



September Events:

- **Under -age training commences 4 Sept**
- **Cricket Match V Cork County Sept 4Th 6:00 PM at the Mardyke**
- **2010/11 Charity Cup second round Fri 10 September**
- **2010/11 Munster Senior Cup away to Nenagh Ormond on 25 September**

In this issue

Conettes Return	1
Cork Week 2010	1
Frank Cogan	2
Bishopstown GAA	3
Painting Night	3
Match Report	5
Innovation Award	5
Bar Opening Hours	5
Golf Society	5

September 2010 Volume 1, Issue 3

The Cork Constitution

Summer Round Up

Before the serious Rugby stuff commences we thought that in this issue of The Cork Constitution we would bring you the stories of what happened both inside Templehill and further afield during the long hot summer.

Conettes Return

With much anticipation and longing , scores of Conettes , past and present , are dusting off their boots , locating their kit and gearing themselves up for another season of rugby at Cork Constitution.

Under the tutelage of a multitude of coaches at all levels from under 7 right up to under 13 training will recommence for all on Saturday September 4th . Training times and age eligibility are listed below.

Training Times	U 7 & U8	9:30 to 10:30
	U 9	9:30 to 11:00.
	U 10 , 11 , 12 13	10:30 to 12:00

The Ethos of Cork Constitution is that all players would learn the basic individual skills and principles of attack and defence of the game of rugby in an environment that is both safe and enjoyable.

Training sessions will culminate in small sided games , where players will have the opportunity to express themselves and to develop as individuals , both physically and socially , on the field of play in a disciplined manner. Inter club games will also be provided for the different age groups with details to follow.

To the parents we hope that you will get involved and participate in the various club activities which will be held during the year , remember that Con is your club too.

In the youths structure all of the teams U14 to U 19 have resumed training over the past few weeks.

Age eligibility Categories for Season 2010 / 2011

Under	7	Born in	2004
"	8	Born in	2003
"	9	Born in	2002
"	10	Born in	2001
"	11	Born in	2000
"	12	Born in	1999
"	13	Born in	1998
"	14	Born in	1997
"	15	Born in	1996
"	16	Born in	1995
"	17	Born in	1994
"	18	Born in	1993
"	19	Born in	1992

Cork Week 2010

A flotilla of Ribs skippered by Frank O'Connor Brian Hickey and Ian O'Leary provided transport for some of the Con sailors who participated in Cork Week



Greg Barrett and Frank O'Connor wrestled the seas on Frank's RIB . John O'Mahony was heard giving advice to the yachts on how to sail from Brian's rib, as none of the sailors were using the Harbour the way our Brian would have liked.



Ian on the bigger Rib was flat on the water with Peter O'Leary Jerry Holland & Brian Humphries on board. The flotilla departed Monkstown pier at 1 o'clock and instead of steering towards Roches Point to see the racing headed straight to the Keys bar in Cobh as Jerry wanted to watch the British open. As you can imagine starters were had here by the many.

The land lovers departed Cobh around 6pm went looking for the BIG Boats and found them tied up in Crosshaven so they then joined the sailing lads and blended into the Ladies day brigade who were delighted to see the Cork Con Crew.

A great night had by all and so the tale was taken up by Dr Noel arriving there the following evening looking to see if Brian Hickey had left any Jaffa cakes after him, but had to settle for a gourmet sausage from O'Flynn's instead.



Congratulations to those members of Cork Con who did take part in the sailing activities during Cork Week , see you in two years time.

Frank O'Connor

Page 2

Frank Cogan



Frank Cogan has taken over from Evan Ryan as Captain for the new season , and so far feels up to the task of bettering Evan's achievements of last season. Frank went to school in Christians' where he won two Munster Senior Schools Cups . Frank did not want us to mention that he was Captain when Christians' lost to Rockwell , however Daragh Lyons who played on the winning Rockwell side insisted we put it in , no doubt egged on by the Pres boys on the team.

Frank was also Club Captain in 2006 and lead his team to victory in the AIB Cup final beating Mary's on a score line of 37:12 with man of the match Cronan Healy scoring four tries. Frank has enjoyed considerable success with Con winning two AIB League Finals , Two AIB Cup Finals , One Munster Senior Cup and Two Munster Junior Cup.

Although this list is impressive his father Frank holds the bragging rights in the Cogan household as during his playing career with Nemo Rangers he won four All-Ireland Senior Club Football Championship , four Munster Senior Club Football Championships , four Cork Senior Football Championships and with Cork one All Ireland Senior Football Championship (1973) and four Munster Senior Football Championships.

The knowledgeable spectators on the popular side feel that Frank played the best rugby of his career last season culminating in his man of the match award at the AIB league final after a typical all action display where he covered every blade of grass and was a key figure in Cons final push for victory.

Frank's representative honours includes Irish Collages , Ireland U21 and Club International.

The current edition can be downloaded or viewed on the Club's Website www.corkcon.ie

The E-Zine version is circulated by E-mail.

Please forward your e-mail address to corkcon@eircom.net if you would like a copy sent straight to your mailbox.

If you know anyone would like to keep up with the news from Templehill please forward a copy of the E-Zine to them.

Bishopstown Junior C's

With the aid of Cork Con players , the Bishopstown Junior Cs wrote themselves a place in the history books on 15 August last with a comprehensive victory over Gurrabraher in the city final.



Con players Frank Cogan , Evan Ryan , Martin Gately played in the final and Daragh Lyons was a member of the panel.

Word has it that the Bishopstown team manager Pat Cuthbert and his selectors are questioning the wisdom of playing Martin Gately at full forward as one point from five championship matches was a poor return really and that he may be playing in goals next season.

Don't 4get Da Brush

Mick Boland and James Holmes had spent the week scouring the paints shops of Cork for white emulsion in readiness to paint the terraces in Templehill. They had considered buying brushes as well but felt that Stephen Murphy may not approve of this extravagance and that they would adopt a BYO policy.



After studying the weather forecast using the latest I Phone App the fateful decision was made to sent out the text to tell everyone the paint job was on.

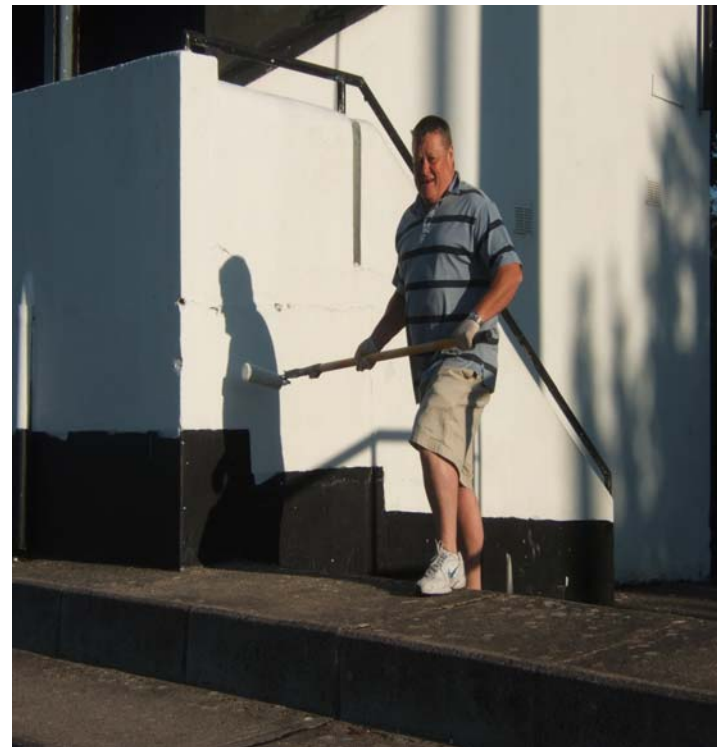


On a sunny Wednesday evening 23 members descended on Templehill brushes at the ready and ready for action. The volunteers were split into two teams , instructed to start at each end and go for it as there would be valuable prizes for the winning team presented by the President at a function in the Clubhouse after the job was completed. With that the race was on.



After Der declared the race a draw (the paint ran out) everyone retired to the Club house where Carla had the bodice ready with suitable refreshments , a great night ensued. Well done to all

Everybody is asking Mick Boland when the popular side will be painted , he does have plans but he is keeping these to himself.



Do you know??

The Rochestown Park 4 star hotel, formerly one of Irelands most important historical houses, has been meticulously restored and refurbished over the past 20 years to culminate into an international luxury hotel. One of the best located Cork hotels, Rochestown Park stands impressively adjacent to the south ring road within the prestigious village of Douglas, a mere 3km from Cork City Centre and Cork International Airport. This house hotel was build in the early 1900's as home for Sir Abraham Sutton, Lord Mayor of Cork, knighted by King Edward VII. Set amongst 11 acres of grounds the house continued to be a family residence until 1947 when it was passed to The Kiltegan Fathers and served as a seminary for some 200 Fathers bound for missionary work overseas.

The Rochestown Park Hotel Cork offers the ultimate in luxury accommodation, elegance and style.

Take the plunge in their 20 metre swimming pool and feel alive at The Thalassotherapy Centre or challenge yourself to the more strenuous workout in the state of the art gymnasium. Alternatively you could just slip into the Jacuzzi and let the strains of the day subside before enjoying a sumptuous meal in the restaurant.

Don't forget to use your Cork Constitution Club card to receive a discount off your bill.

“Cork Constitution FC 33 V 20 Dolphin !”

The club rugby season got underway at Temple Hill on Saturday when Cork Constitution retained the Cork Charity Cup with a clear-cut win over Dolphin. The game, a carry-over from last season, was played in splendid sunshine on the almost billiard-table surface of the newly-laid pitch at Temple Hill.

Both sides were short some regulars and took the opportunity to give first games to a number of players. Constitution had former UCC players Sean Scanlon and Brian Cagney; Aidan Foley (Dolphin) and Joe McSweeney (Waterpark), as well as club Under 20 payers Darragh Dunne, Rober Clune and Peter Kelleher in their line-up. A feature of the game was the new rolling-substitute experimental rule, whereby each team could exchange up to twelve players during the game.

Scores came in rapid succession throughout. Richard Lane opened his account with a second minute try and conversion. Play was held up for nine minutes, when Dolphin out half Cormac O'Flynn was injured and taken to hospital. Lane added a penalty after 16 minutes, before Kyle O'Dwyer went over for a try for Dolphin. Barry Keeshan added the points. Lane and Keeshan exchanged penalties, but Sean Scanlon scored a debut try to stretch Constitution's lead just before the break. Lane added the extra points to leave Constitution 20-10 ahead at half-time.

Richard Lane kicked his third penalty after 48 minutes and Frank Cogan got over for a try from a 5-metre scrum in the 56th minute. Keeshan had a penalty for Dolphin two minutes later, but Sean Scanlon got the best try of the game in the 63rd minute, when he finished off a move started by Robert Clune's incisive run down the right-hand touchline; Richard Lane carried on the move and placed Scanlon for the touchdown. Dolphin had the final score with a try by Chris Row converted by Keeshan to leave Constitution well in command at final whistle.

Innovation Award

This months innovation award goes to the Mick Boland who have introduced an electronic message board in the Bar to keep members up to date on Club activities.



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

Munster Branch President, Cyril Fitzgerald, was on hand to present the trophy to Cork Constitution captain, Frank Cogan, and medals to the team members.



Stan Waldron

New Bar Opening Hours

The bar opening hours for September have changed with the commencement of the Rugby Season.

Monday	20:00 to 22:00
Tuesday	20:00 to 22:00
Wednesday	20:00 to 23:30
Thursday	20:00 to 24:00
Friday	Match Times
Saturday	Coffee Morning 9:30 to 13:30 Match times 20:00 to 23:30
Sunday	Match Times

Please note that Match and Events Times are flexible.

GOLF SOCIETY

Colm Murphy's President Prize , will be held on Friday 17 September 2010 at 14:00 to 15:30 in Monkstown Golf Club. Timesheet available in the Club Bar.

Pitchside Hoardings

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

If you are interested in becoming a Hoarding Sponsor please contact Sean O'Riordan @ sorior@eircom.net 021 4361313 or Fiona Burke at corkcon@eircom.net