



Dear Members and Friends

I hope this Ezine finds you well and safe in these deeply concerning times.

Firstly, I would like to thank all of the Club's members working on the frontline who are doing exceptional work for us all, your efforts are very much appreciated.

In normal times, we all would be talking about the great game last Saturday between Constitution and Garryowen and even possibly the fantastic achievement of our senior team going through the regular season unbeaten. Or indeed our U13's returning home from Lisbon as European Champions for the second time. Regrettably, however that is not the case, instead we are in the middle of an extended shut down and some of our members are cooing.

For many of us, Cork Constitution is the focal point of our social and sporting life. Proof of this can be seen at matches in Temple Hill where I often see three generations of one family enjoying each other's company.

Although the season has ended prematurely, it still has been a fantastic sporting one for the club with three of our senior teams going unbeaten. For the next few weeks I hope to compile an Ezine highlighting the activities, achievement and possibly disappointments for the various sections in the Club. This week we kick off with Finbarr Jeffers's update on the Juvenile section and an article on our senior team written by Murray Kinsella of The42.ie who has kindly given me permission to include it in the Ezine.

It would be great if you would share your reflections on the season just over. All you have to do is email a few words with, if at all possible, a few photos to me at ccfcnews20@gmail.com.

I look forward to hearing from you and I hope everyone enjoys this Ezine.

Best wishes and stay safe.

Pat Twomey

Upcoming Events

Annual General Meeting

To be Advised

Dear fellow members,

I hope this latest edition of the club's Ezine finds you well. It is a tough time for all our members, young and old, and the sense of isolation is exacerbated by the lack of sporting activities. As Pat Twomey mentions, last Saturday should have seen us play the last AIL game in the regular season; we would now, no doubt, be looking forward to a semi-final, and a chance to put back-to-back titles together for Constitution. Alas, it won't happen now, But we can look back with pride on a successful season in the club, both on and off the field.

The senior squad had already secured a 30th Munster Senior Cup for the club as well as the Charity Cup, and were on an unprecedented run of 14 wins out of 14 games against all comers. The Juniors were in quarter final of the Munster Junior Cup, and hotly fancied to add a 20th Munster Junior Cup to the trophy room, having beaten last year's winners, Highfield along the way. The J2s went on a phenomenal run in the league, with 10-out-of-10 wins, all with bonus points. The U20s reached the final of the Donal Walsh trophy and were in the Quarter Final of the Fraser McMullen All Ireland competition. So a lot achieved, even if it was a curtailed season, and it deserves to be celebrated. We look forward to planning that in the coming months.

But this edition of the Ezine is specifically to celebrate the 2019/20 season of the Juvenile section of the club. Thanks and congratulations to the Director of Juvenile Rugby, Finbarr Jeffers, and all the coaches in the Juvenile section, on what was an enjoyable season, albeit a shorter one than we had hoped. While the season was curtailed, we still managed to get in several trips to Blitz events across the province; the U13s finished top of the U13 League with just one game to play; and the U9s visited Irish Independent Park to see the Ireland U20s, and cheered on a man-of-the-match performance by Con's own Jack Crowley in the Ireland 10 shirt.

Thanks to Pat Twomey and Finbarr for pulling together the material for this edition and we look forward to future editions featuring other sections of the club. I look forward to seeing all our underage players and coaches back in Temple Hill when conditions allow. Meanwhile, I hope you are all using the time at home to hone your skills in the back garden.

Keep safe and see you in the club soon,

Kevin Fielding President 2019-20

Cork Constitution FC

Juvenile Update

U7's

A big increase in U7 player and coach numbers this year. They had great games against Kinsale, Mallow, Kanturk and Bantry. A fantastic introduction to rugby for the players of the future and hope to see them all back next season.



U8's

The U8's showed great improvement this year and the players particularly loved the matches. A Christmas song in the back of Tadhg Buckley's car in February, on the way back from enjoying some great rugby in Muskerry, was the standout highlight of the year. A great cohort of new coaches saw the 8's skills and love for the game grow.

U9's

The U9's were very unlucky with away fixtures, with bad weather seeing almost all cancelled, with their big weekend with Terenure visiting Con also falling victim to the shortened season. Apart from a huge improvement in skills and numbers, their evening in Irish Independent Park watching Ireland v Wales U20's was their most memorable moment of the season. They are already looking forward to next season.

U10's

The U10's boys skills levels really improved this year and they had plenty of fixtures to show them off, both at home and away, with their furthest trip away to Charleville being their most enjoyable. The coaches had also put a huge amount of time and effort into planning and arranging a trip for the boys to travel Dublin to play Lansdowne and to then go on to watch Ireland take on Italy in the Aviva in the six nations, but unfortunately, as we know that game and trip, didn't go ahead – there's always next year lads!

U11's

The U11's are known as the 'blitz team', as they were involved in numerous blitz' last season as U10's, and 3 blitz' home and away this season, with Clonmel and Newcastle West being the clubs that the coaches and players have struck -up a great relationship with.

A big thank you to the parents who were fantastic in helping look after and feed the visiting teams. I'm confident this group they will continue to live up to their name as U12's next year!

U12's

Being an U12 means getting to grips with major rugby law changes such as, playing on a full size pitch, 8 man scrums and lineouts, conversions and 22 drop-outs to mention a few. But this years 12's learnt very quickly and relished the changes and challenges. It was hard for them to pick a highlight, but their victory over CBC away just pipped it in the end.

U13's

Where do we start and finish with this fantastic bunch of boys and coaches. They started the season planning for their tour to Lisbon and preparing for the pre and post-Christmas leagues. They topped the table of the pre-Christmas league unbeaten, which saw them entered into the top group of the post-Christmas league, playing 5 of the 6 games, winning 4 and losing 1 away to Bandon, where they sat top of the league with only 1 game to play. Unfortunately the boys never got to finish out the league as the season was shortened and their tour was cancelled due the Covid-19 pandemic. Hopefully they will be able to get away for a day trip before this bunch breaks up, with a lot of the boys going on to rugby playing secondary schools next year. Despite the disappointing end to their season they have had a great year with their highlights being, beating Kinsale away in a fantastic match where unfortunately the boys lost their teammate Harry to a season ending injury, beating Midleton away under lights was another great night.



But the top highlight has to be, playing what was to be their last game of the season under lights at home in Con on the main pitch where they saw off Crosshaven watched and cheered on by a big crowd from the side line. Suffice to say, the boys and coaches have had an amazing 7 years in the juvenile section of Cork Con, and I would like to take this opportunity to thank all the boys, parents, coaches and the club for their support, time and cooperation.

Finbarr Jeffers Director Juvenile Rugby

'They can look back with pride... their effort wasn't null and void'

THE REST OF the 2019/20 Irish domestic campaign has been cancelled, meaning Cork Con won't get a shot at securing the two trophies they were still eyeing up, but they can at least reflect on an unbeaten season.

With 14 wins from 14 games in Division 1A of the Energia All-Ireland league, the Cork club were 12 points clear at the peak of Irish amateur rugby and favourites to retain their title even if the play-offs are always tricky to navigate.

Brian Hickey's side were also due to face Lansdowne in the final of the Bateman Cup in April, having already won the Cork Charity Cup and Munster Senior Cup earlier this season.



"Whatever about the professional game, you can see how hard it would be for the amateur game with people's jobs and everything," said the Cork Con head coach. "Sport is probably the last thing that will return to normality, so it was understandable that way but it didn't ease the shock of it.

"It would have been nice to see if we could have maintained the unbeaten run. We'll never find out now but there are more important issues at stake."

Despite not having the chance to achieve Con's first-ever back-to-back AIL titles, Hickey underlines his hope that the club's players acknowledge what they achieved in 2019/20.

"I think they can look back with pride on it and I'm hoping that in time they will.

"The upsetting thing is that they have no tangible reward for it, they were hoping to retain the trophy and go back-to-back, but then there's no guarantee with play-offs and the standard of opposition.

"That's the shame of it. I think it's inevitable that we were going to lose at some stage but it would have taken a very good team to beat us the way we were playing this year."



Con won Division 1A of the AIL last season. Source: Laszlo Geczo/INPHO

Many clubs around Ireland will have financial challenges in the coming months, while Con are like everyone else in facing into a six-month stretch without any rugby at all – the hope being that the 2020/21 season can kick off in September as planned.

The clocks going back and bringing about brighter evenings will make the absence of training and gym sessions all the more keenly felt, with Hickey stressing just how much his players and others around the country put into the domestic game.

"The effort these guys put in as amateurs is incredible and that's the tough side of it. The other side is that you find out how much you miss it.

"When you look at the effort the players put in, to be told the season is null and void, that's a tough pill to swallow. Certainly, their effort wasn't null and void, as far as I'm concerned."

Whatever about the cancelled season, there is little doubt that Cork Con continue to go from strength to strength.

Formerly an assistant coach with Munster, Hickey is a long-time servant of Con and very modest in his assessment of what the Temple Hill club is getting right. He speaks of "a work ethic and culture that has been built up over years" and stresses that he's "lucky to have an exceptional group of 30 to 35 players."

He praises manager Kenny Murphy for being "the glue that has kept the club going for the last 10 or 12 years," while also highlighting the work of assistant coaches such as ex-Munster out-half Johnny Holland, Paul McCarthy, and Paul Barr in recent years.



“We try to challenge the players,” says Hickey. “We realised that we maybe needed to broaden our horizons on the attack front in the last couple of seasons, we said the skill levels and fitness levels would hopefully improve to play that kind of game. To a man, the players bought into that.”

Centre Niall Kenneally has been leading the 1st XV for four years now and Hickey says he’s “an outstanding captain, although I don’t want to build up his ego any more! He has been fantastic for us and he very much leads by example.”

With exciting players like Munster academy men Alex McHenry, Jonathan Wren, and Sean French featuring in what “has become a younger players’ league,” Hickey also praises more experienced men like former Munster halfbacks Duncan Williams and Gerry Hurley

“It’s been good for us to have Duncan but it’s also been important for Duncan to have Con because he’s at a stage where he could have given up but he has so much to offer.



“He brings on our younger players, mentoring the scrum-halves. I don’t know if he’d have ever seen himself going into coaching but this gives him an opportunity while still playing to do that.

“I think Gerry will be a coach and I would have said that when he was 19 or 20. When I was coaching with Munster, even back then when he was in the academy, he was a deep thinker on the game. I remember having very long chats with him about rugby.

“I find it hard to believe that he has been playing this length of time. He was our captain six or seven years ago too. The example people like himself give to the younger players, it matters.

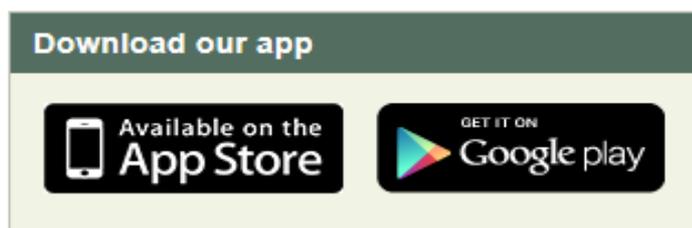
“He was always going to progress into coaching but I hope there’s more rugby left in himself and Duncan as well.”

The article written by Murray Kinsella was first published in The42.ie on the 30 March 2020. The42.ie has kindly given permission for the article to be included in this Ezine.



TheJournal.ie is an internet publication in Ireland. The website was founded in early 2010 and is owned by Distilled Media TheJournal.ie produces 70 original pieces of content per day. The website is divided into three components: TheJournal.ie itself for Irish and international news and opinion; FORA for business news; The42 for sports news.

In April 2019, The42.ie was named Sports Media Outlet of the Year at the Irish Sport Federation awards.



Top 5 pitfalls to avoid when working from home

1. LAPTOPS AND COUCHES:

Convenience does not always mean best practice. The couch is not a suitable work area and don't sacrifice short term comfort for long term issues. This should be avoided at all costs.

2. NON-ADJUSTABLE EQUIPMENT:

Equipment with the greatest adjustability allows for the greatest chance of finding a comfortable position. In the short term, use what you have available to raise your screen (make sure it is safe and stable) and use an external keyboard and mouse to help you to position your screen at the best possible height.

3. CONFINED SPACES:

Avoid putting your desk in small or overcrowded spaces. It needs its own area and the proper amount of freedom in which to work. Set up a designated area for the time you are working at home, try to prioritise this and put in the time to setting it up as close to ideal as possible. Try not to let your work area be disturbed and constantly moved around. This only leads to bad habits and the feeling of "I just need to get this done" and then sacrificing your ideal positioning.

4. POOR LIGHT OR POOR AIR:

Makes sure the area is well lit and ventilated. This can affect concentration, the eyes and overall health. Fresh air and natural light can help to boost productivity and concentration. Find a space that works for you and set it up and keep it.

5. REDUCTION IN BREAK TIMES:

The time you "gain" by skipping breaks is lost in your energy levels. Be disciplined and take scheduled, regular break times. When "working out" in the gym you would never skip your rest periods in between sets of weights, your workstation works the same. Break times are an essential part of your productivity and work day.

Productivity can be affected in many ways. If your positioning is not correct, it has an adverse effect on your energy levels, concentration and potentially long term health. We hope these tips help you make the most out of your home working.



By Kind Permission of Mark O'Sullivan