



WELCOME TO

MICHAEL CUSACKS GAC

Men's Football | Hurling | Ladies Football | Camogie



CUSACKS 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 2019 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](#).

MENS FOOTBALL

Stephen Tormey
0475 008 206

HURLING

Dave O'Connell
0424 290 194

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

LADIES FOOTBALL

Sarah Nix
0452 410 060

CAMOGIE

Michael Casey
0476 268 476



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 \$160 also has to be paid to NSW GAA. This includes NSW and Australasia GAA playing fees. [Click here to register](#)

FORMS : NEW PLAYER

- 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 information 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.

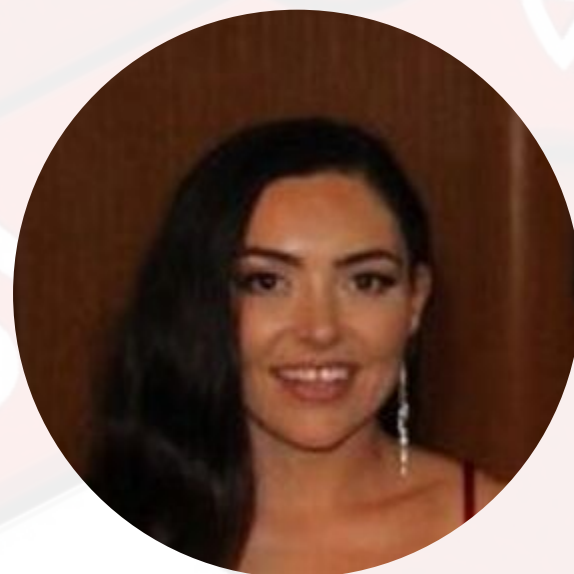
MENS FOOTBALL



JASON DONOHOE

0487 230 366

LADIES FOOTBALL



SARAH NIX

0452 410 060

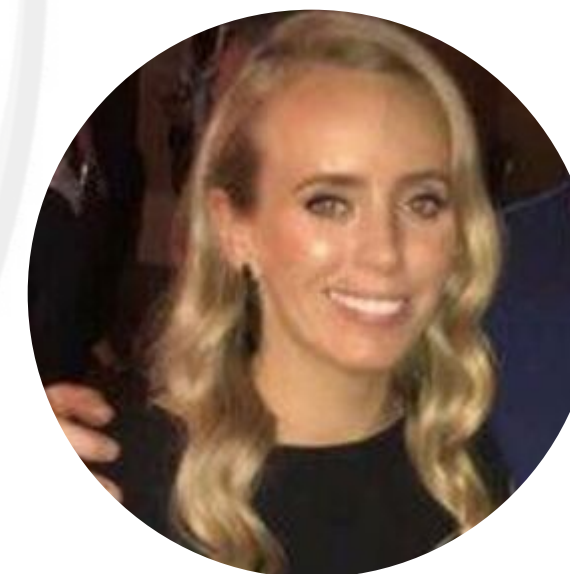
HURLING



CATHAL BRENNAN

0475 065 107

CAMOGIE



CIARA BREEN

0420 242 941

SUNDAY 3RD FEB

THE ALL SYDNEY GAA CHAMPIONSHIP

A one day (15-a-side) comp for all codes organised by Michael Cusack's GAC

SUNDAY 10TH FEB

YOUNG IRELANDS 7S

A one day (7-a-side) comp organised by Young Ireland GAA

COMMENCING SUNDAY 17TH FEB

NSW GAA LEAGUE

Check Facebook for fixtures.

Semi-finals 2nd June | Finals 16th June (subject to change)

SUNDAY 24TH FEB

PADRAIG PEARSE'S 7S

A one day (7-a-side) comp in Melbourne, for all codes

SUNDAY 10TH MARCH

PENRITH ALL- AUSTRALIAN 13'S

A one day (13-a-side) comp for men and ladies football



UPCOMING COMPETITIONS

**KEEP AN EYE ON THE FACEBOOK
PAGE FOR MORE INFORMATION**

SUNDAY 24TH MARCH

CENTRAL COAST TOURNAMENT

A one day comp for all codes organised by Central Coast GAA

SUNDAY 31ST MARCH

MACS BEACH FOOTIE COMPETITION

A one day (10-a-side) comp for ladies and mens football tournament on Maroubra beach

COMMENCING SUNDAY JULY 7TH

NSW GAA CHAMPSIONSHIP

Check Facebook for fixtures.

Semi-finals 11th Aug | Finals 18th Aug (subject to change)

COMMENCING SUNDAY 28TH JULY

WORLD GAMES

All-star players are selected from across AU to represent the country in Ireland



UPCOMING COMPETITIONS

**KEEP AN EYE ON THE FACEBOOK
PAGE FOR MORE INFORMATION**



UPCOMING SOCIAL EVENTS

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

Welcome BBQ @ Australian Youth Hotel Sunday 27th Jan
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



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).
- For more information on the 2019 insurance guide [click here](#)

OUR SPONSORS

FOR 2019



THE GLEBE HOTEL

The Glebe Hotel is one of Sydney's finest pubs with a strong emphasis on offering quality food & drinks with welcoming staff. Dating back to 1857, the Public Bar shines with character, with a fabulous courtyard at the back too!



ARRIVE AUSTRALIA

Providing comprehensive professional migration services to individuals and businesses in Australia and overseas, including assessments for skilled migration visas, study visa options with work rights and 100+ other visa options.



MMA CIVIL

A specialist civil contracting company based in Sydney, with extensive expertise in the civil engineering industry. The company offers construction management, project management and civil engineering services.



ARDEE CIVIL

A Sydney based civil contractor with Sydney Water Minor Works Constructor (sewer) Accreditation. Ardee Civil aims to provide top quality workmanship at a competitive price, whilst working under a quality assurance system.



AUSFLOW

With over 30 years of service experience which includes the construction of Sydney Water Assets and sewer location. Ausflow is an approved and fully insured Sydney Water supplier, and fully equipped to conduct additional Major and Minor Works.

OUR SPONSORS

FOR 2019



ROSMON

NSW based Commercial Carpentry and Fit Out specialists. Rosmon Construction was founded by Louth man, Michael Cunningham, in 1998 and have been great supporters of the club for many years.



BDM CONSTRUCTION

BDM Constriction undertake a broad range of construction projects – from concept designs, quotations and council requirements, to on-site management, right through to the handover BDM truly provide a personalised service. Founded by Brad Maggs in 2004 the BDM team deliver projects across Australia.



HAYCOR

Haycor Pty Ltd has been operating in the Construction industry for over twenty years. Regarded as the specialists in construction plant equipment hire.

HEALTH & 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.

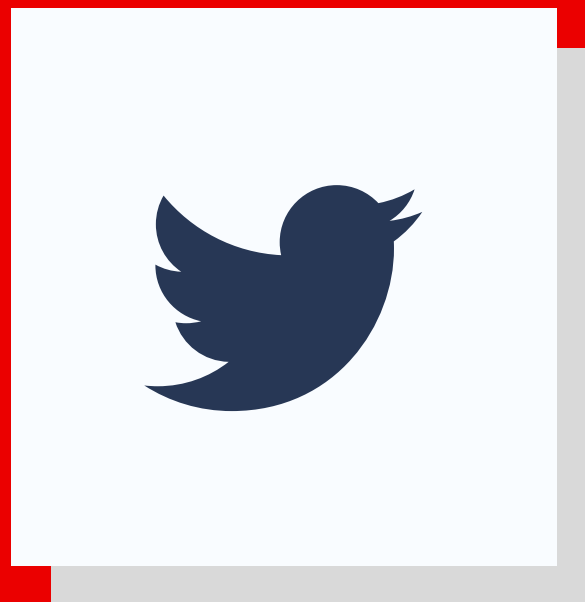
Watch out for further updates and information throughout the year,
#MCHealthandwellbeing





FACEBOOK

/FACEBOOK.COM/MICHAELCUSACKS
GAASYDNEY



TWITTER

@MICHAELCUSACKS



INSTAGRAM

@MICHAELCUSACKS

MICHAELCUSACKS.COM.AU