



Cork Constitution F.C. Ezine

KEARYS



Message from the President

On behalf of all Cork Constitution members, I am delighted to extend a very warm welcome to Old Crescent R.F.C., their President Paul Donnellan, committee and their supporters for Saturday's Energia Community Series game.

The development of club rugby is something that is very important for the future of Irish rugby and I would like to take this opportunity to thank the Club's main sponsors Keary's Hyundai together with our other sponsors for their continued support, it's very much appreciated.

On that note, I strongly urge all members to support all of our Sponsors who contribute generously of their time and financial support. A word of thanks also to Energia for their sponsorship of the Community Series and All-Ireland League.

Cork Constitution has always been a family club and I would like to extend a warm welcome to one and all who visit Temple Hill over the course of the season. I sincerely hope you have an enjoyable experience.

Donal Lenihan President Cork constitution FC.

Energia Community Series

Munster Conference I:

Cork Constitution F.C. V Old Crescent R.F.C.

Saturday 26th September 2020 2.30 PM

On Saturday, Cork Constitution face Old Crescent in the first round of the Energia Community Series.

The Energia Community Series is a standalone competition that will pit AIL teams from within the same province against each other in league format. The community series will be followed by the All Ireland League in January 2021.

The structure of Season 2020-21 for Senior clubs looks like this:-

Energia All-Ireland League 2020/2021 Season Outline:



Commenting on the Energia Community Series Greg Barrett Chair of the IRFU's Rugby Committee, stated.

“Our national competitions have a regional focus in Stage I of the season and that brings with it unique opportunities and classic derbies,” he said.

“Where clubs will meet again in the Energia All-Ireland League in 2021, the fixture has been reversed so we can expect a lot of clubs looking forward to returning the favour in terms of both hospitality and friendly rivalry from January onwards.”

The other teams Cork Constitution will face in Munster Conference I are Highfield, U.C.C., Cashel, Garryowen, Young Munster and Shannon.

Saturday's game will operate under the IRFU Recommendations To Clubs.

There are a limited number of slots available for spectators at Saturday's match against Old Crescent. Prior booking is required due to Covid regulations. If you wish to attend please text Conor Clune on 0872366257 by Friday evening. The slots will be assigned on a first come first served basis.

Please read our COVID Guidelines on Page 2 of the Ezine.

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COVID 19 Information

The information below provides members and spectators with information on the facilities, procedures and behaviours that will ensure safe return of limited spectators to Cork Constitution during the COVID-19 outbreak

The Venue

The Venue has been subject to a risk assessment prior to an organised sporting event or fixture being held. The social distancing requirement to be applied for now is 2 meters. A crowd management plan is in place, incorporating the controlled entry and exit of spectators (including staggering entry times), and one-way systems inside the venue to maintain social distancing, minimise the risk of crowd congestion, and ensure that maximum number of spectators is 100.

Due to Covid restrictions team sheets will not be available on Match Days until further notice.



Additional hygiene provision, such as hand washing and sanitiser stations is in place and well stocked, particularly at entry and exit points to venues and other key points.

Screens or barriers are used to separate people from each other when social distancing cannot be maintained particularly at catering and retail outlets.

Signage and floor markings are in place both inside and outside to enforce social distancing, and provide information on seating plans, one-way systems and queuing requirements.



Keep your distance!

There is a Covid isolation room to take care of spectator medical requirements should such be necessary.

Spectator Behaviour/Information

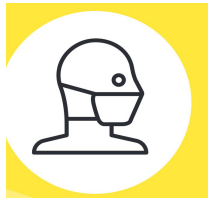
Event organisers will provide spectators with information on the arrangements in place to minimise the risk of COVID-19, including any modifications to the venue.



Spectators must be aware of the new code of behaviour obliging them to take full responsibility for themselves and others by not attending if they have any symptoms or have potentially been exposed to someone with COVID-19.

Spectators are encouraged to travel as a family unit, avoid car sharing with those outside their family, be supported with alternative options to using public transport, e.g. through the provision of information on parking facilities, cycle and walking routes.

Spectators entering clubhouse will be requested to sign in and provide a contact number.



Spectators will wear masks in indoor areas i.e. toilets, bars, and in outdoor areas where congestion is likely to develop at certain times. Masks may be removed when seated in bar area but must always be worn when moving about.

Strictly no moving between tables. Members must remain at their table for the duration of their stay in the bar area. No service at the bar counter. Table service only. Members are asked to be patient as service will be slower due to COVID restrictions.

Stay safe. Protect each other.

Cork Constitution COVID-19 Committee

Dennehy Cup Final.



The Minors are in the Final of the Dennehy Cup **this Friday 25th September at 7:30pm in Highfield.**

The opponents on this occasion are Mallow RFC.

This competition has been played for since the early 70s when the Dennehy family presented a magnificent trophy to be competed for by the 3rd team from Senior Clubs or the 2nd team from Junior Clubs. The idea was to give players competition early in the season and introduce schools players to the adult section of their Clubs.

The Dennehy Cup is a much loved competition for Cork Constitution and we have been the most successful participants to date. The last occasion we won the Dennehy Cup was two seasons ago and last year Highfield won their own competition.

The Minors have been training diligently even through these strange Covid 19 times. The players are looking forward to a tough match against Mallow RFC, and hopefully achieve victory.

I would like to wish Eoin Derham (Captain) & Players, James Kiernan (Coach) & his Backroom Team all the very best of luck in Friday nights challenge, and enjoy it.

Der O Riordan.

Minor Team PRO

Unpaid Subscriptions



I fully appreciate how these times have been challenging for us all. Members have been affected personally and in business, we are all having a very different 2020 than originally planned.

It is very important that now, more than ever, that we continue to collect our subscriptions to assist in the running of **YOUR** clubs activities.

Therefore I would be much obliged if all members who have not paid their subscription for the 2020/2021 season, log onto the clubs website and click on the Clubforce link to pay their subscription or forward their subscription to Fiona in the office at their earliest convenience.

Dave Cagney Membership Secretary

Club Shop

The club shop will open on Saturday 26 September 2020



Club Shop 2020/2021
Normal shopping procedures such as wearing of masks, washing of hands and social distancing apply



Club Gear

Operating revisions due to Covid 19 restrictions

Opening Hours Saturday
10.30am - 11.30pm

Gear can be ordered by email to info@corkcon.ie
Orders can be collected on the following Saturday

Credit / Debit card payments only accepted

Due to Covid Regulations entry to the club house is very restricted on Saturday mornings please order online by emailing corkcon.ie and collect your order on Saturday between 10 - 11:30am.

Shop Items	Price List	2020/2021
Jersey	7-8, 9-10 & 10-11	42.5
	13	52.5
	Small & Medium	56
Half Zip Tops	7-8, 9-10 & 10-11	38
	13	48
	Small & Medium	52
Body Warmers	7-8, 9-10 & 10-11	25
Playing Shorts	7-8, 9-10 & 10-11	24
	13, Small & Medium	29
Playing Socks	2-4	8
	4-7, 7-9 & 9-12	10
Gum Shields	Junior	6
Gear Bags	Large	38
Beani Hats		15
Training Gear - Old style	Limited stock	
Shorts	10-11	15
	13-14	15
Socks	Various sizes	5

If you have any news item, event details or article you would like published in the Cork Constitution Ezine please forward to [Pat Twomey](mailto:Pat.Twomey@pat.twomey@mail.com) at pat.twomey@mail.com

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



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 **Brian Fitzgerald, Finbarr Jeffers or Pat Twomey**

Lean with Lesley is Back !



LeanWithLesley
Classes
Available
NOW !!

The LWL Classes are a 45 minute Full Body Workout.

Location: Cork Con Football Club, Temple Hill, Cork.

LWL workouts are fun and you will feel fitter and stronger and that's exactly what it's all about, feeling fit, strong and confident, no matter what your fitness level.

For more details go to www.leanwithlesley.com/