



**August Events:**

- **Training recommences 3 August . Tuesday & Thursday Nights.**
- **Under 17 & 19 training recommences Monday 9 Aug**
- **Club Painting Night Wednesday 11 August 2010 18.30 Hrs**
- **Juvenile Training Sat 4 September**

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August 2010      Volume 1, Issue 2

# The Cork Constitution

## CLUB CLOSED FOR SUMMER

Some one forgot to put the sign out after the family fun day because the Club was jam packed with activities throughout June and July. From relaying the main pitch , GAA Matches , Summer Camp to Tag Rugby the action was non stop. In this issue of The Cork Constitution we bring you the stories behind the scenes.

### Presidents Message



I would like to thank you , the members of Cork Constitution , for giving me the opportunity of being President of this great football club of ours for the coming season.

To all our sponsors and those who support us through advertising and all other means, we are really grateful for without your help we would be unable to run our club.

When I spoke at the AGM I advised the membership on three areas I will be working on over the coming year.

#### Participation Ethos

This involves continuing the implementation of our new structures, with the aim of streamlining the workings of the club with openness and transparency.

#### Active Membership

There are always things to be done, during the year I will be asking members to be active in the club and return to the volunteer spirit which our founding fathers relied on to build a club we can all enjoy and be proud of.

### Welcoming Spirit

It is incumbent on all members to welcome new members and guests to Cork Constitution.

The ball has now been passed to Committee and I feel the implementation of these three goals will leave our club in a much stronger place for the generations to come.

I believe that the more members put into the club, the gains on a social and a personal level are far greater and I would encourage all members to get involved. It takes team work to run the Club and always bear in mind there is no "I " in "Team"

I would like to wish all the Players, Coaches and Management of all teams from our Under Six Squad up to our Senior Squad the very best in the coming season and remember as I said at the AGM "Rugby Football is all about making friends".

May I wish a very warm welcome both on and off the pitch to all who visit Cork Constitution this season, may you have an enjoyable experience.

Der O'Riordan

## Summer Camp 2010

The 2<sup>nd</sup> Annual Cork Con Summer Camp again proved to be an unqualified success with participating numbers well up on last year for both weeks.



A real sense of enjoyment was palatable from all the youngsters who participated. Indeed a good number who took part flew in from around the world to be part of a fun filled , action packed week of rugby and games.

The summer camp catered for campers up to the age of 13 years , with some as young as 5 years , one of the two being the cub of Peter Bear. Another good prop in the making !!!



The ethos of the camp was based on the campers having fun in an environment that was both safe and enjoyable. To facilitate this a team of coaches , led by the ever youthful Fred Casey capably put the campers through a series of drills and mini games. Indeed three members of our Senior Squad :- Ritchie Lane , Alex Ryan and Tim Kenneally were on hand to lend their considerable experience and skills to the proceedings.

Camp activities varied according to age and experience of the campers. Drills to improve skill levels on an individual and team basis were coached to the campers on a daily basis. Other fun activities included tug of war ( The coaches lost every time !!! ) tag Rugby , obstacle courses , dodge ball , rugby tennis , bull dog and rugby rounder's to mention a few.

We were fortunate to have a number of our present and past stars visit the camp over the two weeks . Ronan O'Gara , Peter Stringer , who both played in Fred's under 12 team which won the European Championship , Mick O'Driscoll , and two other former Conets Billy Holland and Simon Zebo were enthusiastically welcomed by the campers.



A big word of thanks to Fiona Burke , whose fashion sense came to the fore when picking out the camp gear, and to Frank Doyle for their energy and help in putting it all together.

Other photos will soon be available on the website.

**Roll on 2011.**

**Kevin Flanagan.**

## Evan Ryan Captain Fantastic

After leading his team to an unprecedented All Ireland League and Cup double. Evan Ryan is leaving the club to further his business career. Just before the league final in Athlone Evan had joined A & L Goodbody as a trainee solicitor based in Dublin. He knew that the league final was to be his last game for Con , for a few years at least, and was determined to lead his side to victory. Bringing the All Ireland League trophy down the ramp in Con , with his team mates , was a special moment which he will always cherish.



He is now living in the new D4 , Howth Road in Clontarf , which is only five minutes from the office. As he knew a fair number of the Clontarf players from the Irish Club International side he recently joined Clontarf and is back in training. He is enjoying his rugby but misses the craic in Con.

Unfortunately unless Con and Tarf both win their Senior Cups and qualify for the All Ireland Cup it is unlikely that we will be welcoming Evan back as a player to Templehill this season. However he has promised to drop in whenever he is in Cork as he is convinced there is still a few bob left on his Club Card.

Evan's only failure last season was losing the Players V Team Management Golf Challenge and he is determined to make up for this next year. However even at this early stage there is a strong possibility that Evan will not meet the qualifying criteria and will be relying on a Captain's pick to take part.

He will always be welcome back in the Club and we hope that he returns some time in the future to end his playing career with us and eventually join Wally in the alickadoo's lounge in our new clubhouse.

## Lull before the Storm

Carla & her helpers relaxing before the rush for burgers . A special thanks to all who helped out at the burger stand during the Tag rugby



## Con Under 11's make history

Our under 11 team on the 24th April last had the honour of representing the club in a half time fixture with UL Bohs at the Munster v. Ospreys Mangers League fixture. The team also made club history as they were the first team from Con to play in the new Thomand Park

Selecting 12 players from our 84 players was an extremely difficult task for our coaches and the 12 that fronted up for all their team mates were Adam O'Connor, Ben Roche, Daniel O'Connor, David Good, David Harrington, David Hyland, David Murray, Eoin Monahan, Jack O' Riordan, Joe Duggan, Peter Humphries and Max Walsh.



Gerry O' Leary also travelled but was unable to play on account of a broken arm. Niall Murray and Tony O' Connor were the two coaches from our eight coaches at this grade.

We used the Munster A dressing room who captained by Peter O' Mahony defeated Ulster in the opening match that evening.

Before our game we watched Munster play the Ospreys. During the first half Ronan O'Gara kicked Munster into the lead then shaved the outside of the right upright with his second effort and was again off the target with his third effort. Dan Biggar kicked two penalties for Ospreys giving his side a marginal lead going in at the break, 6-3 to Ospreys at halftime.

Our lads then took to the pitch, Con took tip off and due to great defence from UL Bohs they kept us at bay. When the ball went to UL Bohs our lads defence was unbelievable and the remainder of the game was a game of incredible defending for under 11's by both teams who revelled in playing under lights in front of the large and appreciative crowd. When the final whistle blew there was no score which was a fitting result.



After our match both teams spent time together in the stand and watched the second half of the Munster game. The boot of Biggar continued to drive Ospreys ahead as he kicked a further 3 penalties. Munster responded with an O'Gara penalty and a try on the 70th minute, but missed opportunities were to the detriment of Munster and in the end they had to contend with a losing bonus point, Munster 11 Ospreys 15.

We made our way back to Cork in cars stopping off in fast food restaurants of choice. It was a great day with lots of memories of the first time to play in the new Thomond, "the first of many" as declared by David Good, with that type of attitude in our young players, our future is in safe hands.

Both teams are looking forward to a home and away during the coming season.

**Tony O'Connor**

## TAG Rugby

Tag Rugby played centre stage once again this summer in Cork Con. For nine weeks, between May and July, around 500 people walked through the gates every Wednesday and Thursday evening. The weather for the duration of the nine weeks could not have been better with only two or three days of rain.

The format of the tag was as follows; teams were broken up into a B League, a C1 League and a C2 League depending on the team's level and if they had played before. Every team in the league played each other once until semi finals week in week 8. Fantastic rugby was seen in all three leagues, both nights, with plenty of tries scored and many tags....tagged! Matches continued well into the night with the floodlights being used on a number of occasions. After the tag matches social events took place in the Bar with Disco's and Table Quiz's to the fore. The teams quickly learnt to listen to the answers thrown out by the Con members who were present in the bar.

Finals week took place mid July with trophies and medals up for grabs. On the Wednesday night, the overall winners of the B League were "d'Beers", the winners of the C1 League were "Spider Pigs" and the winners of the C2 League were "High Class Hookers". On the Thursday night, the overall winners of the B League were "Dirty Rotten Taggers", the winners of the C1 League were "Lightening Bolts" and the winners of the C2 League were "Scrumdogs".

I would like to thank all the members and staff at Cork Con who made the Tag Rugby possible, the bar staff, the BBQ helpers and of course Jimmy and Mick who kept the pitches in good condition. I'd also like to thank my pitch coordinator Olan Murray.

We look forward to being back in Templehill in 2011

**Dave Hayes**

**(Venue Manager - Tag Rugby 2010)**

## “Hey, Get off the pitch!”

This shout that may be all too familiar to a few members of the club. Perhaps if you knew what went into the surface in the off season this shout might be appreciated?

After months of intensive planning work on refurbishing the main pitch got under way on the Monday immediately after the family day and by that night the pitch was no more.

As dawn broke top lining the surface commenced, this entailed removing the top of the existing sod. This was done to remove any disease or rough grass the intention being to leave at least half the original sod, to add strength and bulk to the surface prior to seeding.



The next stage was to load the surface with 90 tons of course grained sand specially brought in from Rosslare which was spiked into the surface to a depth of 5 inch.



Following this the surface was slit and opened out to a depth of 6 to 8 inch this with 4 inch spacing. This was to aid drainage. The surface was then levelled and the seeding took place. This year a new machine was used to seed the pitch it deep seeded the surface this meant that the seed was laid in tightly packed lines or drills.

### Tough Start for Con

The AIL fixtures for 2010/2011 were recently been announced and Con have got a tough start with only one of our first four fixtures at home in Templehill. .More in next months issue.

## Juvenile Section Notice

Juvenile training will recommence on Saturday Morning 4Th September.

We hope you enjoyed this issue of The Cork Constitution.

If you have any news item or article you would like published please forward to Pat Twomey at [PATT@Ireland.com](mailto:PATT@Ireland.com)

All contributions are more then welcome

By doing this the grass starts to grow at least 2 inch below the surface making the grass strong and less likely to cut up.



After looking at the pitch a few doubting Thomas's were heard to observe “ We're ruined this will never work “ They should have waited.

The final stage was water and lots of it over a period of 21 days the pitch was sprinkled one and a half times a day. Wait for the number 10,312 litres per hour or 5 million 197 thousand 5 hundred Litres in total.



**Mick and Der pass pitch for Tag Rugby**

The pitch was also fertilised 3 times during this time. The first cut was carried out after 4 weeks and Tag Rugby used the pitch after 5 weeks and our summer camp was on it in week 6 as planned.

This work was possible only with the help of a good team. Thanks to Bob O Keeffe with his team in Ashfield Sports and James Holmes.

Our job is done , its now up to our players to respect it, go on it and win.

**Mick Boland**

### Coming in next months issue

- 2011 Season preview.
- Club house update

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