



CUMANN LÚTHCHLEAS GAEL

2014 Meath U14 Management Team Meeting



Meath U14 Development Panel , Strength & Conditioning Coaching Session

Date : 15 November 2014

Venue : Aras Tailteann

Times: Allocated on table below

Meath Strength & Conditioning time slots				
Date 15/11/2014	Club/ Player	9.20-10.0	10.05-10.45	10.50-11.30
1	Ballinabrackey Richie Coffey			10.50-11.30
2	Ballinabrackey Sean Bannon			10.50-11.30
3	Bective Jack Clarke	9.20-10.0		
4	Boardsmill Luke O Toole			10.50-11.30
5	Carnaross Patrick McDermott		10.05-10.45	
6	Carnaross Patrick Smith		10.05-10.45	
7	Castletown Paul Bellew	9.20-10.0		
8	Clann na nGael Ryan McManus			10.50-11.30
9	Curraha Jack O Connor			10.50-11.30
10	Don/Ashbourne Carl Nulty			10.50-11.30
11	Don/Ashbourne Joe Magee			10.50-11.30
12	Drum/Meath Hill Jack McMahon		10.05-10.45	
13	Drum/Meath Hill Patrick Matthews		10.05-10.45	
14	Dunboyne Eoin Cairnes			10.50-11.30
15	Dunboyne Eoin Martin			10.50-11.30
16	Dunboyne Fergal Watters			10.50-11.30
17	Dunboyne Gavin Finnerty			10.50-11.30
18	Dunboyne Liam Byrne			10.50-11.30
19	Dunboyne Sean Ryan			10.50-11.30
20	Dunshaughlin Eoin O Connor	9.20-10.0		
21	Dunshaughlin Matthew Moyles	9.20-10.0		
22	Dunshaughlin Michael McHugh	9.20-10.0		
23	Dunshaughlin Niall Hurley	9.20-10.0		
24	Dunshaughlin Wesley Goodwin	9.20-10.0		
25	Gael Colmcille Adam Muldoon		10.05-10.45	
26	Gael Colmcille Conal Courtney		10.05-10.45	
27	Kilbride Cadhla McKenna			10.50-11.30
28	Kilbride Ronan O Leary			10.50-11.30
29	Na Fianna Oran Smullan			10.50-11.30
30	Na Fianna Shane Walsh			10.50-11.30
31	Navan O Mahonys Craig Munnely	9.20-10.0		
32	Navan O Mahonys Evan Power	9.20-10.0		
33	Navan O Mahonys Sean Fennessy	9.20-10.0		
34	Nobber Jordan Morris		10.05-10.45	
35	Oldcastle Dylan Garrigan.		10.05-10.45	
36	Rathkenny Michael Dineen		10.05-10.45	
37	Ratoath Cian Rogers			10.50-11.30
38	Ratoath Nathan Dunne			10.50-11.30
39	Ratoath Rory Crawford			10.50-11.30
40	Ratoath Sean Johnson			10.50-11.30
41	Round Towers ,Michael McNamee		10.05-10.45	
42	Round Towers Ciaran Morgan		10.05-10.45	
43	Seneschalstown Alan Mulvany	9.20-10.0		
44	Seneschalstown Dillon Keating	9.20-10.0		
45	Simonstown Adam Ryan	9.20-10.0		
46	Simonstown Michael Gavin	9.20-10.0		
47	Simonstown Ronan Higgins	9.20-10.0		
48	Simonstown Shane Kavanagh	9.20-10.0		
49	Skyrne Colm Doherty	9.20-10.0		
50	Slane Peter Martin	9.20-10.0		
51	Slane Ruairi Searle	9.20-10.0		
52	St Colmcille Lee Brown			10.50-11.30
53	St Colmcilles Con Gordon			10.50-11.30
54	St Cuthberts Keith Hennessy	9.20-10.0		
55	St Cuthberts Kevin Barry	9.20-10.0		
56	St Olivers Joshua Lynch		10.05-10.45	
57	St Pats Dillon Foster Carroll		10.05-10.45	
58	St Pats Johnny Woods		10.05-10.45	
59	St Vincents Jack Byrne		10.05-10.45	
60	Syddan Pdraic Dillon		10.05-10.45	
61	Syddan Ryan Summersby		10.05-10.45	
62	Trim Aaron Lynch		10.05-10.45	
63	Walterstown Sam McCabe	9.20-10.0		
64	Dunboyne Sean Melia		10.05-10.45	
65	Walterstown Stephen Davis	9.20-10.0		
		23	19	23

All players are advised to arrive 20 minutes before their allotted time slot

All players must wear trainers , football socks , shorts , and a T -Shirt .

All players to bring water bottles and a post training snack .

All requested players to attend .

There are 3 allotted time slots,

All players are to review the table opposite to ensure they arrive at the correct time slot

9.20-10.00 AM

10.05-10.45AM

10.50-11.30AM

Please ensure you arrive before the start of your allotted time session