



Gavin Weir

Games Development Coordinator



Contact details

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Clubs

County Wicklow

About Gavin and his role

What does your role as a Games Development Coordinator involve day to day?

My key roles on a day to day basis are working with our underage county academy squads, as head of academy squads I make sure that training venues and gym sessions are planned weekly, all games are organised with other counties and the running of high performance camps throughout the year. I also look after all strength and conditioning for academy and minor squads, this is programming for players and teams monitoring player load, match day warm ups and rehab from any injuries. I also assist in the delivery of strength and conditioning in post primary schools with their GAA teams.

How do you support clubs and coaches in your area?

As head of academy I assist the coaches involved with academy squads, I also deliver the physical fitness in the award one on our coach education programme.

What's one initiative or programme you've helped deliver that you're particularly proud of?

I am very proud of the work that goes into the academy squads, I feel we have a really good programme and it is as good as you will see in any county, I have seen the commitment from players and the talent we have coming through and feel we are on the right path for both hurling and football.

What do you think are the biggest challenges in games development at local level?

The constant battle with other sports at academy level.

What's your coaching or development philosophy?

Create a high performing environment where players can develop and flourish into the best possible athletes and humans they can be.

How do you measure success in your role?

It is hard to measure success as to many it would be winning championships, but I feel the biggest barometer for success won't be measured for another 5/6 years and we see how many players have come through our academy programme and are representing our senior squads. For short term I feel it is the buy in and how players are now treating being a county player, it means a lot for the young lads to pull on the blue and gold jersey.

What do you enjoy most about working in GAA games development?

I really enjoy coaching and helping others move towards reaching their goal.

What's one piece of advice you'd give to young coaches or volunteers starting out?

Experience is everything, try spend time around numerous different groups and start picking up on good and bad traits that coaches have. Also get hands on coaching as much as possible, whether that be helping out with Nursery, working with U11 or taking a warm up for an adult team the more time you spend coaching the easier it becomes.

