

Cork Constitution F.C. Matchzine



ALL IRELAND LEAGUE

Division IA

Cork Constitution F.C. V Dublin University F.C.

SUNDAY 28Th April 2019 14.30 PM

Table toppers Cork Constitution host Dublin University at Temple Hill on Sunday. The game has been put back from its usual slot to allow the students sit exams on Saturday.

Constitution will be hoping to make it four All Ireland Finals in a row while Dublin University will be bidding to make their first final. Dublin University will be buoyed by winning back-to-back Fraser McMullen All-Ireland Cups last Saturday with a hugely impressive win over U.C.C.

In the regular season home advantage had a huge influence on the results between the sides with Constitution winning 24-13 at Temple Hill in October, while the Dublin Students ran out 37-13 winners at College Park in March.

Constitution's Head of Coaching Brian Hickey knows his side will need to be at their absolute best against a side with a lethal counter-attacking threat who when they get an opportunity will pounce and score tries at will.

League form goes out the window for Sunday's clash and from Constitution's point of view it's a cup game with it all to play for. It promises to be a very competitive contest with the players on both sides giving everything to the cause of their respective clubs.

Match Day Information

Admission: €10 for adults, OAP & students €5.

Paid up members of Cork Constitution and all children under the age of 16 have free admission.

Pre-match Lunch

Why not join us for Lunch on Sunday. The lunch will be served at 12:30 in the Main Bar so you will be able to relax in a casual atmosphere, with other knowledgeable rugby people.

The lunch Committee are really trying everything to style the pre match lunch to make it attractive to all members and they deserve your support.

The reaction to the last lunch was very positive. Everyone thought the food was excellent and great value at €25:00 including match ticket.

Fiona Burke

As you may have gathered from the Club's advertisement for an Office Manager, Fiona Burke who has filled the role for the past 14 years has decided to move on to pastures new. Cork Constitution F.C. would like to sincerely thank Fiona for her commitment to the club during her tenure with us.



Fiona was a much appreciated and highly regarded employee of the Club and was essential to the smooth running of the Club. We'll miss Fiona and wish her well in the next chapter of her career.

Our U13's & U 14's & U18's Teams Need Your Support

The U 14 & U 18 age groups have both managed to make it to their respective cup & league finals – i.e. they have two finals each over the coming weekend's.

18's play the south Munster A league final (v) Kinsale in **Irish Independent Park** at 3PM on Saturday April 27th

18's play the south Munster A cup final (v) Skibbereen or Mallow in (TBC) at (TBC) on Saturday May 04th

14's play the south Munster A league final (v) Kinsale in **Irish Independent Park** at 12 noon on Saturday April 27th and play the south Munster A cup final (v) Highfield in **Wilton** at 12 noon on Saturday May 04th

The U13's have a league final this Sunday at 1.15pm in Pres Grounds **Wilton** v Bandon

Family Fun Day Saturday 27th April 2019 9:30am - 2:30pm in Temple Hill

Come and join us celebrate the close of another great season at the club.



Street League Rugby Finals from 10.30am to 12.30pm.

Once all the rugby is finished at 12.30pm we start our fun activities on the main pitch which all the coaches will be involved in .

Fun and games including :-

- .. Rugby Rounders
- .. Touch Rugby
- .. Penalty shootout
- .. and an opportunity to throw a wet sponge at your most / least) favourite coach!!



There will be sweets, treats, ice-creams and finger food for all.

Please bring €5 per child to help toward new facilities at the CUH Children's Unit.

All donations from the Cork Constitution Family Day will go towards improving, upgrading and refurbishing the new Children's Unit at CUH.

On an annual basis, over 30,000 children attend the Children's Unit at CUH. Cork University Hospital is a specialist centre for children with a range of illnesses including Cystic Fibrosis, Diabetes and Epilepsy to name a few.

CUH Charity's aim is to raise a total of €1,500,000 to refurbish In-patient facilities in the Children's Unit and upgrade facilities that were first built in the 1970s.

The Charity hopes to replace the current outdated Children's Unit with a state-of-the-art facility to meet the medical and surgical needs for the

children of the Greater Munster region and incorporate Paediatric Services in one single unit.

CUH Charity's goal is to transform our hospital into a single centre of excellence for Munster and give all children the services and care they truly deserve.

Cork Constitution is proud to be associated with this great cause.'

See you all Saturday.

Finbarr Jeffers

Juvenile Director of Rugby



Cork Constitution Football Club has a vacancy for an Office Manager. The role is part-time role requiring approximately 20 hours per week. The ideal candidate will have previous experience in an office environment, possess excellent attention to detail, be highly competent in prioritising work and proficient in:

- ◆ Office based productivity tools (including word-processing, spreadsheets, e-mail, database),
- ◆ Data-entry for financial accounts, and
- ◆ Management of day-to-day office activities (invoicing, banking, payment of creditors, membership telephone/post, etc.)

Interested parties should submit their application letter with a CV to Conor Clune, Hon Secretary CCFC at info@corkcon.ie or by post to the club office.

Cork Constitution Under 14 Season 2018-2019

At the start of the season (even before it started) we worked on getting as many players as possible to commit for the season and we even gained one player, who was totally new to rugby. We forged relationships with both Pres and Christians to enable us to tap into our shared player pool to maximise the game time the boys could enjoy with club and school.

We were placed in a pool with Charleville, Kanturk, Mallow, Old Christians and Sundays Well in South Munster Conference B and won all 5 games, scoring 39 tries to top the group. We then progressed to the second phase of the South Munster A League, with the winners and runners up from all 4 Conferences - and were grouped with Bantry Bay, Cobh Pirates, Highfield, Kinsale, Midleton, Muskerry, and Old Christians.

We beat Midleton in the first game in very poor conditions, before suffering a nail-biting 12-5 defeat away to Kinsale. We followed up with wins over Highfield, Old Christians again, Cobh and Bantry to secure our place in the league final where we could have the chance to avenge our earlier defeat to Kinsale. We were beaten by a good Muskerry team in the last group game, where we still performed very well despite relying on several Under 13 boys who played their first game at Under 14 grade. We scored another 31 tries en route to the final. We also played friendlies against Cobh, Skibbereen and Waterpark, winning all three and scoring another 20 tries.

The South Munster Cup draw was made and we faced a difficult trip to a very strong Bantry Bay in the Quarter Final - having earlier beaten them 19-14 in a great game in Temple Hill in the League. This was another tight affair where the boys dug deep from 0-12 down at halftime to win out 14-12 and qualify for the Semi Final. Unbeaten Kinsale then came to Temple Hill in the Semi Final, but were on the end of our best performance of the season and were beaten 31-17. This set up a Cup Final against Highfield, who came through the other side of the draw, beating Bandon and Muskerry along the way.

The season has been a great success, with us being able to utilise many of our players - who played in Con from age 6 or 7, and then went on to secondary school in Christians and Pres - along with the 13 boys who form the core of the squad. We have used a total of 45 players throughout the season - some who trained and played regularly through the whole season, some occasionally, or even some who only played once or twice - but they all played a vital role in getting us all to the business end where we hope to get the silverware that they all deserve. We suffered some significant injuries to important players, losing 5 boys to fairly long term injuries - **but** they have all been there to support their comrades despite their own disappointing absences from the playing field - and all either have, or will return to contribute on the pitch again.

Great credit is due to the coaches, Shane Moynihan and Frank Coombes, who have trained, developed and imbued the boys with an appreciation for what it means to represent Cork Constitution and to play attractive, expansive rugby. Thanks also to Eddie Kingston and the Under 13 coaches who allowed us to use several players to play important roles in vital games throughout the season - we would not be in the two finals without them.

Ray Clarke, Der O Riordan and Mick Boland have supported us at every turn, facilitating every request and making every facility of the club available to help the boys to fulfil their potential on the pitch. The management teams for every age group have worked together throughout the season, accommodating little changes to training slots, supporting each other and always being available for help and advice. Credit also is due to the first year rugby coaches in both Pres and Christians, who worked with us throughout the year to ensure as many boys as possible got as much meaningful rugby as possible - which is a win, win scenario for everyone.

Lastly, thanks to the parents of all the boys for their support, driving to games, supplying refreshments to visiting teams etc - giving nothing but encouragement to players and coaches. We hope to repay you with a couple of trophies in the next couple of weeks!

Ian Lester, U14 Manager

Munster Rugby Awards

Cork Constitution's Peter O'Mahony has won Munster Rugby Player of the Year for the first time after a hugely impressive season. Peter has made 16 starts for Munster so far this season and was instrumental in the province's run to the Champions Cup semi-final and the Final Series of the Guinness PRO14.



On the international front, Peter was Man of the Match in Ireland's momentous victory over the All Blacks in November. He played every single minute of the 2019 Six Nations campaign, winning Man of the Match award in the victories over Scotland and Italy.

Cork Constitution FC Deputy President Donal Lenihan has been inducted into the Munster Rugby Hall of Fame.



As a second row, Donal made over 50 appearances for Munster. At club level he won four Munster Senior Cup titles during the 80s - one with U.C.C. and three with Cork Constitution. He amassed 52 Ireland caps in an international career that spanned from 1981 to 1992, winning two Triple Crowns and three 5 Nations Championships. He captained the national team on 17 occasions.

He toured with the British & Irish Lions and went onto become Team Manager for the Lions on the 2001 Lions tour to Australia. He was also Ireland Team Manager from 1998-2000. Donal was the Chairman of the Munster Rugby Academy, helping to steer the early careers of players such as Billy Holland, Peter O'Mahony and Keith Earls.

As a player, team manager, administrator and respected sports broadcaster, Donal's passion for rugby at all levels of the game has been a lifelong love affair, and he is an exceptional inductee to the Munster Rugby Hall of Fame.

Cork Constitution FC U-13 Tour 2019



The annual U-13 tour took place last weekend with a tour to Barcelona in Spain to compete in a Rugby Festival on a brand new 4G Rugby pitch in the Cambrils Park just outside of Barcelona. A team of nine coaches brought thirty-nine boys out to compete against three other teams. We played Barcelona FC (although rugby it is part of the great Barcelona Football Club and play in the Barca colours), Catholic University School from Dublin and then out near neighbours Kinsale RFC.

The tour started with an early flight from Cork with parents dropping off the boys from 4:15am all dressed in Cork Con kit. It was a mighty sight shown in the photo here.

The logistics and itinerary were well managed by Rugby Travel Ireland, who as a club sponsor were incredibly helpful throughout the tour. The check-in, boarding and flights were all smooth and we arrived in Camp Nou in Barcelona for a super tour of the stadium. After checking out their trophy and museum, we moved onto our home base in Cambrils park where an incredible eight other sporting teams were staying. Rugby teams from Shannon, Kinsale, CUS, soccer teams from Iceland and Sweden. It made for a great and safe atmosphere for the boys to enjoy themselves and meet new friends. Many boys were building new friendships within our own team, as many lads would only meet at training and games. We do hope that these friendships endure the passage to school's rugby and they come back to Con when ready.



On the Saturday morning, after another early start at 7:15 with a breakfast call, we headed to the Cambrils sporting park where many professional sides come to practice. The facilities are world class.

The festival organisers had a professional referee, Brian White from MAR flown out for the weekend to cover all matches and three medics on the side line with stretchers etc at the ready.

Our tour rep for Saturday was Eugene McGovern, a former AIL winner with Garryowen and Munster player who gave excellent feedback on the quality of rugby.

After playing two teams from CUS, Kinsale and Barca, we finished up after lunch and headed back to the pool for a barbecue with some singing provided by the Shannon supporters. Cork Con may need to invest in a few song-writers.



The boys made up a rap or two and Ken Murphy showed his choir training, but the Shannon folks had far more songs with Kinsale a distant third. It may have had a lot to do with the sadness of Shannon losing to Con seniors and being relegated. Even the Spanish were able to hum along to "There is an Isle". A Cork-man who was coaching the Icelandic women's soccer team also tried to join in. The local security folks thought they saw some ghosts of U-13 boys having a late evening dip in the pool, but they were probably imagining it!

On the Sunday, we headed to a local theme park called Puerta Aventura where both boys and coaches hit the roller coasters and rides for a super day out in sunny conditions. We were delighted to hear that an Orange warning was put out in Cork due to rain and wind. It made everyone appreciate how lucky we were to have such a great tour in a great location. Watching Tiger winning the masters on Sunday evening capped off another great day.

After another 6am start on the Monday, we got back to Cork with all boys and handed them back to their families where one poor boy was tackled by his three-year old sister who vowed to never leave him go again.

Huge thanks to all the coaches; Ken Murphy, Ian Murray, Leo Murphy, John O'Donnell, Dave Burke, Tom O'Connell, Conor Scott and Matthew Spiller for all preparations and looking after the boys for the tour.

Also huge thanks to the parents of the boys who helped with sponsorship and logistics especially Geoff Morton, Tom Coughlan and John O'Flynn. Also sincere thanks to the club and especially Finbarr Jeffers, Donal Linehan, Jack O'Sullivan and John O Mahony for support and guidance. Also, the sponsors who provided generous funding to make this tour affordable for the boys.

The feedback was tremendous from the boys and parents and we feel that they have been left with an enduring memory of the team, the club and the game for life.

We are gearing up for a league final against Bandon on 28th April at 13:30 at PBC in Wilton and will work hard over the Easter holidays to get the boys ready for that titanic A Final. We would appreciate any support available.

Eddie Kingston – Head Coach U13

Cork Constitution UI8.5 round up

CORK CON 18'S INTO TWO MAYBE 3 FINALS NEXT FEW WEEKS

Back in September when the team came together it quickly became evident that we were going to have a good chance at taking silverware this season. With the age grade change from UI8 to UI8.5 we retained a good number of players which we would have otherwise seen move on to the 20's.

With this foundation in place we built the team to take on the season.

To start we had a series of friendlies which set the boys up for the pre-Christmas Conference.

We finished joint top of the table in our conference with 6 wins from 7 games. We were now qualified for the Bank of Ireland Munster club UI8.5 Cup.

Mid December the South Munster League also kicked off, the match of note was the away Semi-Final against Old Christians where we emerged 25 – 0 victors.

The final of the South Munster league is being played in the PBC rugby grounds in Wilton on Saturday 27th April with a 3 pm KO. Cork Constitution Vs Kinsale RFC.

After Christmas all attention turned to the Munster Cup or the "Pan Munster" as some of our esteemed coaches like to call it.

We finished second from top in the Group stages with a loss to Bruff who won the Group.

The knock out stage saw us drawn away to Bruff in the quarter final where we came away with a 21 -0 Victory in appalling conditions. This was a very satisfying result for us, and to turn the tables on our group leaders.

The Semi-final was against Cobh Pirates at Old Christians ground. The Game ended in a Draw 8-8. However, Cobh continued to the final on the First Try rule, these rules are in place because age grade players cannot play extra time. So ended the Munster Cup Dream but we are very proud of our boys who fought to the very end. Indeed, that game was a superb advert for Rugby.

Thoughts now turn to the South Munster Cup. Our squad has now expanded to the point where we decided to enter 2 teams in to the South Munster Cup.

Our first team "Cork Con Whites" were put in to the Cup competition and our seconds "Cork Con Blue" were entered in to the development competition.

The whites have progressed in to the Final of this competition against Skibbereen or Mallow.

The final of the South Munster Cup is to be played the weekend of 4/5 May Venue to be Confirmed. Cork Constitution Vs Skibbereen or Mallow.

The Blues have progressed to the Semi-Final of the development plate against Dolphin RFC in Irish independent Park. Match is to be played Saturday 27th at 11.30 am. Here's hoping for a third final for this squad.

Well done to Dave B and Rory L for making the Munster Development Squad and to Harry M and Jack E for representing Cork in the Inter County Competition last month

Big thank you to Ray Clarke Director Youth Rugby, for all his help and enthusiasm throughout the season.

My fellow Coaches and Managers. Don Noel Ian Paul Aidan Steve and Dr Liam....

Guest Coaches. Bernard O'Shaughnessy, David Corkery, Stephen Knoop, and Garreth Williams.

Yours in Rugby

Barry Fitzgerald Head Coach Con 18s



Details

Course Fees:

€80 per child per week.

Receipts will be sent with a course information letter prior to summer camp.

Dates

1st July - 5th July 2019.

Contact us:

Cork Constitution F.C.
Telephone: 021 4291960

Postal Address:

Cork Constitution F.C., Temple Hill,
Ballintemple, Cork.

Application forms on club website and attached to this news letter.

Letter to the 2018/19 U13 Players

Boys and Parents,

This is a poignant time of the year as we again prepare to say goodbye to some of our players for a few years as many of them move to rugby schools.

We hope that at least one third of our U13 squad will continue to play rugby in Con and hopefully compete for Munster trophies at under 14, 16 and 18 level for the club. The balance will go to either CBC or PBC, on-loan for a few years - we hope to see you all back here again in Templehill in the not too distant future.

You have all come a long way since, as six and seven year-olds, you started playing here in Con in the 2012/2013 season. How many of you who started with us back then remember the names of your first coaches or remember training on the front corner of the main pitch?

If there is one message I would like to leave you with, it is this: please, please continue to play rugby and continue to enjoy this great sport. The benefits of playing are obvious and well understood: improving physical health, strengthening of character, learning how to both win and lose with dignity, understanding the need to show respect to opponents and referees and building friendships that will endure for life.

So now my questions to you are:

- ◇ Are you going to be one of the guys who re-joins his U13 teammates and together wins the Fraser McMullen All-Ireland U20 trophy with Con in the 2024/25 season?
- ◇ Are you one of the guys who will go the whole way and make a career out of rugby?
- ◇ Will you play senior for Con and win a Bateman Cup or All Ireland League?
- ◇ Will you play for Munster? Ireland? The Lions?

The only thing I can say with complete certainty is that, as of today, nobody knows who those guys will be. NOBODY. Ask Peter O'Mahony, ask Simon Zebo, ask Doug Howlett, ask ROG, ask Fred Casey ... It's not the most talented that make it; it's the ones with the greatest perseverance. So if you are ever in a situation over the next few years where you are contemplating giving up rugby ... DON'T.

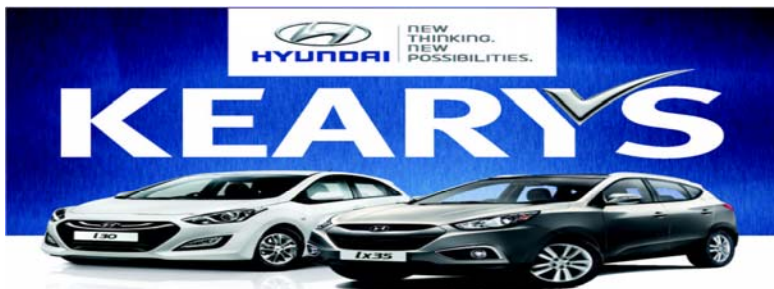
Put in another week, another training session, another season. Because you could be the guy who wears the Lions jersey on behalf of this year's U-13 squad!

Finally a huge thank you, to the U13 coaches and to all the juvenile coaches, from everyone in the club, for your time and effort given to coaching the children throughout this season and past number of seasons and hope you will continue to stay involved with Cork Con into the future.

Enjoy your rugby..... and hopefully we will see you all soon.

Finbarr Jeffers

Director of Juvenile Rugby



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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!

Call Der O'Riordan on 085-1049920 or email: info@corkcon.ie to discuss your requirements and arrange to see the facilities.

Pitchside Hoardings

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



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

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