



# The Cork Constitution

## WELCOME BACK TO CON FOR SEASON 2014/15

Dear Parent,

The new rugby season is upon us and we are all looking forward to seeing the large number of under-age players out in force on Saturday mornings. We are especially glad to invite all club members to come in and enjoy the excellent facilities of the new clubhouse.

Our objective, in the juvenile section of the club, is to promote the game of rugby in a safe and enjoyable manner, ensuring broad participation and inclusion. Our ethos is to apply the code of "players first and then winning".

In keeping with this principle, Cork Con's juvenile teams are not involved in any structured competitions, thereby allowing coaches to concentrate on teaching our juvenile members the skills of rugby football and most importantly, on having fun. At juvenile level the teams are selected specifically to ensure that all players get equal opportunity to play.

We encourage parents to get involved and participate in the various club activities which will be held during the year. The club is run on a spirit of volunteerism and your help and participation – be it driving to away fixtures, making sandwiches or cheering-on from the sidelines – is most welcome and actively encouraged.

This September, we are especially encouraging new members to come in and enjoy the excellent facilities of our new clubhouse. During training on Saturday mornings we will be providing newspapers in the bar and you may wish to enjoy a tea/coffee with a scone while your son trains. It is your club, so come in and feel at home.

We also encourage participation in other sports outside of rugby. Should this coincide with our training times in Cork Con, we hope you don't feel compelled to choose one over another. We would prefer your son to play as many sports as they wish and that they always feel they are members of Cork Con regardless.

Our focus is to ensure our players enjoy their time in Cork Con and we do not want your son to feel under pressure or obligation to attend training or games. If you have an issue in this regard please speak to your son's head coach who will be glad to help.

Please ensure that you give us a correct and active e-mail contact as all communications from the coaches regarding training times, match squads, fixtures, trips to AIL games, etc. will be relayed to you, the parents, via e-mail.

Finally, should you have suggestions as to how we could improve anything in our Juvenile section we would be grateful of your feedback.

Thank you for your continued support,

Kevin Fielding

Director of Juvenile Rugby

Cork Constitution FC

### JUVENILE TRAINING TIMES 2013/14 SEASON

U-7	Born in 2008	9.30am - 10.30am (Sat)
U-8	Born in 2007	9.30am - 10.30am (Sat)
U-9	Born in 2006	9.15am - 10.45am (Sat)
U-10	Born in 2005	9.15am - 10.45am (Sat)
U-11	Born in 2004	10.30am - 12.00 Noon (Sat)
U-12	Born in 2003	10.45am - 12.15 Noon (Sat)
U-13	Born in 2002	10:45am – 12:15pm (Sat) and 5:00pm - 7pm (Wed)

**HYUNDAI** NEW THINKING. NEW POSSIBILITIES.

# KEARYS

**DRIVE DOWN TO KEARYS FOR A GREAT DEAL!**

We're proud sponsors of  
Cork Constitution Football Club.

**KEARYS** **HYUNDAI** **CORK**

Kinsale Road Roundabout, Cork  
Telephone: 021 4929 800

### Safety Notice



### No Entry to Club Grounds

Due to health and safety concerns motor vehicles will not be allowed access to the club grounds during juvenile training.

When parking please keep lines of sight clear at the entrance to the club as this may cause a danger to pedestrians exiting the club.

## Cork Constitution Football Club Concession Scheme

Name	Location	Offer Details
<b>Rochestown Park Hotel</b>	<b>Rochestown</b>	<b>15% Discount on spend over €50</b> <b>Discounts from 10% to 30% on MRI, X-ray, DXA, Ultrasound and CT</b> 10% discount on all stock (Except sale goods) Earn Discounts with Loyalty Card , Cash back to Club 10% discount on all stock (Except sale goods) 10% discount on all stock (Except sale goods) 10% discount A la Carte menu - Mon to Fri Excl Wine 10% discount Lunch & Evening Meal (Excl Wine) 10% discount on all stock (Except sale goods) 10% discount on all stock (Except sale goods) 5% discount on ALL Wines 10% discount (excluding sale stock) 10% discount (excluding sale stock) 10% discount on all lunches 10% discount on all stock (Except sale goods) 10% discount on all stock (Except sale goods) 10% discount on all stock (Except sale goods) Free Cappucino with Lunch or Evening Meal 10% discount on Sales or Hire (Excl sales goods) 10% discount (excluding sale stock) 10% discount (excluding sale stock) 10% discount on frames or sunglasses (Excl sale goods)
<b>Euromedic</b> Finn's Corner O'Sullivan's Pharmacies Fitzgerald's Menswear Quill's Jacques Restaurant Island Gate Restaurant Tracey Shoes The Framemaker O'Donovans Off Licence Kiernans Garden Centre Diane O'Mahony Jewellers The Temple Inn Welch Sports Serge Blanco The Wine Buff South County Bar & Café Carey Tool Hire Gasoline Sketchers John Daly Opticians	<b>Elysian Cork and 3 Dublin Centres</b> Grand Parade Various Patrick Street All Store's Phoenix Street Glounthaune Patrick Street Patrick Street All Stores Douglas Shopping Centre Winthrop Street Ballintemple Cork City Patrick Street Oliver Plunkett St (Only) Douglas Village City Hall Quay Mahon Point Mahon Point 77 Oliver Plunkett St	

**Discount Available to members on production of Membership Card**

## Golf News

### Annual Golf AM AM

This event has been on our Calendar for quite a number of years now and as well as providing our members and friends with an enjoyable sporting and social occasion it is also a very valuable source of funding for the Club.

Details of the event are as follows:

Date: Friday, 19th September 2014  
 Venue: Douglas, Cork  
 Teams: 3 Person Teams of Gents or Ladies.  
 Subscription: €270.00 per team including meal.  
 Tee Times: 12.28 to 4.28 inc.

Please contact the following re entering teams or sponsorship. Don Mullins/ Ralph Keyes/ Conor Clune/ Hugh Foley/ Pat Moynihan.

When forwarding your entry please state your preferred tee time and we will make every effort to cater for your needs. If you are unavailable to play you may wish to consider sponsoring a Tee for a € 100 or Green at a cost of €50.

We are very grateful for all support received.

Peter O'Leary President



Pictured recently enjoying the good weather in sunny Crook haven with her new dad was Sophie Kennedy

### Pitchside Hoardings

**Our Pitchside Hoardings are a valued source of income to the Club and a number of spaces are available for the coming season.**

**If you are interested in becoming a Hoarding Sponsor please contact Fiona Burke at 021 4291960 or e-mail corkcon@eircom.net**

### Volunteers Required



Cork Constitutions Football Club is a Rugby Club with a proud history and tradition which is a great source of pride to all involved. We have set the standard for youth , mini and senior rugby for many years and the care and attention dedicated to teaching our mini children on a Saturday morning is a credit to parents and coaches alike, and the contribution our club makes to our local community is often overlooked.

Cork Constitution has always considered itself a members club and we want to get our unique community of members together and volunteering on a regular or semi-regular basis. We have a great team of people looking after various areas in the club from coaching and managing teams from underage to senior , house and grounds, the shop, bar and fund raising to mention a few.

But once the season begins, things will get a little stretched - and that's when we could do with an extra few bodies. Ideally we'd like to spread some of the load of work from our current team of volunteers and get more of the members involved in running their club.

No matter what your talents and level of time you can give , you will be able to make a difference to **your** Club. If you are interested in helping out please contact **Peter O'Leary , Peter Good or Ian O'Leary**

### Cork Constitution FC Shop

The shop stocks Cork Con Club Jerseys, Shorts, Socks, Hoodies, etc supplied by O'Neill's Sports-wear

**Saturday 09:45 AM to 12:30 PM**  
**AIL Match Days 09:45 AM to 13:30 PM**

Club Members can avail of a 10% discount when purchasing with Membership Card.



If you have any news item , event details or article you would like published The Cork Constitution or Matchzine please forward to **Pat Twomey** at **CCFCNEWS@gmail.com**

Don't Forget to follow Cork Constitution on Facebook and on our website **www.corkcon.ie**