



The Cork Constitution



WELCOME BACK TO CORK CON FOR SEASON 2015/16

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,

A juvenile application form is attached to the Ezine.

Des Murphy

Director of Juvenile Rugby

Cork Constitution FC

JUVENILE TRAINING TIMES 2013/14 SEASON

U-7	Born in 2009	9.30am - 10.30am (Sat)
U-8	Born in 2008	9.30am - 10.30am (Sat)
U-9	Born in 2007	9.15am - 10.45am (Sat)
U-10	Born in 2006	9.15am - 10.45am (Sat)
U-11	Born in 2005	10.30am - 12.00 Noon (Sat)
U-12	Born in 2004	10.45am - 12.15 Noon (Sat)
U-13	Born in 2003	10:45am – 12:15pm (Sat) and 5:30pm - 7pm (Wed)



**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.

Presidents Message

It gives me great pleasure to extend a very warm welcome to members, players, coaches, officials visiting teams and supporters to Templehill.

I have been involved with Cork Con all my rugby playing life and have represented Con at every level from Under-6 to Senior. Becoming President for the season 2015/16 is certainly a very proud moment for me and my family.



Cork Constitution is synonymous with the game of rugby and so many famous faces, operating at the highest level of our game, have passed through this club – some more successfully than others – but all have benefitted and view it as an integral part of their progression towards top level rugby.

I would like to wish each section of the club – Juvenile, Youth, Under-20, J1 and 2 and senior an injury-free and competitive season. Sincere thanks to all our players who entertain us with their skill, dedication, commitment and talent.

I would like to express sincere thanks to our volunteers, - numerous committed individuals whose energy, passion and innovation have seen the development of our club in the past few years.

Our new club-house is now fully up and running and is available for functions - both private and corporate, the Tag Rugby continues and of course our Vpr fitness classes are a great hit with the ladies and some gents also !!

Within this booklet you will find a table of fixtures for the coming season, please note that all members have free admission to all our U.B.L. matches.

Each game is highly competitive and we have enjoyed many memorable encounters. Thanks to all who have attended our games and we look forward to seeing more of you. What better way to spend a Saturday afternoon .

Finally, I would like to acknowledge the excellent support of Kearys Group Cork who are once again sponsoring our senior team. Thanks also to Zurich Insurance who are sponsoring our Juvenile section and many thanks to all our sponsors and we look forward to working with them into the future.

I look forward to meeting both old and new friends at Templehill this coming season in what I hope will be a sporting and memorable year.

Yours in Rugby,

Peter Good

PRE MATCH LUNCHEON

CORK CONSTITUTION F.C. V LANSDOWNE

SATURDAY 19TH SEPTEMBER, 2015 SCHEDULE OF EVENTS

12.45PM - LUNCHEON IN CLUBHOUSE GUEST SPEAKER MOSS FINN

2.30PM- IRELAND V CANADA LIVE ON T.V'S

4.30PM- CORK CONSTITUTION V LANSDOWNE

Lunch Committee:- Brian Ludgate 086 2596140 Brian Fitzgerald 087 6799465

Ross O' Dowling 087 2195851 John O' Mahony 086 1695584 Terry Ward 087 2486497

Fred Casey honoured with Tom Rooney Award

The Tom Rooney award was presented to Fred Casey by The Guinness Rugby Writers of Ireland Player of the Year at the annual Guinness Rugby Writers of Ireland Awards.



He was honoured at the awards dinner held on the 11 August in the Guinness Storehouse, Dublin, which was hosted by Rory Sheridan of Guinness, Damien O'Meara and Michael Corcoran, Chairman of the Rugby Writers of Ireland. Fred has been involved in Cork Con since 1964 and has been credited with the development of sixteen Ireland Internationals and four British & Irish Lions. Fred has also coached a huge number of current and former Munster players.

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

Cork Constitution FC Shop

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

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.



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 Good or Jerry Holland.**

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

Pat Twomey

**CORK CONSTITUTION F.C.
JUVENILE/YOUTH SECTION
MEMBERSHIP FORM
SEASON 2015- 2016**

Please carefully read this form before completing. This form must be fully completed by a parent for each juvenile/youth wishing to play with the club.

**IT IS A CONDITION OF MEMBERSHIP THAT EITHER PARENT IS AN
ORDINARY MEMBER OF THE CLUB.**

PLEASE PRINT IN BLOCK CAPITALS

I hereby give permission to my son/s :

1. _____

2. _____

3. _____

to join Cork Constitution FC Juvenile /Youth Rugby Section. I understand the club, its servants, agents or employees are under no liability for loss of property, accidents or injuries by or to my son/s, however caused during the course of training or matches played during the season.

Date of Birth: _____ **Date of Birth:** _____ **Date of Birth:** _____

Parents/Guardians Name(s): _____

Address: _____

Tel: Home: _____ **Work:** _____ **Mob No:** _____

Email Address: _____

**PLEASE PRINT EMAIL ADDRESS CLEARLY AS THIS IS THE CONTACT FOR
JUVENILE MATCHES**

Ordinary Membership: - Annual Subscription: €190.00 Previous Member (Y/N)

Parent/Guardian Signature: _____

**PLEASE RETURN THIS FORM FOR EACH JUVENILE/YOUTH MEMBER WISHING TO
JOIN TOGETHER WITH:**

1. Correct Subscription
2. Photocopy of Juvenile/Youth Birth Certificate (if not already supplied)

The above should be given to a Committee Member who will be available at the club every Saturday morning. A Membership Book will be issued in due course. You will be entitled and are most welcome to participate in club activities and the social events that take place during the Season.

**NB: *IT IS THE PARENTS RESPONSIBILITY TO NOTIFY THE CLUB OF ANY RELEVANT
MEDICAL HISTORY (IN WRITING) PERTAINING TO YOUR SON/S.***