

## The Club AGM

Sunday 10th January 2016  
Sports Complex

Venue: Sports Complex  
Time: 3:00pm

Throw In: 3.00pm

**All Support & New Faces  
Welcome!**

## Reserves League & Championship Winners

## Coaching Morning & Big Breakfast



## Dromore U16 Champions



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## 2015 Review

As we reach the end of 2015, Dromore St Dymphnas GFC can look back with pride at our achievements over the year and look forward in confidence to more success in the future. As a club, we are very fortunate to have so many loyal supporters who turn out in great numbers to support all our teams from u8 to senior.

Our children groups from u8 to u12 participated in blitzes throughout the year with our u10 team winning the shield competition at Killyclogher in September. Our u12 team also won the shield competition in our annual Charles Henry Quinn Tournament in the same month. At youth level our u18 team reached the league final but fell to a strong Moortown team. However pride of place this year must go to our u16 juvenile team who won the Tyrone championship with a great team display against Loughmacrory in the replay at Dunmoyle on the 24th October. There were joyous scenes on the pitch after the game, with numerous family photographs taken which will be cherished for many years into the future. As Tyrone champions Dromore then took their place in the Paul McGirr Memorial Tournament for the first time since the competition began in 1999. (See Paul McGirr report)

From March to October the club provided coaching, training and facilities for 150 boys and 100 girls. None of this would be possible without the many volunteers who give up their time to manage and coach the various teams. This edition of Club Hub will list their names of our coaches and the teams to which they were attached. On behalf of the players, parents, supporters and the club a big thank you to all of our coaches for their dedication and contribution to the Dromore parish.

Our u21 team had a great run through to the championship final with wins over Errigal Ciaran, Carrickmore and Dungannon before eventually losing to Donaghmore in the final by four points. The team showed great determination and skill throughout the campaign, and many players will now move on to play senior football for the club.

Our senior reserve team had a fantastic year winning both the championship and league with only one defeat in the entire season. The championship final against Coalisland on the 3rd September at Clogher was played in a very sporting manner with both teams defending valiantly and producing quality scores.

Our senior team again finished top of the league with only one defeat to Carrickmore, but also in the league semi-final at Gardrum Park on November 1st they again lost by one point to Carrickmore. In the club championship after convincing wins over Ardboe and Omagh we played Killyclogher and after a disastrous first half, the team rallied in the second half but left themselves a mountain to climb and again fell short by one point.

Our supporters, committee, players and coaches can now look forward to a break from action and recharge the batteries for next year. Anyone who would be interested in joining our club committee in 2016 can contact any current member. On behalf St Dymphnas GFC thank you for your great support in 2015 and may you and your family have a Happy and Peaceful Christmas.

Club Chairman; Barry Campbell

## U-10 Season Review 2015

The U-10s had a very enjoyable season and took part in a number of blitzes. There were eight GO Game blitzes where the boys played a number of local teams. These GO Games ended with a competition in Killyclogher where we played in group stages and made the shield competition. Through some knock-out games we made it to the final. In the final, we played Moortown in a tense encounter with end to end action. We finally closed the game out and won the shield. There was wild celebrations and it was great reward for all the young boys. Medals and a shield were presented by Killyclogher and we even got a tour of the town.



Another super day was the Coaching/Breakfast morning where all the U-10s were presented with their certificates. The boys loved playing in front of a big crowd and even got Ricey and Cat to join the action. The Wednesday night coaching continued to work well with the kids and many thanks must go to all the children, parents and coaches who worked so hard to make the U-10s a superb year. Coaches were Shaun Quinn, Tomas McCarron, Ruairi McCusker and Niall Sludden. A big thank you to the committee who organised buses, events and for providing the necessary gear to ensure the U-10s could develop their skills. Until next year!

## Player Profile

**Name:** Cáhir Goodwin  
**D.O.B:** 12 / 05 / 1999  
**Playing Position:** Midfield



**Who are the best three players you've played alongside in club colours?**

Emmett McNabb, Peter Teague, Eoin Maguire

**Which Dromore players from the past would you like to have played alongside?**

Tommy Fiddis, Niall McNulty

**Who is the hardest trainer in this years U16 squad?**

Paudie Quinn & Odhran Rafferty when hs shows up!

**Who is the biggest bluffer at training?**

Oran Sludden & Pearse McNabb

**When was you first time in croke park?**

2008 All-Ireland Final

**Childhood GAA Hero?**

Peter Canavan

**Advice for young players?**

Stick At It!

**Biggest influence on your football to date?**

Probably My Granda - Martin McCann

**Sports person most admired?**

Conor McGregor

**Most irritating GAA pundit?**

Joe Brolly

**If there was a GAA transfer system who would you buy?**

Aidan O'Shea

**Hopes for next year?**

Hopefully progress to the latter stages of the minor championship

## Blast from the Past

### Dromore Win First Juvenile Championship Title

On Sunday 3rd November 1963 Dromore won their first juvenile title when they defeated Glenmornan St Josephs Strabane on the score-line of 4-3 to 2-2 in the CBS Park Omagh. In their first encounter the teams had finished level on 1-5 with Glenmornan scoring a late equalizer after Kieran McElduff had sent a screaming shot to the left hand corner of the net with five minutes left in the game. In the replay Dromore raced into a commanding first half lead with three goals from captain John Donaghey, one of which was direct from a 50 yard free and another from Seamus Donaghey. In the second half Glenmornan rallied and scored two goals one from the penalty spot by McGonagle. The trophy was later presented to John Donaghey by Paddy Devlin on behalf of the West Tyrone Board



### 1963 Dromore Juvenile Panel

Gerry Mc Gread, Brian O'Brien, John Donaghey, Eamon Maguire, Michael Montague, Brendan McElduff, Austin McNulty, Vincent Maguire, Sean Mullin, Kieran McElduff, Kieran McGuinness, John McCann, John Montague, Roddy McNulty, Seamus Donaghey, Eugene McLaughlin, Andy Teague, James Donnelly, Lawrence Connolly, jim Connolly



*Congratulations to Emmet O'Neill photographed with his Tyrone All star award at the Teamtalk awards ceremony in Bundoran.*





## Coaching Morning & Big Breakfast

On the 12th September we brought to an end our Saturday morning coaching programme for 2015. We had a great turn out of children and parents who enjoyed the

games and the fun activities provided by the club. Our senior players also made a great contribution to the activities. The delicious breakfast was provided by Tom and Anna Ward and served by a large number of helpers from the Dromore Ladies Club. The morning concluded with presentations to all the young boys and girls who received certificates signed by our two Tyrone representatives Ronan McNabb and Cathal McCarron. The club would like to thank all the parents for their support throughout the year. Finally we would like to thank all of the sponsors of the event.



**KRAZY KASTLES LTD**



## Paul McGirr Memorial Tournament

With most clubs in Tyrone the season ends in late October but for Dromore St Dymphnas we look forward to November and our annual Paul McGirr Memorial Tournament which is now in its 16th year. Our tournament is now well established in the GAA calendar and is seen as a very prestigious competition to participate in. This year we had a very successful launch night in the Tyrone GAA Centre at Garvaghy on Friday 23rd October which was attended by the representatives of the teams taking part and the Tyrone Association in Dublin who sponsor our trophy and medals. This year the teams taking part were O'Donovan Rossa (Antrim) Clann Eireann (Armagh) Southern Gaels (Cavan) Magherafelt (Derry) Letterkenny (Donegal) Bredagh (Down) Enniskillen Gaels (Fermanagh) Inniskillen (Monaghan) Dromore St Dymphnas (Tyrone). Dromore St Dymphnas were taking part for the first time as Tyrone champions and reached the semi-finals after narrow victories over Enniskillen and Letterkenny. However in the semi-final they came up against a very strong O'Donovan Rossa side that performed well on the day. However it was a great experience for the Dromore lads who will remember this year with great satisfaction and a sense of achievement. In the other half of the draw Magherafelt and Clann Eireann advanced to the semi-finals and after a titanic tussle in wintry conditions the Armagh champions advanced to the final with a one point victory. The final was played on Sunday 6th December in front of a large crowd at Gardrum Park. Both teams were totally committed and produced a high standard of football throughout the game with Clann Eireann emerging as winners and lifting the unique Paul McGirr Trophy for 2015. An Droim Mór would like to thank the referees who refereed the games in the Paul McGirr tournament. Eamon mc Hugh, Brian McCallion, Sean Hurson, Paul Gallagher, Dan Mullan, Martin Higgins, Ciaran Ennetta, Micky McCann, Mark Taggart. Proceeds from the gate receipts go towards the ongoing work being carried out by the Spirit of Paul McGirr Charity Group in Zambia, which can be viewed on their website.





## U-8s

The under 8s 2015 season was a huge success with an abundance of budding young footballers all eager to learn new skills! The enthusiasm shown by all was clearly evident at Saturday morning training sessions! The boys enjoyed numerous trips to several different clubs in the surrounding area but their most memorable occasion was getting the chance to play at half time during the Dromore v Trillick match! On behalf of the management team we'd like to thank all the boys and their parents for making the season so successful and we hope to see you all back again next year along with any new faces eager to join!!

### Management Team:

Eddie Teague, Liam O'Neill

Assisted by: Terry McCarron, Gary Hagan

Our U-12 girls started their season in April with a large turnout. They travelled to Galbally for an Ulster Blitz back in May, which was a very enjoyable day and showed great promise for the year ahead. The girls showed great character throughout the season, facing many challenging teams, and each individual girl showed commitment, dedication and hard-work every step of the way. It is evident that there is a hopeful future for these young girls as they progress through their football career.



## Minors

The 2015 Dromore minor team was guided by Seamus Goodwin, Martin Sludden, Martin McGrath and Liam O'Neill. A youthful team was backboned by 3 county minors and contained many members of this year's Championship winning U-16 team. The league campaign began on the 8th March with a 4 point victory over Killyclogher in Ballinamullan. This was followed by home victories over Newtownstewart (2-14 to 3-8), Carrickmore (2-17 to 3-10) and Galbally (2-12 to 2-10), and a 1-15 to 1-3 win over Errigal Ciaran at Dunmoyle. League games took a back seat in late April as the Championship action took over. The draw wasn't kind to Dromore, and a tough away fixture against Galbally was the challenge. This was a cracking game between two very evenly matched teams. A rousing second half performance saw Dromore come from 6 points down to draw level, however an injury time point meant Galbally were 1 point victors on a 1-9 to 1-8 score line.



**Minor Management Team - Seamus Goodwin - Liam O'Neill - Martin Sludden - Martin McGrath**

Back to league action, and the final group game was a 4-16 to 0-12 win against Omagh at Gardrum Park, meaning Dromore had secured a home tie against Clonoe in the league quarter finals after finishing top of their section with a 100% record in the group stages. A superb display of attacking football against Clonoe resulted in a 6-16 to 0-8 win, and a match against Championship finalists Dungannon beckoned in the league semi-final. This was another excellent performance, with Dromore emerging 3 point winners (2-10 to 1-10) after a pulsating encounter. The league final in Galbally on August 12th however proved to be a step too far for this young team, as they were well beaten by a very strong Moortown team who completed the double for the second year in a row.



This year the u10 girls attended 6 blitzes and we hosted one in June which was a great success. The girls went to Omagh, Castlederg, Gortin, Newtownstewart, and Strabane. There was over 30 girls registered this year and attendance at training was good throughout the year. Training finished for the year at the end of September with the big breakfast and presentation morning where all the girls received certificates. A big thanks to all the parents who helped out with teas sandwiches and lifts to the blitzes.

## U13s



The U13s started their season with a trip to Drumragh resulting in a resounding victory for our boys. Further games included away trips to Loughmacrory and Beragh and against Fintona, Strabane and Newtownstewart at home. There were some fine performances throughout the League programme, not least against Newtownstewart in the final home fixture with Dromore turning in their best performance of the year, winning the game comfortably. Our boys ended up playing six games, won three, lost three narrowly missing out on qualification for the semi-finals. They can take great satisfaction from their progress as footballers this year considering the vast majority of the squad are underage next year also.

Management Team:  
Danny Colton, Gary Teague, Ruairi Sludden  
Assisted by: Frank Lawlor.

The U16 girls turned out in great numbers this season and under the management of Ciaran Mc Cormack and Ronan Slevin, trained hard to secure their place on the team. They played well in all types of weather, winning 4 of their 8 League games finishing in 5th place and securing their place in Grade 2 next year. The championship ended at the quarter final stage in Gardrum park when they meet a very strong Cappagh team. Thanks to Ciaran and Ronan for their hard work and commitment throughout the year and good luck in 2016 girls!!



## Club News

Dromore GFC hope to commence construction of the new covered stand in early Spring 2016. The structure, with a standing capacity of 750 people approx. and modern disabled access facilities, will be constructed over the existing terracing (extended). Voluntary donations of £250 are being sought to enable us to achieve our ambition to provide weather cover for our loyal supporters and visitors alike. Those who contribute will be acknowledged by the insertion of their name(s) on a suitably designed plaque on display within the stand and will also have free entry into our home games for a 3 year period. The stand will be dedicated to the memory of the late Canon Tom Breen RIP. We are very encouraged by the level of support shown to date and would encourage as many of our patrons as possible to contribute to the delivery of the latest phase of our ongoing developments. Please contact any Committee member for further details.



*Club player Raymond Gormley photographed after Tyrone masters 1.9 to 0.9 All Ireland final victory over Galway. Raymond also won an all Ireland vocational schools medal in 1989 with Tyrone and congrats to him on once again gaining an all Ireland medal .*



## Congratulations



**Congrats are extended to St Johns School Dromore, who defeated St Joes Coalisland, in the u14 B schools final on Friday 4th December.**



Reserves Win Championship & League Double

Our senior reserve squad had a fantastic season in 2015 with only one defeat throughout the year. They recorded 11 wins and the only defeat was narrowly to Coalisland. Their scoring average for the team was 14 points with the defence conceding only 7 points. A total of 35 players were used throughout the year. In the championship there was three point victory over Ardboe 1-10 to 2-4. One week later an impressive performance against Omagh led to a 1-17 to 0-7 victory. In the semi-final at Garvaghey the result was in the melting pot right to the final whistle against Errigal Ciaran but after some heroic defending and a late point we reached the final 0-11 to 1-7. The final which was played at Clogher, produced an entertaining and sporting game in which both teams displayed great defensive work and attacking styles which saw Coalisland reach half time with a five point lead. However in the second half Dromore showed great character and scored two goals to give them victory 2-13 to 2-10. The large Dromore support flooded on to the pitch after the game to congratulate the players and management. The championship trophy was presented to the team captain Mattie McCaffrey. This was Dromore's 8th reserve championship victory which matches the 8 Division 1 league titles. A fantastic achievement which shows the depth of talent and commitment which our club is fortunate to have at this time. All bodes well for the future.

	Team	P	W	L	D	Pts
1	An Droim Mór Naoimh Damhnait	15	14	1	0	28
2	Errigal Ciaran	15	13	1	1	27
3	Clonoe O' Rahilly's CLG	13	10	2	1	21

Senior Ladies

With the Senior Ladies being promoted from Division 3 football to Division 2 in 2014, my aim when approached to be manager was to maintain that Intermediate status, if not better it. We started training early April right through to August, finishing on 9 points, securing that place in Division 2. Moving forward to 2016, the club have elected a new Ladies Chairperson, Paddy McMahon. Paddy and myself have already met a few times to discuss plans and have spoken with a few of the girls to push forward for a successful year ahead. Finally, massive thanks to all players, committee members and everyone who helped out throughout 2015. Merry Nollag agus an bhliain nua sásta. Go raith maith agat. Paddy O'Brien (Manager)



## First Aid Course

The Order of Malta in association with Dromore St Dymphnas GFC delivered a six week First Aid Course at the Dromore Sports Complex for 10-16 year olds during October and November. The programme was organized by Angela McGoldrick, a Regional Cadet Officer for Northern Ireland. The young people learned a variety of useful skills in relation to dealing with injuries and using CPR. The photo below shows the young people with their certificates. The following attended the six week course.



Ciara Colton, Hannah Quinn, Shauna Dillon, Megan McCaffrey, Katie McCanny, Sorcha Rafferty, Katie-Ann McGoldrick, Aoife Gallagher, Sarah Barrett, Hannah Thornton, Niamh Colton, Eve Teague, Ciara McCann, Aine Leonard, Mairead Curran, Sarah Teague, Cahir Goodwin, Liam McArdle, Mark McGale, Oran Sludden, Cathal Colton, Ruairi Teague, Oisín Gallogly, Ross Slevin, Nathan McCarron, Tiernan McGolderick, Shea McGoldrick, Liam Colton, Christopher Mulcahy.

## U14 Team

After a disappointing league campaign, the u-14 Championship was the competition the team really came to life. They beat away a fancied Donaghmore side by 5 points and the following week they put in a massive performance at home against a very strong Drumragh Sarsfields side. With 10 mins to go the lads found themselves 3 points adrift. A few fortuitous goals near the end put the game beyond Dromore, but it was a really improved performance considering the team fielded minus a few very strong players due to injury. A month previous Drumragh also beat them by 20+ points, so

it was a vast improvement in a short period of time. Overall the development of the team in a short few months was very encouraging and if the players commit similar attitude and work ethic over the coming years, Dromore have another successful group of players to look forward to.



Management Team:  
Kevin O'Brien, Aidan Goodwin  
Assisted by: Danny Colton, Gary Teague and Frank Lawlor.



## Under 14 Girls

Dromore Ladies Under 14's were managed this year by Maura Gallagher and Donna O'Neill and trained by Ciaran McCormack and Ronan Slevin. They had a great year, finishing 4th in the league and reaching the Feile finals. The highlights of the year were when they got to play the New-York team that went on to win the All Ireland Feile and when they played at the opening of the Aiden Mullan stand in Tattyreagh. Under 14 Girls training will begin again early in January and we look forward to welcoming new and existing players to the squad.

## U16 Team

2015 was a great year for Dromore U16's which seen them finish as Tyrone County champions after defeating Loughmacrory in style after a replay to secure Dromore's first title at this age since 1998. Under the management of Niall McNulty, Joe Rafferty, Brian McCarron and Conor O'Hara it was a season which was badly hampered with injury to key players with three players out suffering serious injuries as the year progressed, hopefully we will see both these boys back on the field at some stage next year. The boys topped their league section to qualify for the quarter finals where they narrowly defeated Galbally in a high scoring contest. In the semi final they defeated Killeshil but were unlucky to lose out to Dungannon by the minimum margin in the league final.

However it was in the championship where they showed their true pedigree, but it all could have ended so early when they were faced with a tough draw away to Ardboe on the lough shore. Things were not looking promising with 10 minutes to go when the boys were reduced to 14 men and facing an 8 point deficit. However, showing true Dromore spirit, a wonderful last 10 minutes saw them overcome the deficit with two superb goals from Oisín McConnell and Oran Sludden seeing them emerge 5-6 to 3-11 victors. The quarter final saw another tense affair when playing a very defensive Killyclogher in Gardrum Park, again the backs were to the wall but they held on to win 0-9 to 0-8. The semi final was played in Garvaghy before a large crowd with Carrickmore the opponents, a poor first half saw the boys trailing at half time and it was only in the last 5 minutes that we eventually took the lead and held on for a 2-12 to 1-11 win. The county final was played before the senior county final and the boys produced a nervous performance and prospects were not looking good as the team trailed by two points in the final minutes. However centre forward Caolan McCarron came to the rescue with two superb points to earn a replay, and in the replay the boys were never going to give their opponents a second opportunity, as Dromore despite conceding a first minute goal totally dominated proceedings to win 0-13 to 1-4 much to the delight of the huge Dromore crowd.

So, for the first time Dromore got to represent Tyrone as county champions in the Paul McGirr Ulster U16 Club Champions Tournament, and they were not to disappoint, turning in two magnificent displays to defeat both Enniskillen by four points and Donegal champions St. Eunan's Letterkenny by three points. The boys were eventually to lose out to O'Donovan Rossa in the semi final, to end what was a truly memorable season in which they were a credit to themselves and to the club, many of these players will be progressing onto the U18 team next year and hopes will be high that we can secure some much overdue success at this level.



## Senior Team

Our senior team pushed valiantly for honours this year, but unfortunately fell short at semi- final stages of both league and championship.

However, looking forward to 2016, with a new management team of, Ciaran Meenagh, Martin Boyle and Liam O'Neill, hopefully next season will be better.

Wishing them, and all the squad every success for 2016.

## Positive Effects of Sports on Children

Children primarily choose to play gaelic games and other sports for fun, but it has many positive effects on children who participate. Younger children typically (6-11 year olds) have more fun with sports when played in a friendly manner, without too much competition or pressure to win.

## Positive Effects on Physical Health

Children who participate in physical activities such as gaelic games experience positive health benefits, including decreased risks of high blood pressure, obesity, heart disease, diabetes and some types of cancer. It is recommended at least one hour of physical activity for children daily. Statistically children who participate in sports are also less likely to smoke or to use drugs and alcohol than children who don't participate in sports.

## Positive Effects on Mood and Mental Health

Children who participate in sports experience positive effects on their mental health, as well. Physical activity triggers the release of endorphins in the brain, chemicals that boost mood and help prevent and relieve depression. In fact, the University of Florida reports that children who



participate in sports are less likely to develop depression than children who don't participate. Physical activity also relieves anxiety.

## Positive Effects on Self-Esteem

It has also been medically proven that sports help children develop self-esteem and that girls who participate in sports develop increased confidence and have a healthier body image than girls who don't participate in sports. Improved self-esteem and self-confidence also help improve mood and mental health.

## Positive Social Effects

Participating in sports provides opportunities for children to develop friendships, to learn to lose and win gracefully, to practice taking turns, to take on leadership roles, to learn to follow rules and to practice managing conflict. The social interaction experienced while participating in sports also improves mood and mental health. Although these developments are beneficial to all children, the Special Education Advisor website points out that they may be even more beneficial to children with special needs.

There are so many great reasons to get your child involved in Gaelic Football. Please encourage them to join us in 2016!!

*Dr. Liz O'Hanlon*  
(Pgdp Sport & Exercise Medicine)

## Charles Henry Quinn Memorial Tournament 2015

The first Saturday in September has now become the established date for our tournament in memory of Charles Henry Quinn from Doughrock who was a founder member of our club. Below is the team that lined out in early 1933.

Harry McCusker (Leteree), Eugene Montague (Main St), Francis Burns (Lettergesh), John Boyle (Main St), James McLaughlin (Doughrock), Michael McCarron (Dullaghan), Michael O'Neill (Main St), James Thompson (Main St) Jack Gallagher (Church St), Edward Montague (Main St), Benny Gallagher (Church St) Joseph McCusker, Charles Quinn (Doughrock) Thomas McNulty (Church St), Eugene Gallagher (Church St)

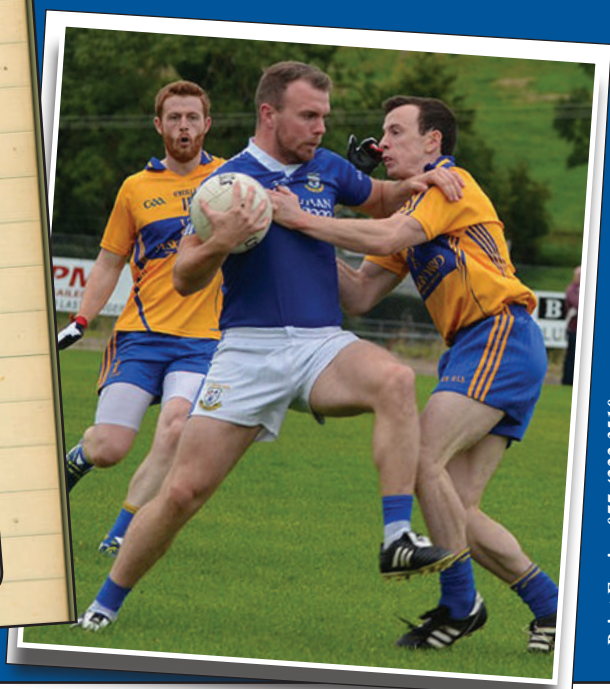
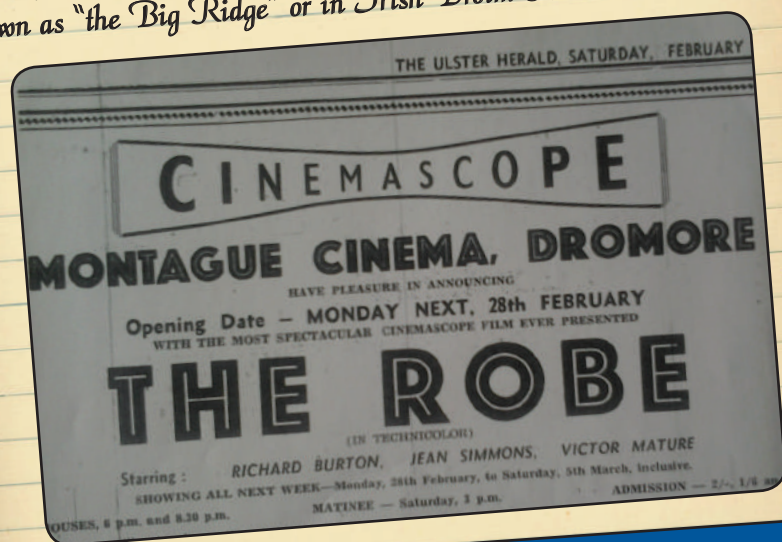
This year in the competition we had teams from Dromore, Fintona, Killyclogher, Beragh, Newtownstewart and Drumragh. The games were played in a very sporting manner and after the preliminary rounds Fintona and Killyclogher reached the cup final with Dromore and Newtownstewart playing in the shield final. After two keenly contested finals Fintona Pearses won the cup and Dromore St Dymphas won the shield. Medals were presented to all four teams by Fergus Hughes one of the club vice-presidents. Refreshments were provided in the clubrooms after the competition.





## Did You Know...

*Dromore Cinema Opens 50 Years Ago*  
 On the 28th February 1955 a new 400 seat cinema was opened in Dromore. It was the first cinema in the six counties in which a wide screen was introduced for an opening night and the first in which a film in cinemascope was shown on the opening night. The building was filled on the opening night when the management presented "the Robe" which was also the first film made in a new screen technique. The new cinema was a result of an initiative by Edward Montague. The contractors were supplied with most of the building materials by A Montague and Sons, a firm managed by two other Montague brothers. There were three prices of admission 9d, 1/6 and 2/- (4p, 7p, 10p) The building later became a ballroom of romance and was known as "the Big Ridge" or in Irish Droim Mor (Dromore)



**3G pitch is available for hire for private use:  
 Contact: Kevin 07916164089**