

GAA HANDBALL WEXFORD PLAYER PROFILE

Gavin Buggy, St. Mary's

Major honours:

World titles	(5)	40+ singles	2018
		35+ doubles	2018, 2015, 2012
		35+ singles	2009
All Ireland softball titles	(10)	ID	2000
		U17D	1991
		O35AS	2019, 2016, 2013, 2010
		O35AD	2015, 2011
		MAS	2018
		MAD	2017
		All Ireland 4 wall titles	(8)
	JS	1998	
	Over 35AS	2019, 2018, 2015, 2012, 2011	
	O35AD	2018	
United States Championship	(1)	40+ singles	2016
United States Nationals	(1)	40+ singles	2016

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Leinster titles		Multiple in both codes	
County softball (60x30) titles	(12)	Senior singles	2009
		Senior doubles	2017, 2011, 2010, 2009, 1998
		Senior B doubles	1994
		Junior doubles	1993
		U17D	1991
		U16S + U16D	1900
		U15D	1989
County 4 wall (40x20) titles	(32)	Senior singles	2020, 2017, 2016, 2014, 2013, 2011, 2010, 2009, 2008, 2007, 2005, 2001, 1999, 1997
		Senior doubles	2019, 2018, 2017, 2016, 2015, 2014, 2013, 2011, 2010, 2009, 2008, 2002, 2001, 2000, 1998
		U17S	1991
		U15D	1989
		U14D	1988

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Started playing at:	Age 10
Greatest influence on career:	My dad Ned Buggy and Michael 'Ducksy' Walsh
Favourite code (softball, 4-wall or 1-wall):	Softball
Favourite court:	Borris (40x20)
Favourite shot:	Underarm right corner kill
Favourite player:	Michael 'Ducksy' Walsh
Toughest match:	All Ireland 40x20 Intermediate Singles Semi-Final V's Owen McKenna in Gort na Mona, Belfast 2008 <i>and</i> Over 35 Doubles Final in Calgary, Canada August 2015 V's Michael Ducksy Walsh & David Moloney
Toughest opponent:	Eoin Kennedy, Dublin
Most enjoyable victory:	USHA National Masters Singles & WPH R48 Pro Players Championship Final in Portland, Oregon V's Marcos Chavez
Pre-game meal:	Something light, possibly a sandwich, nothing specific
Tips you would give to young players seeking to improve? :	Practice as hard as you can and it has to be every day or close to it. Try and stick to Handball which is not always easy, watch the top players and if I was starting out again I would incorporate strength and conditioning into my training programme. Sport science and training methods are far superior nowadays to what they were twenty five years ago.

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Suggestions for making handball better (if any):

Clubs need to step up to the mark more and bring their facilities in line with the times we are living in. Juvenile participation has to start there and even though it's difficult to filter numbers through, people have to make a bigger effort. Dormant Clubs should be encouraged to reform and GAA Handball, whether directly or indirectly through the provinces, should make facilities and increasing the playing population a priority. There are far too many counties with no handball activity.

Administratively GAA Handball is in difficulty with seemingly no coherent plan going forward and there are too many bodies making decisions that are made in good faith but we aren't specifically going anywhere.

Other points:

Handball should be discontinued
The All Ireland softball finals should revert back to the Saturday before the All Ireland hurling and football finals
The world championships need an overhaul

Other sports played:

Hurling

The best softball (60x30) player of your era:

Robbie McCarthy

The best softball (60x30) player of all time:

Michael 'Ducksy' Walsh

The best 4-wall (40x20) player of your era:

Paul Brady

The best 4-wall (40x20) player of all time:

Paul Brady

Greatest sporting hero (all sports):

Michael 'Ducksy' Walsh, Handball, Tommy Walsh, Hurling, AP McCoy, Horse racing