

| <b>First XV</b>           |                                       |
|---------------------------|---------------------------------------|
| Captain                   | Dave Hyland                           |
| Vice-Captain              | Jack Kelleher                         |
| Manager                   | Barry Howell                          |
| Head Coach                | Jonny Holland                         |
| Assistant Coaches         | Brian Scott, Billy Holland, Ger Burke |
|                           | Niall Kenneally                       |
| Strength and Conditioning | Pa Ryan                               |
| Physio                    | Joe Hogan                             |
| GPS/Performance           | Alex Collins                          |
| Gear Manager              | James Kiernan                         |
| Logistics Manager         | Andrew Scannell                       |
| Bag Man                   | Rob O'Leary                           |

| <b>Junior 1 XV</b> |   |
|--------------------|---|
| Coaches            | Senior Coaching Team,<br>Cathal O'Flaherty, Alex Ryan |
| Team Manager       | Peter O'Leary   |
| Team Secretary     | Max Kahn  |
| Physio             | Angela Heaton   |

| <b>Junior 2 XV</b> |  |
|--------------------|--|
| Manager            | Tommy McLaughlin                         |
| Coaches            | Eoin Quinlan, Ray O' Leary, Cormac Fuohy |
| Captain            | Robert Lyons                             |
|                    |  |

| <b>Under 20 XV</b> |   |
|--------------------|---|
|                    |   |
| Coaches            | Jerry Murray, Gerry Hurley, Ian Mitchell<br>& Dave Hurley |
| Manager            | Niall Murray  |
| Team Secretary     | Barry Jones   |
| Physio             | Angela Heaton   |