



# Cork Constitution F.C. Matchzine



## WELCOME TO CON SEASON 2018/19

Dear Parent,

After a glorious summer, the new rugby season is up and running and it's great to see the large number of juvenile players out in force on Saturday mornings. I would like to take this opportunity to welcome back previous members and introduce new members to Cork Constitution.

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 side-lines – is most welcome and actively encouraged.

This September, we are especially encouraging new members to come in and enjoy the excellent facilities of your 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 or daughter 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 or daughter 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 or daughter 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 or daughter's head coach who will be glad to help.

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,

Finbarr Jeffers

Director of Juvenile Rugby

Cork Constitution FC

## Volunteers Required



Cork Constitution 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 **John O'Mahony, Kevin Fielding, Finbarr Jeffers or any committee member.**

## Blackrock Village Festival

Thanks to Cork Con coaches Barry Guiney, Stephen O'Riordan and Matthew Spiller, the juvenile members and to Connie the mannequin for helping promote the club at the Blackrock Village Festival held on 8<sup>th</sup> September last'



# Cork Con U-12's shine at Glenstal Abbey



For the past number of years Glenstal Abbey has hosted an early season U-12 rugby tournament at their leafy estate in County Limerick. They extend the invitation to the local clubs as a gesture of thanks for the work put in nurturing young players who might one day represent the school.

Glenstal's growing rugby ambition is highlighted by the presence of the Munster Schools Senior Cup proudly on display in their school hall.

This year's tournament organisers extended an invitation to Cork Con's U-12 squad. The opportunity to start the season off in the right frame of mind with a competitive September outing was keenly accepted and 40 boys made the trip to Limerick early on Sunday morning.

Ireland's most patient bus driver somehow tolerated the conflicting directions provided by navigator Finbarr Jeffers and helpful critique of his driving style by co-pilot Brian O'Callaghan and we arrived at the imposing gates and avenue of Glenstal Abbey in good time.

Very good time, as it happened, because the Limerick clubs had all been informed of a one-hour delay to the start time - but not the poor Cons! We made the most of the extra time by having a light snack and getting to the pitches for some drills, tactics and motivational speeches. There was talk of representing club, county and family and giving 110%. The coaches were fighting back the tears and ready to die for the jersey and hopefully some of that rubbed off on the boys.

The other clubs which took part included UL Bohemians, Shannon, Bruff, Newport, Young Munster and Newcastle West. We split the Con squad into evenly matched teams - Con blue, Con black and Con red giving us three of the twelve competing teams. The tournament format had each team playing three matches in a first round group stage with the top four teams progressing to the semi-finals and the remaining teams also involved in their own knockout stages.

The Cork Con blue team enjoyed victories over Young Munster, UL Bohemians and Newport on their way to the semi-final where they defeated Bohemians for the second time (3-1).

The final was played against a strong looking and fancied Shannon side but Cork Con proved to be the better team, emerging with a 3-1 victory and as overall winners of the tournament. There were many excellent individual performances and moments but it was very much a team effort.

The Cork Con black and red teams also had a very successful day and when they met in the knockout stages the result had to be decided by a drop-kick shootout after a hard-fought draw. The red team went on to win their final, also against Shannon.

Overall, the Con teams played 15 matches on the day and recorded 12 wins, 1 draw and only 2 losses. It was so encouraging to see the boys work hard and grow in confidence and determination as the tournament progressed.

After the celebrations we enjoyed the generous hospitality of our Glenstal hosts who provided a lovely meal for players, coaches and parents.

The boys were in good spirits on the trip home and treated us to a rousing version of "Here, here, the Cons are here.." as we arrived back to Templehill.

Cork Con blue: Frankie Sheahan (c), Alex Rose, Darragh Keary, Iain Sexton, Charles Howlett, Louis Horgan, Cian O'Connor, Ben Tarbatt, Adam Jeffers, Darragh Foley, John Vesey, Shane Kingston, Shane Minogue, Rory Power.

Coaches: Stephen Rose, Roger Hill, Brian O'Callaghan.

## Summer Car Parking



Hi Folks,

I would like to put in writing, my sincere thanks on behalf of our Club, to all those who volunteered for car parking duties over the summer.

The reaction from all those who visited Temple Hill was very complimentary. Everyone commented on the number of volunteers who were present through-out the summer to look after them. Not one person had a bad word to say about the club, which is a credit to ye all.

It cannot be understated the value of your volunteerism to our great Club. Again thank you so much on behalf of our Club.

Kind regards, John O'Mahony, President.

**FOR 12 TO 14 YEAR OLDS! SUMMER 2018**

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The Camp is on for 2 Weeks in June, Monday 11th to Friday 22nd, 9.30am to 1.30pm

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**"It's on in Con..."**

**Cork Constitution has one of the finest facilities in Irish Rugby.**

The club benefits from 3 bars and our facilities are ideal for all sorts of functions including Parties, Weddings, Funerals and Corporate team building days.

If you are holding a function why not consider using your own Club House, you won't regret it!

## How the Camp is Run

### Mission Statement

All activities on the camp are child-centered, taking into consideration the capacities and needs of the young players as identified in the I.R.F.U.'s Long Term Players Development Pathway Stage 1 (FUNDamental Stage). The camp encourages the development of players through active guidance, with the players learning predominately through playing and fun activities.

### Terms & Conditions:

- Cork Constitution Summer Camp 2018 hours are from 9.30am-1.30pm.
- Cork Constitution F.C. is not responsible for children left unsupervised outside these hours.
- Places will be filled on a first come, first served basis.
- Payment is considered as acceptance of the booking conditions
- Any cancellation two weeks prior to the camp will receive a 50% refund.
- Any cancellation made after this time will not be refunded.
- We strongly recommend that all valuables be left at home.
- The Cork Constitution Summer Camp will reserve the right to suspend any child that causes disruption to the camp due to misbehavior.
- Accredited coaches will supervise the Cork Constitution F.C. Summer Camp.
- Parent/Guardian must be contactable during camp hours.

## Cork Constitution Rugby Summer Camp 2018

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Best of luck to Cork Con Juvenile rugby this season

**RUGBY**

**PLAY**

**BOYS & GIRLS 6-13 YEARS**