

Des Ryan
GAA Q&A
19.5.20



Des Ryan



Connacht Rugby – Youth Development Coach 1997-1999



Connacht Rugby – Head of Fitness 1999-2008



Ireland / Ireland A – 2005 - 2008



Irish Rugby – Fitness Education Manager 2008 – 2013



International Rugby Board –
Strength & Conditioning Advisor 2008-2013



India Cricket (National Cricket Academy)
Assess and Educate Academy S&C Coaches



Setanta College
Director / Senior Lecturer



Arsenal FC – Head of Sports Medicine & Athletic Development

2013 – Present

Qualifications –

Bsc – Sport Science

MSc – Strength & Conditioning

BASES (High Performance Sports Accredited)

Chartered Scientist

UKSCA Accredited

World Rugby – Educator & Trainer

I.R.F.U. – Tutor



Roscommon – 2000 -2004



Galway – 2005 - 2007



Various Dev, Minor & U21–
2006 - 2012



Connacht GAA – Various



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ACADEMY MISSION

The most **challenging** and **caring**
football academy in the world.



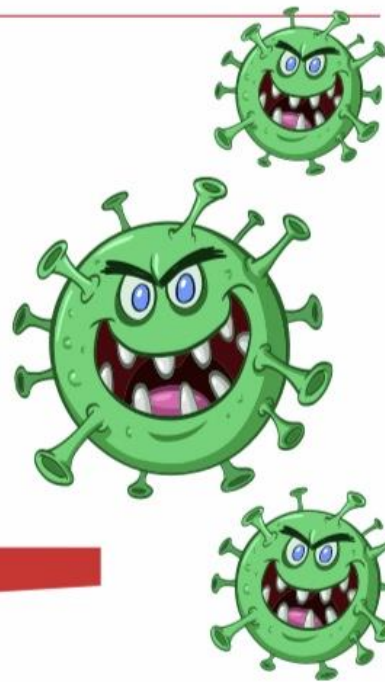
RESPECT, DISCIPLINE, HUMILITY

STRONG YOUNG GUNNERS

BE TOGETHER

AFC STAY-AT-HOME CHALLENGE

**ISOLATION
BOREDOM?
BEAT YOUR
PARENTS TO
BEAT THE VIRUS**



**STAY AT HOME
BEAT THE VIRUS**



STAYING HEALTHY AND ACTIVE DURING THE COVID-19 OUTBREAK |



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AFC STAY-AT-HOME CHALLENGE



BEAT YOUR PARENTS TO BEAT THE VIRUS

Isolation boredom? Use this daily checklist to help stay active, manage healthy routines, and look after your mind & body while staying at home.

Being kept indoors for a long time is difficult; keeping a regular routine, and doing regular activities, will help this tough period go more smoothly.

MONTHLY CHALLENGE		
YOUR SCORE 	1	2
PARENTS SCORE 		
3	4	5
6	7	8
9	10	11
12	13	14
15	16	17
18	19	20
21	22	23
24	25	26
27	28	29
30	31	TOTAL

STAYING ACTIVE - BODY & MIND

1 POINT PER STAR JUMP

How many star jumps can you do in 30 seconds?

20 POINTS Do a total of 100 kick-ups today

20 POINTS Spend 60 minutes exercising today

20 POINTS Do 30 minutes of reading today

30 POINTS Create a gymnastics/dance routine and perform it to the family

WELLBEING

10 POINTS FaceTime/phone a friend, teammate, or relative

20 POINTS Teach a sibling/relative a new skill

50 POINTS Complete all your schoolwork activities/tasks for today

60 POINTS Write a letter or draw a picture for your local hospital

HEALTHY HABITS

10 POINTS (MAX 50 POINTS PER DAY) Eat a piece of fruit today

20 POINTS Drink 5 glasses of water today

20 POINTS Sleep for 9-10 hours last night

20 POINTS Wash your hands regularly today, for at least 20 seconds

20 POINTS Play or create a game with all family members

STAYING HEALTHY AND ACTIVE DURING THE COVID-19 OUTBREAK





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MOST EFFICIENT MOVER

Home Programme

MOVEMENT CHALLENGES



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STAYING HEALTHY AND ACTIVE DURING THE COVID 19 OUTBREAK

STEPS TO PROTECT YOUR LOVED ONES FROM BECOMING UNWELL

- Clean hands often using soap and water or alcohol-based hand gel
- Do not leave your home unless essential (groceries, medical appointments or one period of exercise with social distancing)
- Self-isolate if you are living with people who are sick (Fever, new continuous cough or shortness of breath, 14 days if you remain well but live with someone who is unwell or 7 days from start of symptoms)
- Clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks)
- Launder items including washable plush toys as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.

HELP CHILDREN CONTINUE LEARNING

- Many schools are offering lessons online (virtual learning). Review assignments from the school, and help your child establish a reasonable pace for completing the work.
- Communicate challenges to your school. If you face technology or connectivity issues, or if your child is having a hard time completing assignments, let their school know.

CREATE A SCHEDULE AND ROUTINE FOR LEARNING AT HOME, BUT REMAIN FLEXIBLE

- Have consistent bedtimes and get up at the same time, Monday through Friday.
- NHS Guidelines suggest children 8-12 should sleep between 9-10 hours a night.
- Structure the day for learning, free time, healthy meals and snacks, and physical activity.
- Allow flexibility in the schedule—it's okay to adapt based on your day.



Allow flexibility in the schedule—it's okay to adapt based on your day



DAILY TIMETABLE

TIME	ACTIVITY	IDEAS
Before 9am		
9:00 - 10:00		
10:00 - 11:00		
11:00 - 12:00		
12:00 - 13:00		
13:00 - 14:00		
14:00 - 15:00		
15:00 - 16:00		
16:00 - 17:00		
17:00 - 18:00		
18:00 - 19:00		
After 7pm		

STAYING HEALTHY AND ACTIVE DURING THE COVID 19 OUTBREAK



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TIPS TO REMAIN HEALTHY, PRODUCTIVE AND ACTIVE

LOOK FOR WAYS TO MAKE LEARNING FUN

- Have hands-on activities, like puzzles, painting, drawing, and making things.
- Independent play can also be used in place of structured learning. Encourage children to be creative where possible.
- Practice handwriting and grammar by writing letters to family members. This is a great way to connect and limit face-to-face contact.
- Start a journal with your child to document this time and discuss the shared experience.
- Use audiobooks or see if your local library is hosting virtual or live-streamed reading events.

HELPING CHILDREN AND YOUNG PEOPLE COPE WITH STRESS

- **Listen and acknowledge**
Children and young people may respond to stress in different ways. Listen to them, acknowledge their concerns, and give them extra love and attention if they need it.
- **Provide clear information about the situation**
All children and young people want to feel that their parents and caregivers can keep them safe. The best way to achieve this is by talking openly about what is happening and providing honest answers to any questions they have.
- **Be aware of your own reactions**
Remember that children and young people often take their emotional cues from the important adults in their lives, so how you respond to the situation is very important.
- **Connect regularly**
If it is necessary for you or your children to be in a different location to normal (for example, staying at home in different locations or hospitalisation) make sure you still have regular and frequent contact via the phone or video calls with them. Try to help your child understand what arrangements are being made for them and why in simple terms.
- **Limit exposure to media and talk about what they have seen and heard**
Children and young people, like adults, may become more distressed if they see repeated coverage of the outbreak in the media. A complete news blackout is also rarely helpful as they are likely to find out from other sources, such as online or through friends.

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TIPS TO REMAIN HEALTHY, PRODUCTIVE AND ACTIVE

HELP YOUR CHILD STAY ACTIVE

- Encourage your child to play indoors, in the garden or outdoors once a day—it's great for physical and mental health. Take a walk with your child or go on a bike ride whilst respecting public health guidance.
- Use indoor activity breaks (e.g. exercise breaks, dance breaks) throughout the day to help your child stay healthy and focused.
- Encourage your child to eat a wide range of foods including eating a rainbow of colours throughout the day.
- Allow them to help you in the kitchen, encouraging them to think about what foods they could be eating and preparing for the whole family. Help your child stay socially connected.
- Reach out to friends and family via phone or video chats.
- Write cards or letters to family members they may not be able to visit.



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FOR FURTHER INFORMATION PLEASE SEE RESOURCES/LINKS BELOW

- **Government COVID Advice**
<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>
- **NHS Sleep guidance**
<https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need>
- **The FA Interactive activities**
www.thefa.com/get-involved/footballs-staying-home
- **Mental Health**
<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>
- **Explaining the Coronavirus to children – illustrated by Axel Scheffler**
<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler>



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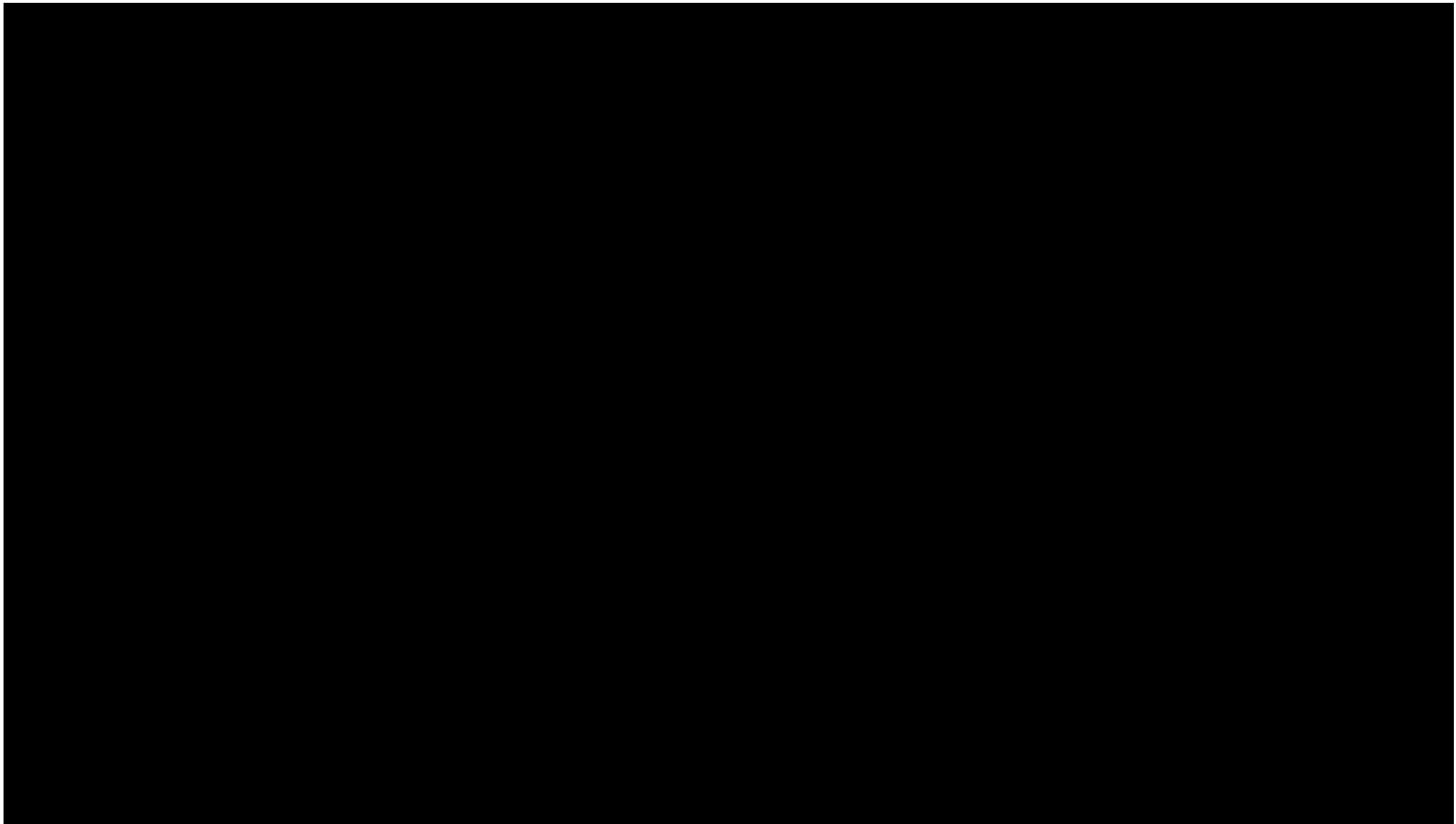


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HOME NUTRITION

STAY HYDRATED

Staying well hydrated should be one of your top priorities! Not only does being hydrated help support your immune system, it will keep you alert and feeling full.

AIM

- At least 2-3 Litres of fluids per day
- Make your own DIY sports drinks (1 litre water, Squash, Pinch of salt)



KEEP FUELLED

You may find that your appetite is reduced since you might not be as active as normal. However it is still important to keep yourself fuelled to help you grow.

TRY

- Try smoothies if your appetite is low
- Plenty of high volume foods (veg)
- Stay away from sugary packed drinks and foods

PROTEIN INTAKE

Protein is the primary component of your muscles. Continuing to eat plenty of protein throughout the day will help continue muscle and normal growth development.

AIM

- Palm size protein source every 3 hours
- Mix it up - some meat, some fish and some plant based!

IMMUNE FOODS

Really try to support your immune system and keep your health as a top priority. Aim to eat your 5 portions of fruit/vegetables a day. Eat a rainbow of colour.

KEY ONES

- Vitamin C - citrus fruits, red peppers
- Vitamin A - eggs, liver, green leafy veg
- Omega-3 - oily fish, flax seeds, eggs
- Zinc - pork, shellfish

SMART SWAPS

As you may be a little bored sat inside, eating out of boredom may happen. However try to choose filling and more nutrient dense options.

SWAP

- Coke ---> Coke Zero
- Ben & Jerry's ---> Oppo Icecream
- Biscuits ---> Fibre One Bar
- Crisps ---> Snack-a-Jacks
- Muller Corner ---> Greek Yoghurt & berries

TRY SOMETHING NEW

During this time, try to keep busy. Try something new in the kitchen, if you don't know how to cook, ask, or help to create new recipes for your family.

TRY

- Ask your mum/dad if you can help in the kitchen.
- A new food you might not have had before.
- Be open to experimenting.



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FREE DAILY RESOURCES FOR CHILDREN



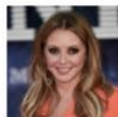
PE WITH JOE WICKS ON YOUTUBE

Weekdays at 9am but you can visit any time on YouTube to view the workout.



SCIENCE WITH MADDIE MOATE ON YOUTUBE

Weekdays at 11am, Maddie and Greg chat about science and nature!



MATHS WITH CAROL VORDERMAN

Free access to her maths website:
www.themathsfactor.com



WILDLIFE WITH STEVE BACKSHALL ON FACEBOOK

Every day at 9.30am for answering all your wildlife, biology, conservation, geography and exploration questions.



DANCE WITH OTI MABUSE ON FACEBOOK

Every day at 11.30am but children can view the class at any time.



MUSIC WITH MYLEENE KLASS ON YOUTUBE

Twice a week but can view at any time.



STORYTIME WITH DAVID WALLIAMS

Free story everyday at 11am on his website:
www.worldofdavidwalliams.com



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رمضان كريم

RAMADAN KAREEM



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Key Points (23/4 to approx. 23/5)

- (1) We always pay closer attention to the player and provide extra nutrition support and psych social support.
- (2) We record the exact details of what is allowed in the players particular community.
- (3) We adapt training (Particularly high intensity training) to be close to the point where food is digested.
- (4) The player may need to do less work than the group on particular days.
- (5) We aim to increase understanding for other players and staff.



Important Factors

- **Psychological:** The player is in a Non-Muslim team environment where friends, team mates, coaches continue with their normal non-fasting routine. This can have social and psychosocial consequences.
- **Stage of the Season:** Off-Season, Pre-Season. How important is the weekly fixture? Is the player required to Peak during this period?
- **Maturation Status:** Maturing muscles / bones need more fuel to sustain activity and develop. In particular those players entering Peak Height Velocity.
- **Energy and Fluid Intake:** How will these effect body mass, energy levels acutely and chronically?
- **Subjective Markers:** Perceived Onset of Mood State / Wellness Questionnaire.
- **Performance Markers:** Daily / Weekly Monitoring compared with Normative Data for that player.





Ramadan Kareem!

Warm Greetings from Arsenal Academy

Nutritional

Although it is tempting to eat lots of high fat, high sugar, and low nutritional foods, these are digested slower so they can make you feel more sluggish and lethargic.

Aim to prioritise high quality carbohydrates, proteins and fats to compliment your training or rehab program and limit desserts and sweets to once/twice a week.

Performance, recovery and body composition are all linked to what you eat. Don't waste your meal times, utilise them to the best of your ability.

Iftar

Dates, dried fruit, fruit juices
Milk and yoghurt

Marinated chicken breast pieces, 5% lean beef mince, eggs, salmon, tuna, beans, tofu

Couscous, bulgur wheat, basmati rice, pasta and potatoes, sweet potato.

Green salads, steamed vegetables, soups

Suhoor

Egg white porridge with whole milk, berries, peanut butter and honey.

Wholegrain peanut butter and banana sandwiches. Yoghurt with berries and honey

Wholegrain bread, baked beans, eggs, banana and yoghurt.

Sweet potato shakshuka with wholemeal bread & honey



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Ramadan Kareem!

Warm Greetings from Arsenal Academy

Hydration

Depending on the weather and your training/fixture schedule, there is a chance you could experience mild dehydration symptoms. Which could cause headaches, tiredness and lack of concentration.

Similar to food, maximise the times when you can to rehydrate as fully as possible. Sugars and salts help our bodies retain water, so don't just down pints of plain water. Choose some of our rehydration drinks or utilise hydration tabs.

Rehydration Drinks

Water
Pinch of salt
Fruit Juice

Coconut water
Strawberries
Ice

Milk
Banana
Ice

Key Ones to Consider:

Multivitamin

Whey Protein

Omega-3

Creatine

Supplements

Although not essential, having some key supplements during the non-fasting hours could help boost your nutritional profile. If you choose to take any please speak to a nutritionist first.

All supplements must be Informed Sport batch tested.



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Ramadan Kareem!

Warm Greetings from Arsenal Academy

Daily Recommendations

1. Drink lots of fluids

Try different rehydration drinks to enhance your water retention. Don't just have plain water.

2. Choose good quality carbohydrates at all meal times

Energy storage will be key during your meal times, don't waste the opportunities as choose good quality and highly nutritious options.

3. Plenty of protein at each meal

Protein is essential for your recovery after training, also to maintain muscle mass and it keeps you feeling full. Choose lean meats, fish and plant based.

4. Suhoor should contain slow release carbs

Suhoor is your final chance to fuel before the day ahead. Choosing slow release carbohydrates will help to provide energy throughout the morning and your AM training sessions.



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Ramadan Kareem!

For the Coach

How coaches can support:

1. Be respectful and ask about their traditions

Like with any religion, being respectful and engaging is appreciated.

2. Be mindful that training times and intensities may need adapting

Training closer to either Iftar or Suhoor will help maximise recovery and training adaptations. Potential either early morning or late night individual gym sessions.

3. Encourage appropriate sleep whilst at the training ground

Since players night sleep may be disturbed during Ramadan, encourage players to find times to sleep during the day. It also will help re-energise without food.

4. Ask about their meals and drink choices

We hope to promote 'eating for performance' at all times. For all MDT to ask, hopefully we see a full picture of what choices they made, and encouraging different ones if appropriate.



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14
Posts

87
Followers

87
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Laura & Steph
Arsenal Academy Nutrition

- 📖 Recipes
- 🍽️ Meal ideas
- 📊 Infographics... more

Edit Profile



New



Quiz 2



Competitio...



QUIZ 1

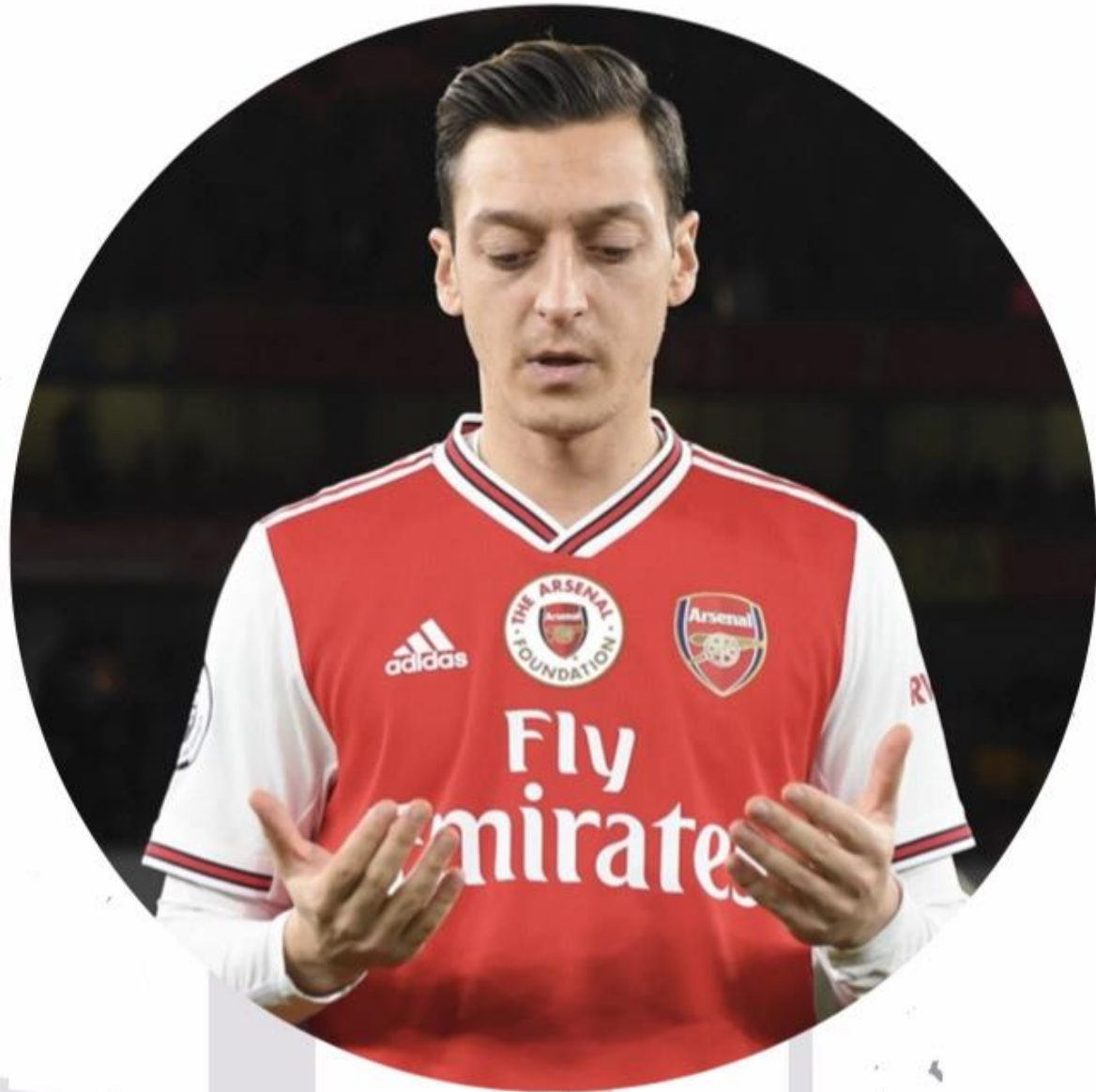


The content grid features several items:

- THE PROTEIN SERIES**: Includes recipes like "WILD TURKEY CHICKEN BONE" and "LEAN SPICY BILT JERRY SALAD".
- Porridge Bites - 4 Ways**: An infographic showing four different ways to prepare porridge.
- THE 5-MINUTE MEALS**: Includes recipes like "BAM I. MUSHROOM PESTO PIZZA" and "SPICY MACKEREL PASTA".
- Build Your Smoothie**: An infographic with a central "Vitamin C" icon and four columns of ingredients: "TASTE", "TEXTURE", "TEXTURE", and "TEXTURE".
- Fit and Body**: A circular infographic with "Fit and Body" in the center, surrounded by icons for various fitness and nutrition concepts.



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Cappataggle H.C Notice



Considering the current Covid-19 restrictions we in Cappataggle H.C are aware that some of our members and people within the community may find themselves isolated over the coming weeks.

We would like to offer our help and support at this time!

If you or a loved one find yourself isolated or unable to leave your home and require assistance, please do not hesitate to contact a club member. Even if you are away and you would like us to check in on a loved one.

We can help with,

- **Collection and delivery of groceries** - **Collection of prescriptions**
- **Fuel** - **Pensions** - **Hot dinners** - **Social calls** - **etc**

This will be done with the upmost discretion and we will adhere to the strict government health guidelines.

How to Prevent



Wash

Wash hands with soap and water for at least 20 seconds.



Cover

Cover mouth and nose with a tissue or elbow when coughing or sneezing and discard used tissue.



Avoid

Avoid close contact with people who have coughed or sneezed.



Clean

Clean surfaces and objects frequently touched.



Stop

Stop smoking, avoid alcohol and recreational drugs.



Distance

Maintain at least 2 metres (6 feet) distance when others are present.

Symptoms

• Fever (High Temperature) • A Cough • Shortness of Breath • Breathing Difficulties



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