

Scotland's Sport **Spòrs na h-Alba**

Shinty

In the Cairngorms National Park
Ann am Pàirc Nàiseanta a' Mhonaidh Ruaidh



Camanchd



Visitors' guide

to the game of shinty



THE CLUBS - Na Sgiobaidhean

There are five shinty clubs in the Cairngorms National Park – Newtonmore, Kincaig, Kingussie, Strathspey and Badenoch & Strathspey Ladies. See the map for ground locations. You can find further details about them inside.



The clubs play in both national and area leagues and in several cup competitions. Newtonmore are the most frequent winners of shinty's premier competition, the Camanachd Cup. Kingussie have won the national league most often.

With seven senior teams in the five clubs, you should be able to watch a game nearly every Saturday from March to September.



Shinty – an ancient Celtic sport Camanachd – spòrs àrsaidh Ceilteach

Shinty began in Ireland over 2,000 years ago. It was probably brought to Scotland by Irish settlers.

Legend has it that St Columba quarrelled with the King over a game of shinty and was banished from Ireland. He came to Iona in 563.

Golf and ice-hockey both evolved from shinty. In Ireland the game developed into hurling.



The Game of Shinty Camanachd – dè th' ann?

Shinty makes a wonderful spectator sport. It is a fast-moving highly skilful game, played by teams of 12 players with a stick known as a caman (from the Gaelic *cam* – bent).

Superficially shinty looks similar to hockey. The object is to score by hitting the ball through the goals.

Games last 90 minutes with only a 5 minute break. A shinty pitch is considerably bigger than a football pitch – up to 170 yards long and 80 yards wide.

The game can move from end to end with one hit of the ball, so players need great stamina as well as a good eye.

Are there any rules in shinty? A bheil riaghailtean ann an camanachd?

A frequently asked question! Yes there are, though they may not be obvious.

Unlike hockey, there is no restriction on the swing of the caman. Its head is shaped to allow players to strike the ball with both sides.

In shinty, players are allowed to stop the ball by using both feet or their chest. Only the goalkeeper can use his hand to stop the ball. Kicking the ball is not permitted.

If the ball goes out of play at the side of the pitch, a “shy” is taken. A player strikes the ball with the heel of the caman – quite a skill.

There is an offside rule in shinty – ask an expert to explain!



A fine body of men (and women) Gaisgich 's bana-gaisgich

Shinty is a truly amateur sport so all players have day jobs. Some of the players in the local clubs work far afield and travel enormous distances every weekend to play.

Women are increasingly playing shinty. There is now a Badenoch and Strathspey Ladies team. Girls now often play in youth teams.

Sticks and balls Camain is buill

The best camans used to be made from naturally shaped lengths of ash or yew trees. This gave great strength and suppleness. Now they are manufactured from strips of wood glued together.

The ball is made of cork and covered with leather. It is similar in size to a tennis ball and not as hard as a hockey ball. Just as well – it can travel at over 100 mph!

Helmets are now compulsory for players under 14. An increasing number of adult players are wearing one for safety.



Highland Culture Dualchas nan Gàidheal

Shinty plays a major role in the culture of the Highlands. It is very important to local communities, acting like a social glue. People of all ages and all backgrounds support their local teams.

Families are often associated with particular clubs and it is not unusual for several generations to have played in their local team.

Young players can often be seen at matches practising their skills and getting advice from veterans.



Where to see shinty in the Cairngorms National Park
Càit am faic sibh camanachd ann am Pàirc Nàiseanta a' Mhonaidh Ruaidh



KINGUSSIE - Ceann a' Ghiùthsaidh

Take the Ruthven Road (B970) in Kingussie opposite the Duke of Gordon Hotel and go over the railway line. The Dell is about 400 yards on the right.

Parking: within the ground.

Toilets: available beside the pitch.
Hot drinks and light snacks are available.

Admission:

first team games - from £5, concessions £2.50
second team games - by donation.

Playing colours:

top - red & blue
shorts - white
socks - white.

For information on the club and on fixtures see
www.kingussieshinty.com



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NEWTONMORE - Baile Ùr an t-Slèibh

Take the road (B9150) south out of the village towards the A9 and the Eilan is on the right about 300 yards past the Newtonmore Grill.

Parking: within the ground.

Toilets: in the clubhouse, with disabled access.

Hot drinks and light snacks are available.

Admission:

first team games - from £5, concessions £2

second team - by donation.

Playing colours:

top - blue & white hoops

shorts - blue

socks - blue & white hoops.

To check fixtures call

Ian Gibson on 01540 673048 or 07817 378729.

See also www.newtonmoreshinty.com for more information on the club, fixtures, results, the players and the merchandise range.



Where to see shinty in the Cairngorms National Park
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BADENOCH & STRATHSPEY LADIES

Club Camanachd nam Bàn Bhàideanach 's Srath Spè

Founded in 2008, the Ladies' team play their home games at Newtonmore and Kingussie.

Donations at matches are much appreciated.

Playing colours:

top – dark blue with white collar

shorts – dark blue with light blue band

socks - blue

To check fixtures see
www.womens-shinty.com



Where to see shinty in the Cairngorms National Park
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KINCRAIG

Ceann na Creige

In the middle of KinCraig on the old A9, take the road (B9152) opposite the war memorial. Invereshie is on the left hand side before Loch Insh Water Sports.

Parking: near the pitch.

The nearest toilets are at Loch Insh Water Sports.

Donations at matches are much appreciated.



Playing colours:

top - yellow & black stripes
shorts - black
socks - black.

To check on fixtures see
www.shinty.com



STRATHSPEY CAMANACHD CLUB

Comann Camanachd Srath Spè

Founded in 2011, Strathspey play home games at Kincaig or at Freuchie near Castle Grant in Grantown.

Donations at matches are much appreciated.

Playing colours:

top - blue with white panel

shorts - dark blue

socks - blue

To check fixtures check www.shinty.com or call Lawrence Bellini on 07907565548



Discover more about shinty at the Highland Folk Museum, Newtonmore.

Taisbeanadh camanachd ann an Taigh-tasgaidh Sluagh na Gàidhealtachd, Baile Ùr an t-Sleibh.



The Highland Folk Museum preserves the domestic lives and working conditions of earlier Highland peoples. The museum's Caman Café has displays of old shinty photographs, traditional camans, programmes and other memorabilia. The Museum is open from Easter to October. Admission is free.

Did you know? - An robh fios agaibh?

A 15th century warrior's tombstone found on Iona contained a carving of a caman (shinty stick) and ball along with his broadsword.

100 years ago there was a huge debate over whether the kilt or knickerbockers should be worn to play shinty. The kilt supporters lost.

When ladies played in Inverness 100 years ago, their petticoats got in the way.

The old name for a goal was a hail, from the Gaelic tadhal meaning the place of arrival.



Scotland and Ireland have been playing shinty-hurling internationals with combined rules since 1897.

Shinty is now a summer sport, but in olden days, the main shinty game took place between villages on New Year's Day. There was no limit to the number of players and the game could last from dawn till dusk.

WATCH SHINTY - Camanachd ri faicinn

You can see shinty at four grounds in the scenic surroundings of the Cairngorms National Park:

Invereshie, Kincaig
The Dell, Kingussie
The Eilan, Newtonmore
Freuchie, Grantown on Spey



Pàirc Nàiseanta a' Mhonaidh Ruaidh



M. Macdonald Newtonmore's bard on Laggan's 2-1 victory against Lovat in the Camanachd Cup semi final of 1904

"Great was the struggle and many did fall.

Though bleeding and wounded, they stuck to the ball.

The pace never slackened and tested the men,

But sound in the wind are the teams from the glen."

CAIRNGORMS
NATIONAL PARK AUTHORITY

Ùgh-darras Pàirc Nàiseanta a' Mhonaidh Ruaidh

This Project has been part-financed by the Cairngorms National Park Authority through the Cairngorms Local Action Group.

Many thanks to Neil Paterson Photography for the cover photos, and to Councillor Dave Fallows, Val and Ern Emmet, John Robertson and Stewart Mackenzie for the use of their photographs