



Shamrocks Green Shoots



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November 2013

www.shamrocksgaa.com

Fáilte

Welcome to the third Shamrocks GAA Club Newsletter. We hope you take the time to read through what is only a sample of the many events that have taken place in our club since the Summer.

U12's Footballers win the League

The u12's had a fantastic year. They played a total of 16 competitive matches in both codes and it culminated in them winning the football league final in September against St Vincents in Ballinora in a thrilling final.



Back Row - E.Seymour, L.O'Driscoll, D.O'Flaherty, S. Andrews, S.Browne, S. Geary, J. Sisk, C. O'Flaherty. Front Row - J. Farquer, D. Gregson, R. Van Pelt, H. Andrews, F. Herlihy, S. Donegana, M. Sisk.

Winter Hurling Training Program

The underage are investing in the future Hurling stars of the club. They have launched an ambitious plan to train hurling only over the Winter months, using our new floodlights and the use of hurling walls. Three panels have been drawn up according to age. Training will take place each week until the new season starts in February 2014. The u16's/Minors Will also be using the facilities in the NMCI Ringaskiddy.



Inside this Issue

Under 12's 1
Winter Hurling
Training Program

Under 8/10's 2
Minors

Under 16's 3
Nathan Kirwan

Girls Football/ 4
Camogie
Camp Ciarán

- Dates for the diary -
- The Boys Academy, every Friday night, NMCI Ringaskiddy.
- Girls Academy, every Tuesday night, NMCI Ringaskiddy.
- Gala Race Night, Fri Nov 22nd, The Shamrock Bar.
- AGM, early December.
- Underage/Girls Xmas Party, Sun Dec 8th, Fernhill Golf Club.
- Annual Christmas Draw, Sun Dec 22nd.



Under 8's and 10's

The u8's played a total of 8 Blitzes throughout the year; the u10's played a total of 5 Blitzes and a further 8 league games across both codes. They played against and beat many different teams from around the city and its environs.

This is by far the most any Shamrocks teams at these age groups have played in one year and is a vital part of their development.

Thanks in particular to the mentors Seamus O'Flynn and Shane O'Donovan who drove this all year.



Mentors Seamus O'Flynn and Shane O'Donovan with one of the hurling blitz teams in Ballinhassig over the summer.

Well done to most of the lads below who got great results in both the Junior and Leaving Cert over the summer. It just show you that study and a healthy and balanced sporting life can produce the results. Maith sibh!

Minor's

The Minors had a long and busy year in both hurling and football. Shamrocks fielded a very young team this year, probably our youngest ever, but they never shirked from the challenges they faced all year, mostly against older opponents.

They played a total of 14 games and they managed to get a great victory under their belt against Whitescross in the football championship before losing out to Cill na Martra in the Co Semi Final.

Again, a great year of progress made under Kieran Lynam, Kevin O'Mahony and John Twomey (Ringaskiddy).

They even picked up a Trophy, winning the Michael Harrington Memorial Cup, which was played for as part of the Ballyphehane Festival in September.





Under 16's

The u16's played over 20 matches in 2013, with the emphasis on hurling. They reached 2 league finals only to lose them both, to Lisgoold and Carraig na bhFear. Their year was characterised by huge strides made, particularly in hurling. It was a wellstructured and organised year under the mentors David Nolan, Peter Crowley, Dick Andrews and Kevin O'Grady.



The lads are now looking forward to their Winter Training Program with a qualified physical trainer which has started up recently and which will run until next February.

Nathan Kirwan Trust



Club chairperson Pat McCarthy presents Mr Liam O'Brien of the Nathan Kirwan Trust with a donation from the Shamrocks Club.

Nathan Kirwan for Currabinny, a former underage star with Shamrocks, suffered an injury this summer.

Family members and friends have set up a trust to help Nathan in his recovery. They have organised a range of fundraising events to work towards this goal.

One of those events was a 5km run and walk in October, which Shamrocks GAA Club were only too proud and honoured to host.

It was a magnificent occasion as over 300 people took to the roads of Shanbally, Coolmore, Raheens, Barnahaley and Ringaskiddy to raise funds for the Trust.



Camp Ciarán

Our annual hurling camp again proved to be a major success. It was held in the 1st week of July and the weather was excellent. Over 130 boys and girls took part each morning, which is a great achievement for our club, in only its second year.



The coaching staff of John Herlihy, Aidan O'Leary, Gemma Kavanagh, Mary Coveney, Alan McCarthy, Sean O'Brien, Joey Brady and Senan Andrews were assisted by some of our U16 players namely Daragh & Cormac Scriven, David Barry, Mark Hitchmough and Coby O'Grady. Everyone went home happy at the end of an enjoyable week.

See you all again next Summer for more of the same!



Shamrocks GAA

Contacts



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Ladies Football

Shamrocks Ladies Football has seen very positive developments in the 2013 season. There has been lots of games for all levels throughout the year & it is clear that all the girls have been working very hard in training. The U12s have had great wins over Nemo, Carrigaline & Douglas in the league & will be playing Grenagh in the League Semi-Final soon. Whilst the U10s have highlighted that there is great potential for the club in the years ahead. The girls competed in the first U10 league & had fantastic wins against Ballyphehane, Passage, Douglas & Grenagh. Also, it must be mentioned that the girls of Shanbally National School are in their first ever Sciath na Scol Football Final on November 12th in Pairc Ui Rinn. We would like to wish the girls every success in their match against Cloyne.

Shamrocks Ladies Football Club also held their 3rd successive Multisports Camp in September. Almost 100 boys & girls attended the camp over the weekend.

