

**GPA**



**BE YOUR PERSONAL BEST**

A black and white photograph of a group of young men walking across a parking lot. They are dressed in casual, contemporary clothing like jackets, hoodies, and jeans. Some of the men are carrying white papers or folders. The background shows trees and a building under an overcast sky.

**REPS  
INFORMATION  
BOOKLET**

# KEY DATES FOR SQUAD REPS

## 1. FINALISE GRANTS PANEL

Following last game of championship, GPA rep should ensure all new members of panel have signed up as members of GPA. Rep can then submit his panel of players on the GPA membership of all those who will be eligible for Government Grants in 2019.

## 3. SQUAD CHARTERS

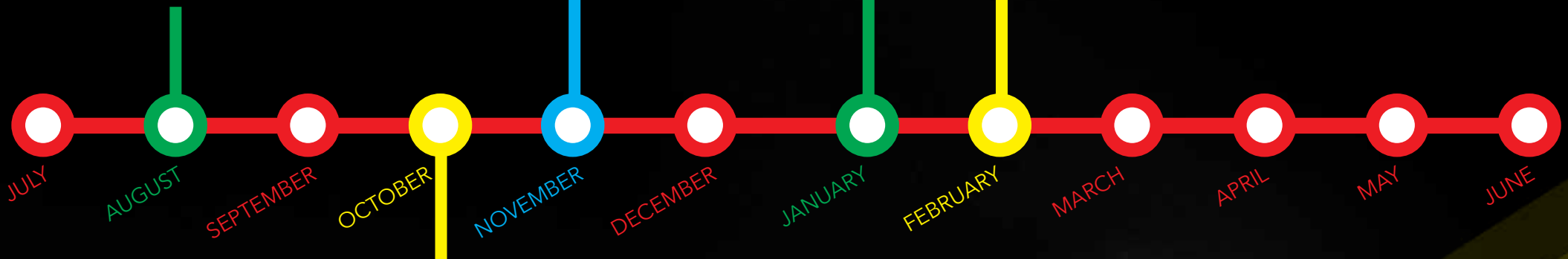
All squad reps should meet with Co Board as soon as squad resumes collective training to discuss squad charter. GPA staff will be on hand to support reps through this process. It is important that reps take active role in having appropriately structured charter to help prevent any squad issues during season.

## 4. GRANTS APPLICATION PROCESS

All 2018 Championship Panellists will be instructed to log in to their GPA account to apply for their Government Grants. Reps may be asked to relay messages through respective whatsapp groups and liaise directly with GPA staff to ensure all players have applied. All Grants are expected to be paid to players by April 2019.

## 5. SCHOLARSHIP PHASE TWO PAYMENTS

The second round of 3rd Level Scholarship Payments due to be made to students. Reps may be asked to relay messages through respective whatsapp groups.



## 2. SCHOLARSHIP PHASE ONE APPLICATION/PAYMENTS

All full time third level undergrad and postgrad students will be instructed to log in to their GPA accounts and apply for 3rd Level Scholarship. The scholarship is only available to players who are part of Championship Panel

# PLAYER DEVELOPMENT PROGRAMME (PDP)

## WHY THE GPA PDP EXISTS

The GPA Player Development Programmes exists to help support, empower and equip players with the tools and confidence to improve their lives off the field. By doing so, players will be in a better place to help manage the demands of a dual career as an amateur athlete and subsequently perform to his personal best on and off the field.

## WHAT ROLE DOES THE REP PLAY?

The role of the squad rep is to be educated on the range of Player Development Programmes that are available to all GPA members. By having an understanding of the Player Development Programmes, the rep will be able to advise, sign post and support his team mates in contacting the GPA so we can provide the appropriate supports for the player.

## RANGE OF PLAYER DEVELOPMENT PROGRAMMES

CAREER DEVELOPMENT  
GPA BUSINESS SUCCESS  
ACADEMY  
MEDIA & PRESENTATION  
TRAINING

### CAREER

FULL-TIME THIRD LEVEL  
SCHOLARSHIPS  
EDUCATION AND TRAINING  
FUND  
EDUCATION ADVICE

### EDUCATION

### LIFE FOCUS

PERSONAL DEVELOPMENT  
PROGRAMME  
FINANCIAL CONSULTATION  
GPA BUSINESS NETWORKING  
PROGRAMME

### HEALTH & WELLBEING

PERSONAL COUNSELLING  
BENEVOLENT FUND

## CAREER

### CAREER DEVELOPMENT

Face-to-face meeting with a career advisor to;

- Professionally developing the players' CV which is tailored towards the specific job
- To complete mock interviews with the player and to provide him with useful tips to help secure his chosen role

### GPA BUSINESS SUCCESS ACADEMY

This programme is tailored towards players who have a business idea or else a player who already owns his business. It will be able to equip

players with the knowledge and tools to develop their business to the next level.

### MEDIA & PRESENTATION TRAINING

One-to-one training with communication experts. Beneficial for players going into punditry or having to complete a presentation as part of their application for a particular job.

## EDUCATION

### FULL TIME THIRD LEVEL EDUCATION SCHOLARSHIPS

Financial support for all current players who are completing a full time third level education course.

### EDUCATION AND TRAINING FUND

Financial support for players who are completing any part time, training or upskilling college courses.

### EDUCATION ADVICE

A conversation / meeting with an Education Advisor to provide the player with practical information about colleges and college courses. The education advisor will also be able to help the player with any application process that may be needed.

# HEALTH & WELLBEING

## PERSONAL COUNSELLING

24/7/365 day a year counselling line available to all GPA members. Republic of Ireland – 1800 989 285 & Northern Ireland 0800 044 5059.

## BENEVOLENT FUND

Financial support for any players who are experiencing extreme financial difficulties in their life.

# LIFE FOCUS

## PERSONAL DEVELOPMENT COACHING PROGRAMME

Face-to-face meeting(s) with a career / life coach. Recommended for players going through, or planning to go through, a transition in their life. Be it from education to career, a career change, a relationship change, retirement from the game, etc. By exploring areas such as personal values, athletic identity, career visions, emotional intelligence and subsequently developing better self-awareness, the player and the coach will be able to work together to develop an off field working plan to support that player to be his personal best.

from business backgrounds are invited along to help connect and support each other in different ways.

## FINANCIAL CONSULTATION

This programme will be able to equip players with the tools and knowledge to support them with their personal or business finances.

## GPA BUSINESS NETWORKING PROGRAMME

Business networking meetings are frequently held where players in business and influential individuals

# SQUAD CHARTER

The Squad Charter for inter-county players sets out the basic player welfare entitlements in the areas of expenses, gear, tickets, nutrition and medical arrangements.

PLAYER EXPENSES

PLAYING & TRAINING GEAR

MATCH TICKETS

MEDICAL ARRANGEMENTS

## PRINCIPLES OF THE CHARTER

- Inter-county player entitlements are agreed under rule between the GAA and GPA
- All players on an inter-county panel are entitled to claim travel and food allowance expenses
- The Charter is overseen by the GAA/GPA Charter Review Committee
- An online system for claiming expenses is available to counties to streamline the administration of claiming and processing expenses
- Regular communication between all stakeholders allows for more effective relationship and adherence to agreed Charter arrangements

### TRAVEL

The standard rate of mileage for inter-county players is €65c/£45p per mile. This can be claimed for all pre-approved travel for inter county team purposes.

### GEAR

All players are entitled to training/ playing gear and footwear for pre National League, National League and Championship periods of the year.

### FOOD ALLOWANCE

All Players are eligible to claim €20/£28 per week food allowance to support elite athlete dietary requirements. This can be claimed on a vouched receipt basis or may be pooled collectively for meal packs/"healthy meal" deals.

### KEY DATES

It is recommended that Squad Reps meet with Co Officers to agree Charter arrangements before collective training resumes. Regular meetings throughout the year helps address any delays with late expenses or delivery of gear.



# THE JIM MADDEN GPA LEADERSHIP PROGRAMME

Many inter-county players have exceptional leadership qualities. These skills are honed through the experience and resilience developed as elite players in a highly competitive environment, where high performance is often predicated on the player's own ability to lead by example encouraging greater levels of performance from team-mates. The Jim Madden GPA Leadership Programme establishes a learning pathway for players who wish to develop these qualities which can be harnessed both for their personal development and for the benefit of society.

The Jim Madden GPA Leadership Programme is designed to help you build on and develop your leadership skills to support you in all aspects of your life i.e sporting/work/community and society. It is an individually tailored athlete friendly programme and includes:

- Leadership masterclasses with experts from the sporting community and business world

- A development centre designed to help you determine your own strengths and development areas
- Leadership workshops designed to help you build on these strengths and developmental areas
- Access to a hand selected group of professional and executive coaches who you will work with on a one-to-one basis
- Upon completing the programme, applicants will have option to complete an additional Level 9 accreditation of a Special Purposes Certificate in Personal Leadership through Maynooth University

Over 100 inter county male and female footballers have now graduated from the programme. The GPA are currently accepting expressions of interest for 2018/19 intake. If you would like more information contact Karen Thorpe [karen@gaelicplayers.com](mailto:karen@gaelicplayers.com)

