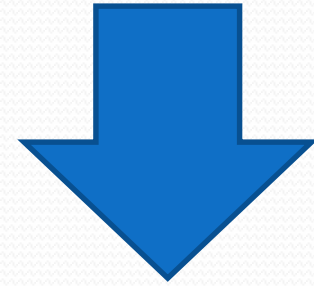
“We never work alone”

# The Tuff Of Flowers By Robert Frost



But he had gone his way, the grass all mown,  
And I must be, as he had been,—alone,

‘As all must be,’ I said within my heart,  
‘Whether they work together or apart.’



‘Men work together,’ I told him from the heart,  
‘Whether they work together or apart.’

# Core Values

Building  
Character

Honour and  
Pride

Excellence

Faith

Humility

Background

Patience

Honesty

Motivation

# LIVING YOUR CLUB/KEY ASPECTS

- Know your business.
- Importance of inclusivity /dynamic.
- Great idea by accident/Go with it/Sometimes.
- Alignment with all parties.
- Positive Paranoia./Evolving.
- Stalemate requires intervention.

# Balance

Emotion

Instruction



# Mending Wall By Robert Frost



# Thank you

