



Welcome to Michael Cusack's GAC

Men's Football | Hurling | Ladies Football | Camogie

Cusack's Abu!

- Welcome to Sydney and a big thank you for joining **Michael Cusack's GAC!**
- Established in 1988, we were the largest Gaelic Club in Australasia in 2016 with teams across all GAA Codes: **Men's Senior and Junior Football, Ladies Football, Hurling and Camogie.**
- As well as fostering and **developing Gaelic Games in Sydney** we pride ourselves on providing a social network for the many Irish backpackers and emigrants that choose to call Sydney home.
- We have a proud history within **NSW GAA** and have been successful in all state and numerous interstate competitions, with players from all over Ireland (as well as some foreign converts) donning the **Cusack's Red and White** throughout the years.
- We are confident that with your participation 2017 will be another successful year for the Club



Training Info

Preseason Training for all codes takes place within the ***Centennial Parklands Precinct*** – full details and maps can be found online on our Facebook page, [here](#).

Coaches

Colm Carty (Men's)

0424 522 718

Declan Mc Guire (Ladies)

0426 833 882

Adam Sheppard (Hurling)

0404 174 728

Denver Kelly (Camogie)

0416 546 467

****Training grounds/times subject to change due to weather or coach plans – check Facebook for updates***

Before you can Play

Player Registration:

- Before you can play competitively for Cusack's, you must register with the Club. This registration fee is \$100, and includes Cusack's Socks and Shorts (or Skorts), player insurance as well as training park fees.
- An additional separate fee of \$70 also has to be paid to NSW GAA. This includes NSW and Australasia GAA playing fees. [Click here to register](#)

Forms – New Players

- ***Mens footballers and hurlers*** need to fill out an **overseas transfer form** if they last played for a club in Ireland.
- ***Ladies footballers*** must fill out a **permit form** if they last played in Ireland.
- If the last club you played for was in another Australian State, you will have to complete an **inter state transfer form**.
- If the last club you played for was in NSW, you will have to complete an **intra state transfer form**.
- The club will provide you with all forms and you will just have to fill in the details and sign.
- The club also assists with transferring home to Ireland- where an **Inter County Transfer Form** is required (**Men's Football and Hurling only**).

For more info please speak to your coach/trainer and player rep

Player Reps

Each code has a player representative who is a senior player within that squad. They will be able to assist you with any queries you may have and will also be responsible for relaying important information about upcoming competitions and events.

John O' Driscoll (Men's)

0428 132 928

Leanne Behan (Ladies)

0487 017 093

Cathal Brennan (Hurling)

0475 065 107

Krystle Ruddy (Camogie)

0424 889 264

Upcoming Competitions

2017

- **The All Sydney GAA Championship** – *Sunday Feb 12th*
 - A one day (15-a-side) comp for all codes organised by Michael Cusack's GAC
- **Padraig Pearse's 7s** – *Sunday Feb 19th*
 - A one day 7-a-side competition, in Melbourne, for all codes
- **Penrith All- Australian 13's** – *Sunday March 5th*
 - A one day (13-a-side) competition for men and ladies football
- **Central Coast Tournament** – *Sunday March 12th*
 - A one day competition for all codes organised by Central Coast GAA
- **Macs Beach Footie Competition** – *Sunday March 26th*
- **NSW GAA League** – *Due to commence April 2nd (tbc)*
- **NSW GAA Championship** – *Commences July*
- **Australasian GAA State Games** – *August/ September*
 - Representative NSW teams are picked from across NSW to participate



Upcoming Social Events

2017

We have plenty of social events and activities planned for throughout the season. To give you a taste of what's to come:

- **Welcome Night @ Australian Youth Hotel**
 - **Cusack's Harbour Cruise**
 - **Cusack's Ski Trip**
 - **Christmas in July**
- Event updates provided at training, on Facebook and our website



Club Gear

- Michael Cusack's have a range of **O'Neill's Club Gear** available to purchase.
- Cusack's gear is also available to purchase online at the O'Neill's store – [click here](#)
- Gear can be purchased from training, on game days or by request. For all your gear request/ queries contact
Paul Mc Caffrey (0426 283 951) or Rachel Hogan (0405 828 054)
Or you can email gear@michaelcusacks.com

Club Gear



Side 1



STYLE 2



Player Responsibilities

- When you register with Michael Cusack's you are accepting the Michael Cusack's **Code of Conduct**. You acknowledge and accept full responsibility for your actions on and off the field of play while representing the club.
- Any indiscipline on or off the field may result in **disciplinary measures** taken against the player(s) in question by the Michael Cusack's Committee.
- [Click here](#) to view of **Code of Conduct**

Insurance

- All of our players, coaches, volunteers and referees have player accident insurance when they register with the club
- Michael Cusack's led the way as the first club in NSW to provide such player insurance cover.
- The benefits provided by the program are not comprehensive and we would encourage all participants to take out your own Private Health, Life and Income Protection Insurance that covers the playing of sport while in Australia, you may be able to extend the policy to include football & hurling (which may be considered an 'extreme sport' under an Australian Health Insurance Policy).
- The **VHI Global policy** from Ireland is worth considering. All details are available online www.vhi.ie/global. Depending on your details, the policy could cost around 900 – 1100 euro. There is an online calculator available to get an exact quote. This is just an example of one policy from one Health Insurance company.
- Some of the main inclusions are outlined below.
- For more details, and /or the full policy wording contact **Ciara Breen (0420 242 941)**

Insurance- Important points to note

- Injury must have occurred during a Michael Cusack's training or game
- The injury cannot be a pre-existing condition, i.e. a degenerative injury
- Personal health insurance and/ or Medicare must be claimed first
- any expense that is not touched by the Medicare system, and falls outside of private health can be claimed up to maximum \$2,000 for the injury
- Loss of income coverage is up to \$300 per week, with a 21 day excess
- Physio costs up to \$750 can be claimed but are broken down as follows:
 - Visits 1 to 5- you will get 95% of the fees back subject to a max payment of \$45 per visit.
 - Visits 6 to 10- you will get 80% of the fees back subject to a max payment of \$40 per visit

Our Sponsors- Go Raibh Míle Maith Agaibh!

Australian Youth Hotel

The Australian Youth Hotel is Cusack's primary club sponsor

Situated in Glebe, close to the city, the Australian Youth Hotel offers a great range food in a heritage restaurant. With a separate beer garden, an old style bar and function rooms available for all your party needs it is a cracking spot for a few drinks after games on a Sunday.



Ardee Civil

Sydney Water Minor and Major Works construction services



<http://www.ardeecivil.com.au/>

Announcer Group

A one stop shop for all your financial planning, tax, property finance, visa and estate planning needs <https://announcer.com.au/>



Arrive Australia is an Irish-owned migration agency. Contact John or Narelle for all your Australian Visa requirements

www.arriveaustralia.com.au



Rosmon Construction

Construction and Project Management



<http://www.rosmon.com/>

Ausflow

Sydney Water Services

www.ausflowsydney.com.au



MMA Civil

A civil engineering firm with large construction experience



www.mmacivil.com.au

MC Health and Wellbeing



The health and wellbeing of members, clubs, and communities is at the core of all GAA activity. With greater emphasis of this at home, our club formed a Health and Wellbeing Committee in 2016, the first in Australasia, to assist in supporting the health and wellbeing of all club members, and where possible the local community.

The role of the Committee is to assist the club in supporting the health and wellbeing of all club members and, where possible, the local community.

Our committee specifically produced handy wallet cards which have support service numbers here in Sydney, and also a Health and Wellbeing pack which will be made available to all players.

Watch out for further updates and information throughout the year,
#MCHealthandwellbeing

Healthy Minds...

Healthy Bodies...

HEALTHY CLUBS

More Info.....

gaa@michaelcusacks.com

www.michaelcusacks.com

Find us on:



[MC | Facebook](#)



[@MichaelCusacks](#)



[MC | Instagram](#)



[MC YouTube](#)



[WWW](#)





UP THE CUSACKS!