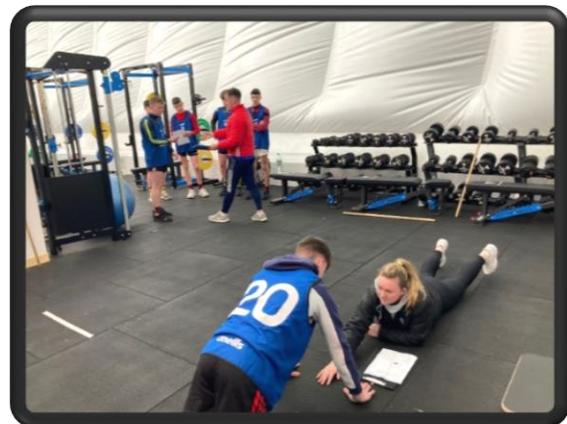


ACADEMY FITNESS TESTING



Physical fitness testing was recently completed by our U15 and U16 academy football and hurling squads. The testing took place in the NUIG Connacht Gaa dome's cutting-edge facilities. We had over 300 players take part across both codes.



Testing was completed prior to the squads' participation in an Athletic Development program.

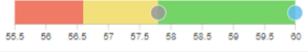
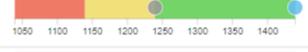
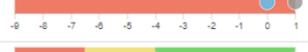
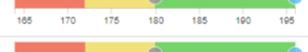
GALWAY GAA

Movement Screening, Flexibility, Strength, and Aerobic Capacity were among the tests performed.



Each athlete will be assigned an athletic development program to work on, which will begin in March and coincide with their Academy pitch sessions.

The Smartabase App will be used to track the players' training load and well-being. Smartabase is a database management system for players used by the Gaa. It assists us in tracking activity/welfare data, performance data, and injury data. Players or management can upload data regarding wellness, training load and scheduling of sessions. The data is only excisable to the player & management.

TEST	RESULT	RESULT AMONG GROUP	PERCENTILE RANK	GROUP MIN.	GROUP AVG.	GROUP MAX.
Height cm	170.0		50%	170	170.3 ↓ 0.2 (0.1%)	170.5 ↓ 0.5 (0.3%)
Weight kg	60.0		100%	55.5 ↑ 4.5 (8.1%)	57.8 ↑ 2.3 (3.9%)	60
Yo Yo Distance m	1440.0		100%	1040 ↑ 400 (38.5%)	1240 ↑ 200 (16.1%)	1440
Overhead Squat 1=Yes, 0=No	No result		N/A	1	1	1
Standing Long Jump cm	196.0		100%	164 ↑ 32 (19.5%)	180 ↑ 16 (8.9%)	196
Push Up	45		100%	10 ↑ 35 (350%)	27.5 ↑ 17.5 (63.6%)	45

Players will also have access to the Volt Athletics app, which will aid in the delivery of our athletic development program. Connacht Gaa has invested in this app under the direction of Daniel Forde. Volt Athletics is a new strength and conditioning platform that will distribute programs to each player's phone via their app. It gives our players in-depth knowledge and coaching so they can do individual sessions at home and on their own time while still being supervised by management. This has the advantage of allowing players to work around their busy schedules

while still getting their sessions completed. This is a fantastic addition to our academy squads, and it will help them improve. We'll be able to track our participants' progress as they do these workouts using Volt.



Staff will evaluate and adjust our players' programs during the summer with the support of our Galway Gaa staff and our S&C student interns Leona Larkin and Sarah Moynihan. All the programs are meant to help athletes enhance their athletic performance to improve their performance on the playing field.

Thank you to everyone at Connacht Gaa, especially Provincial Games Manager Cathal Cregg & Strength and Conditioning officer Daniel Forde. I'd also like to express my gratitude to the entire Galway Gaa personnel, particularly Dennis Carr, Galway Gaa Games Manager, and Damien Coleman, Provincial Hurling Manager, for their efforts in arranging. We're excited to work with our academy players throughout the year and want to see these young men improve for their clubs and for the Maroon & White!!

Aidan Claffey

Performance GDA