



CONTENT BANK | SPORTS CLUBS

CONTENT THEME	MESSAGE	SOCIAL MEDIA CAPTION	IMAGE / VIDEO SUGGESTION	HASHTAGS always add #clubhashtag
JOIN OUR CLUB	General callout	Ready to take your skills to the next level? Join (Club Name) and become part of a club dedicated to development, fun, and community. We're looking for members of all ages and skill levels! 🥊	Group photo of the boxing club members celebrating after training, with a call-to-action overlay encouraging sign-ups.	#JoinTheTeam #clubhashtag
JOIN OUR CLUB	Parents / Guardians	Looking for a fun, supportive environment for your child to grow and learn? (Club Name) offers expert coaching, life skills development, and a safe place to make friends. Sign up your child today ✨	Photo of young athletes having fun during training, with a message focusing on skill development and community.	#YouthSport #DevelopSkills
JOIN OUR CLUB	Confidence	Our club isn't just about indoor football, it's about boosting confidence and encouraging teamwork in young players. Sign your child up today and watch them thrive both on and off the pitch :)	Image of happy smiling child	#YouthDevelopment #JoinOurFamily
JOIN OUR CLUB	Age specific	We're looking for new members to join our (Age Group) volleyball squad! Whether you're just starting or already have some experience, (Club Name) is the perfect place to develop your skills. 🏐 Sign up now!	Photo of young players in action with a specific call-out for that age group (e.g., U10, U12, U16).	#YouthSport #NextGeneration
ABOUT THE CLUB	Legacy	Did You Know that our club was founded in (Year) and has grown into one of the strongest photography clubs in Dublin? We started with 10 members and look where we are now! 📸	Old image of when the club was first founded	#ClubHistory #PhotographyLegacy
ABOUT THE CLUB	Throwback pic	Throwing it WAY back to (Year)! Who remembers this iconic moment? 🏆	Old photo or video from the club's archives, featuring a memorable training session or athlete.	#Memories
CLUB OFFERING / GENERAL	Testimonial	(Athlete Name) shares why they chose (Club Name). From top-notch coaching to a close-knit community, we are more than just a club. 🙌	An athlete testimonial video or image with a quote.	#AthleteSpotlight #ClubCommunity
CLUB OFFERING / GENERAL	Day in the life athlete	A day in the life of (Athlete Name)! Ever wonder what a typical training day looks like for our boxers? Let's take you behind the scenes! 🥊🔥	Pic or video of athlete at various points of the day	#DayInTheLife #AthleteRoutine



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CLUB OFFERING / GENERAL	Open Day	Exciting news! 🎉 Join us for (Event Name), our upcoming club event on (Date)! Don't miss out on a day filled with fun, pentathlon and community spirit. 🏃🏻‍♀️🏊‍♂️🏹🥋🏍️	Event announcement graphic or video with details.	#ClubEvent #JoinTheFun
CLUB OFFERING / GENERAL	Lead Up: Behind the scenes	Behind the scenes as we prepare for (Event Name)! 📹 Here's a sneak peek at what's in store....	Behind-the-scenes footage of the team setting up for the event.	#EventPrep #BehindTheScenes
SKILLS	Training	Here's a behind-the-scenes look at how we prepare for the season. Hard work pays off... 🏋️‍♀️	Behind-the-scenes training video showing various drills and exercises.	#TrainingDay #HardWorkPaysOff
SKILLS	Player Testimonial	Senior bowler (Member Name) shares their journey to becoming a competitive player at (Club Name). Learn how they got their edge 🏹	Senior athlete pic or video with action clips.	#AthleteJourney #CompetitiveSpirit
FITNESS ADVICE	Rest Days	Train hard, rest harder. Remember, recovery is key to long-term success! 🛀	Pic of the harbour or the sea, something relaxing	#RestDay #Recovery
FITNESS ADVICE	Strength Exercises	Ready to take your fitness to the next level? Here are 5 waterski-specific strength exercises to keep you in peak shape. 🏊‍♂️🏋️‍♀️	Infographic or short video showcasing sport-related fitness tips.	#TrainLikeAPro
MATCH & TRAINING INFO	Inspo: Top Scorer	Here's our top performer, (Athlete Name), with an impressive (X) wins this season! 🏆🏀	Graphic or video of the top performer, showing stats or achievements.	#TopPerformer #Champion
MATCH & TRAINING INFO	Upcoming Match	Up next: (Next Opponent) Here's a preview of what's coming this weekend. Who's coming to cheer us on? 🏀	Competition preview with opponent details	#CompetitionPreview #ReadyForBattle
COMMUNITY CONNECTION	Part of the Community	We're more than just a sports club, we're part of the community. Here's how we're working with (Local Charity/School) to help out. 🤝	Photos of the club engaging with the local community through a charity or local programme.	#CommunityImpact #LocalSupport
VOLUNTEERS	General Callout	Sport isn't just about the athletes competing, it's about the people behind the scenes who make it all happen! Want to get involved? We're looking for volunteers to join our team! 🙋‍♀️🏆	Photo collage of current volunteers helping during competitions and events.	#VolunteerWithUs #ClubFamily



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VOLUNTEERS	Giving Back	Ever wondered how you can give back to your local sports club? Volunteering is a great way to make a difference. From helping on competition days to assisting with community events, there's something for everyone. 🤝	Infographic listing different types of volunteering roles available at the club.	#GiveBack #VolunteerOpportunities
SPONSORSHIP	Callout	Looking for a way to boost your business while supporting local sports? Partner with (Club Name) and connect your brand with our community! Gain exposure, strengthen your reputation, and make a real difference. 📈	Infographic showcasing the benefits of sponsoring the club (e.g., brand exposure, community impact, networking opportunities).	#SupportLocal #SponsorUs
SPONSORSHIP	Callout	When you sponsor (Club Name), you're not just supporting a boxing club, you're investing in the local community. Your business will benefit from increased visibility, exclusive advertising, and positive brand association. Want to know more? Get in touch via DM. 📩	Image of a local business logo displayed at a training session	#LocalBusinessSupport #SponsorBenefits
SPONSORSHIP	Callout	By sponsoring (Club Name), your business will be seen by hundreds of fans at competitions, on social media, and in the local press. Get involved and grow your business while giving back to the community. 🙌	Photo of a competition with a sponsor's banner in the background, with a call to action encouraging businesses to reach out for sponsorship packages.	#SponsorshipOpportunity #PartnerWithUs
WELFARE	Safety & Support	At (Club Name), the well-being of our members, staff, and community is our top priority. Our welfare policy ensures that everyone feels safe, supported, and heard both during training and beyond. 🏠	Graphic highlighting key points from the welfare policy, such as safeguarding, member support, and mental health resources.	#WelfarePolicy #MemberWellbeing
WELFARE	Mental Health	Your mental health matters. At (Club Name), we understand the importance of supporting the emotional well-being of our athletes. Our welfare policy ensures access to resources and support whenever it's needed. 💙🤝	Image or graphic promoting mental health awareness, with information on any support available at the club	#MentalHealthMatters #EmotionalSupport



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WELFARE	Safeguarding	At (Club Name), we take safeguarding seriously. Our welfare policy protects our members, ensuring a safe, respectful, and inclusive environment for all 🛡️🏡	Infographic detailing how the club safeguards members (e.g., trained welfare officers, background checks, child protection policies).	#Safeguarding #SafeSports
WELFARE	Safeguarding	Our commitment to safeguarding means that every child and young person in our club is protected. Our coaches, staff, and volunteers undergo detailed safeguarding training 🏋️🏠	Image of a coach interacting with young athletes, with an emphasis on the importance of safeguarding.	#MemberSafety #ChildProtection
WELFARE	Injury Prevention	Member safety and health are at the core of our club's welfare policy. We prioritise injury prevention through proper training, rest, and recovery protocols. 🏋️🏠	Infographic or pics outlining injury prevention strategies such as warm-up routines, proper stretching, and recovery.	#InjuryPrevention #MemberWelfare
Seasonal 2025 / 2026	St Patrick's Day	Event or break in schedule update 🏠		
Seasonal 2025 / 2026	Easter	Camp, Event or break in schedule update 🏠		