



ST. JOSEPH'S GAA CLUB

Newsletter Christmas 2020, edition 2



Updates:
After a long wait, the seniors have finally brought some silverware back to the Joe.
See next page.

Training has currently ended due to seasonal and covid restrictions. Hopefully next year will see a new start. Stay safe.



@stjosephshertsgaa



@stjosephsgaa_official



@gaastjosephs_wx



SENIOR B HERTFORDSHIRE CHAMPIONSHIP

On 25th October, the Seniors travelled to Watford where they played St. Vincent's in the final of the Senior B Herts Championship.

A great game seeing Joe's as the winners with a final score of 3.9 to 1.3. This was a long awaited piece of silverware as the last one was back in 2016.



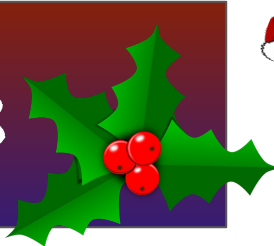
The future is very bright for St. Joe's with such a young talented homegrown team which has been nurtured for many years.

Keep your eyes on 2021...





ST. JOSEPH'S GAA CLUB



Name: Eamonn Coll

Team: seniors

Position: Full back

Occupation: Managing Director/Fire Engineer

County: Donegal

PLAYER PROFILE:

When did you start playing? 3 years ago with the Joes and u12's at home.

Any match rituals? None

Any funny/favourite moments? Reynolds back flip

Biggest/proudest achievement at the Joes? Winning the first game

Best thing about the Joe's? The lads are a bit of craic and the gaffer is sound.
Great social side to the club.

Tell me a secret... I have had a beer in Brazil, Peru and Columbia on the same morning.

Who's your hero? Daniel O'Donnell



If you would like to be featured, contact
07721901706





ST. JOSEPH'S GAA CLUB



BLAST FROM THE PAST!!
WEXFORD TOUR 2015- GREAT TOUR,
GREAT PEOPLE.



PLAYER OF THE MOMENT:

Hugo, 18

Position: *Half forward*

Starting in the under 8's and progressing through the age groups, Hugo has now done his first year as a senior.

"Natural footballer- speed, agility, an unbelievable kick, commitment- he has it all" - *feedback from teammates*

(picked by Noel)





ST. JOSEPH'S GAA CLUB



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FREE DELIVERY OVER £50 | EARN REWARD POINTS

St. Joseph's GAA

St Joseph's GAA Waltham Cross

St Joseph's online store features the latest jerseys and kit available on oneills.com. Shop Now!

SHOP BY (3)

Personalise

St Joseph's GAA, Waltham Cross Hooded Top

From **£28.80** From £36.00

14 Reward Points

Personalise

St Joseph's GAA, Waltham Cross Hooded Top (Kids)

From **£22.80** From £29.50

114 Reward Points

Personalise

St Joseph's GAA, Waltham Cross Half Zip Fleece Top

From **£30.00** From £37.50

150 Reward Points

Personalise

St Joseph's GAA, Waltham Cross Polo Shirt

From **£23.00**

Personalise

St Joseph's GAA, Waltham Cross Jersey (Ladies)

From **£45.00**

125 Reward Points

Personalise

St Joseph's GAA, Waltham Cross Jersey (Kids)

From **£21.50**

Personalise

St Joseph's GAA, Waltham Cross Polo Shirt

From **£28.00**

Personalise

St Joseph's GAA, Waltham Cross Polo Shirt

From **£23.00**

Need an idea for xmas present?

Why not treat you and your loved ones to the St. Joe's range on the O'Neills website!

(All links on the last page)



Construction Services Ltd



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JINGLE BELL JOES: favourite christmas songs...

Last
Christmas-
Wham
favoured by
Phil

Let it snow!
Michael
Buble
favoured by
Alex

I wish it could
be christmas
everyday-
wizzard
favoured by
Micheál

Christmas
Eve by
Yamashita
Tatsuro

Fairytale of New
York- The Pogues
favoured by Eoin,
Eamonn, Connor,
Paddriag, Enda,
Ellie, Colum, Rob +
Aine

Dead man in
the Chimney by
Podge+Rodge
music favoured
by Nester

Baby please
come home-
U2 favoured by
Hannah and
Lavinia

Snow is falling-
Shakin' steven
favoured by
Noel

Driving home
for christmas-
Chris Rea
favoured by
Darragh

The Boys are
back in Town
by Thin Lizzy
favoured by
Johnny



ST. JOSEPH'S GAA CLUB



New players and members are always welcome please do not hesitate to contact us!
Noel: 07854786898

As this is a new newsletter, we are hoping to only get bigger and better. Your input, ideas and suggestions are always welcome.

Interested in advertising here? Text 07721901706

CHRISTMAS CRACKERS

What do you call
a big Irish spider?

Paddy long legs!



What do you call a
snowman in July?

A puddle!



Why did St. Patrick
drive the snakes out
of Ireland?

*He couldn't afford the
plane fare!*



What did the grumpy
sheep say when his
friends wished him a
Merry Christmas?

Baaaaa humbug!!



When is an Irish potato
not an Irish potato?

When he is a french fry!

Why can't you borrow
money from a
leprechaun?

*Because they're always
a little short!*



What do you get when
you cross poison ivy
with a four-leaf clover?

A rash of good luck!



TALENTED JOE'S !



Meet Ellie McGee, part of the Joe's family since starting to play in the under 8's in 2008. Ellie is now a member of our Ladies team and is involved in coaching.

Ellie has recently started her own small local Cosmetics business, **Peppermint Cosmetics** with all homemade fabulous products featuring bundles, gifts of a wide variety of coloured and scented lip glosses, scrubs, shimmer sprays and more.



Ideal stocking fillers and christmas gifts! For prices and further details, contact Ellie.

Find on the socials below:



Peppermint Costmetics



@peppermintcosmetics_

HOW TO RESPOND STRONGER WHEN YOUR SEASON ENDS UNEXPECTEDLY

 @BELIEVEPHQ



Choose your attitude and see this as an opportunity to gain competitive advantage



Take control of things and think about how you can be the best in the world at responding to adversity



Draw up a performance history timeline. Start with when you first started your sport and identify key moments. At each moment reflect on the things that helped you stay mentally, technically, tactically and physically ready



Use this as an opportunity to build up a picture of your strengths. Strengths you want to add. Strengths you want to improve



Identify a list of your top 10 highlights over your career and write down the things that helped you be successful in those moments. What were you thinking? How were you feeling? This will help you create a performance recipe



Be proactive with how you seek support. Check in with your coaches and use them as a tool to help you reflect and get better



View this as an opportunity to take advantage of your progress, growth, learning and development



A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

 @BELIEVEPHQ



LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock



LIMIT NEWS

Limit the amount of time you spend on social media and checking news



TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care



STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis



COPING STRATEGIES

Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety



PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement



POSITIVE HABITS

Write down a list of 5 - 10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness



HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions



CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis



STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood



ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help



**BELONGING MEANS RESPECTING EACH OTHER
MEANS BEING THERE FOR EACH OTHER
ON THE PITCH. OFF THE PITCH**

**BELONGING MEANS ROLLING OUR SLEEVES UP AND DOING WHAT NEEDS TO BE DONE
WE ALL BELONG WHETHER IT'S OUR FIRST DAY OR OUR HUNDREDTH YEAR
WE ALL BELONG HERE BECAUSE THIS PLACE BELONGS TO US ALL**

OUR GAA

WHERE WE ALL BELONG



Wishing you all M'erry
Christmas
and a
Happy New Year !

THANK YOU!!

Thank you for taking the time to read this newsletter and for your continued support of our club. Please share and like-promotion is helpful and we are always looking for new members! Thank you to those who allowed us to feature them, and if you have any ideas or information you would like to feature, please contact us.

Credits due to Lavinia and Hannah Carroll

H'on the Joe's !!



ST. JOSEPH'S GAA CLUB



Useful links and contacts:

To check out the latest kits:

<https://www.oneills.com/shop-by-team/gaa/united-kingdom/st-joseph-s-gaa-waltham-cross.html>

Links to our current Sponsors:

GDL- www.gintydevelopments.com

Redmond group- www.redmondgroup.co.uk

CBT electrical- www.cbtelectrical.co.uk

Newsletter features:

Peppermint Cosmetics- find on facebook!
elliemcgee03@gmail.com

Infographics: <https://believeperform.com> and
www.gaa.ie

Any ideas, information or queries please contact
Lavinia 07721901706

