

# Update from the Sports Office

The **Sports Bursary Scheme** has gone from strength to strength. This year saw 105 bursaries presented to student athletes across 18 different sports. The presentation evening took place on the 30th of November with guest speaker Sue Ronan. Sue Ronan made her international debut against Sweden in 1988, she has gone on to manage the Irish U16, U18 and is currently Senior Women's Soccer Manager.

**Athletics Club** jumped straight into winter training. Resident coach and staff member Ian O'Sullivan is joined by Eamonn Flanagan (Events Coach) and Liam O'Reilly (Conditioning Coach). The club retained its U'23 County Title and came in 6th position in the Novice in Conna in October. The Road Relays in Maynooth took place in November with CIT sending 2 men's teams and a full women's team for the first time in a number of years.

The **Hockey & Golf** teams dived straight into competition with both Varsities taking place in October. The golfers faced tough competition in Tramore drawing NUI Maynooth, UCD, and UCC in their pool. None the less, first year student, John Hickey, finished in the top 10 overall. The Hockey Club travelled to Galway with a strong Men's and Ladies Squad. The Men's team won the Mauritius Plate after a titanic battle against Trinity College Dublin. The women's team drew a tough pool with UL, UCD, and UL. They came close to taking UCC scoring 1 goal to their 3.



(L-R) John Hobbs, Roger Gray, Harry Flemming and Alastair Smith.

**Congratulations** to CIT's very own Clíodhna Sargent who has just returned from Argentina with the Irish Women's Hockey Team. Clíodhna received an early Christmas present when she reached a milestone in December against India earning her 100th Irish Cap.

**The Pool Club** signed up large numbers this year and subsequently entered 3 teams in the HESPC League. A training workshop was organised in CIT by the club on the 23rd November when the club enlisted the advice and expertise of PJ Nolan (Republic of Ireland National Snooker Coach & Director of Coaching in Ireland). Next up for the club is the Pool Intervarsities taking place in Dundalk the 3rd, 4th and 5th February.

**The Canoe Club** is taking part in the newly formed Irish University Polo League drawing UCC and NUIG in its pool. The league is aimed at developing college level polo. The club trains every Tuesday in Leisureworld and also uses weekend for river trips. Up next semester is the Intervarsities.

**The Rowing Club** travelled to Trinity to compete in the Rowing Ireland Indoor Championships in November. The Fresher's teams returned victorious in the 2000m relay event coming in 1st and 2nd place for the Institute. Next up for the club is St. Michael's Head of the River on the 28th January.

**The Mountainbiking Club** organised two outings to the Ballyhouras in Ardpatrick in semester 1. The club utilised the loops which range from moderate to demanding a perfect

course to introduce beginners to the sport. Next up for the club is the annual rag week trek up Croagh Patrick!

**The Ladies Volleyball** team displayed a fantastic win at the Intervarsities in November hosted by NUIG. The team won the Plate Competition, a remarkable achievement given the high standard at college level.



Ladies Volleyball team

**The Skydiving Club** organised its first CIT based training session in November. James from Skydive Ireland spent a day at the Institute training students for their first tandem dive. Unfortunately, the bad weather meant the club will have to wait until semester 2 for their first outing.

**The Subaqua Club** based in NMCI has been busy training up new recruits in preparation for shore dives next semester. To date, the club has been training every Monday evening doing snorkel pool work.

**The Mixed Martial Arts Club** is proving as popular as last year with high numbers of beginners joining the club. Training takes place twice weekly with instruction from MMA Clinic Coaches across the various disciplines.

**The Men's & Ladies Basketball** teams jumped straight into the Irish Colleges Basketball League. Both teams are currently undefeated and will be hoping for a place in the League Finals in the National Basketball Arena in March. Coaches Daniel O'Mahony and Mary Lyall will ultimately be looking to the Varsities in April.

**The Motorsport Club** are currently lying in 2nd position behind DCU on the leader's board in the CUSAI Karting League. CIT's Kevin O'Connell and Alan Farralley are currently in 4th and 5th position in the Individual Leaders Table.

**The Sailing Club** returned from the Student Yachting World Cup with an outstanding 3rd Place finish in what can only be described as an incredible feat given equipment setbacks. The club put in a tremendous performance to come in behind Euromed Arthur Lloyd France and Solent University, England.



# RUGBY AND HURLING TEAMS TRAIN IN CIT

## CIT HOSTS MUNSTER SQUAD AT ELITE GYM

CIT has signed a licensing agreement with Munster Rugby which will see the Cork based members of the professional Munster squad and Academy headquartered at CIT's Elite Gym on its Bishopstown Campus. The four-year agreement will see the Munster squad utilising the sports and ancillary services at CIT. Squad members and Coaching Staff will be based at the Elite Gym which includes a 625sq metre gym area along with video analysis rooms, squad meeting rooms, physio treatment rooms, dressing rooms, offices, and recreation area. Squad sessions will be held on a dedicated training pitch as well as the use of all CIT's sporting facilities such as the athletics track.

Part of the cooperation agreement between CIT and Munster Rugby will also see academic development and research into training equipment, as well as strength and conditioning on the Sports Engineering side. The Institute will also cooperate with Munster staff and players facilitating enrolment in CIT and further learning.



Dr Barry O'Connor, Registrar and Vice President for Academic Affairs, said that he was delighted that CIT and Munster Rugby had created this linkage. "The growth and success of Munster over the past number of years has been one of Ireland's greatest achievements and so we are very pleased that the Cork based squad members and staff will be utilising the world class facilities we have here at CIT. All of our sporting facilities are located here on the Bishopstown campus which is fantastic for our staff and students. We are confident that this agreement will be beneficial to both sides in terms of making a contribution to the success of Munster and in helping CIT continue to attract the best students from around the country. Munster squad members will also be able to benefit from CIT's business/enterprise focussed programmes combined with accessible and flexible delivery mechanisms."

Tony McGahan, Director of Rugby, said, "Munster Rugby is very pleased to be associated with CIT. The quality of the facilities at the campus consolidates both the professional and academy operations in Cork and will, I know, show benefit over time in the quality of player development. We are also enthused with the possibilities for cooperation in research projects and the academic opportunities made available."

The Elite Gym is fully kitted out for the purpose of Team and Athlete Training in Strength and Conditioning and is available for CIT Sports Clubs and CIT Sports Bursary Recipients. CIT is also the annual venue for the international Cork City Sports.

## CIT Signs Agreement to Host Cork Senior Hurling Team

The agreement will see the Cork players utilising the sports and ancillary services at CIT for their training and development. The facilities at CIT include a 1,200 seat fully covered stadium and a synthetic international-standard athletics 8 Lane Track.

Dr Barry O'Connor, CIT Registrar and Vice President for Academic Affairs, said: "CIT welcomes the decision of Jimmy Barry Murphy and his management team to avail of the Institute's resources as Cork prepare for the forthcoming National League and Munster and All-Ireland Championships. As well as being an acknowledgement of the Institute's first class facilities and sporting environment, it also allows CIT to continue to play a part in Cork's tradition as the most successful sporting county in the country.

Over the years, CIT has helped shape the sporting careers of former Institute hurlers such as John Gardiner, Brian Corcoran and Donal Óg Cusack, to name but a few. CIT's roll of honour was added to again last year when no less than four former students, wearing the Black & Amber of Kilkenny, won Senior Hurling All Ireland medals, including the two Fennelly brothers from Ballyhale Shamrocks, Colin and Michael, Jackie Tyrrell and Aidan Fogarty. We wish the panel the best of luck as they



Lorcan McLoughlin and Michael O'Sullivan training at CIT.

set out on the long road to the Liam McCarthy Cup." Jimmy Barry Murphy, Manager of the Cork Senior Team, said, "We are very pleased to be associated with CIT and to be based there for training. It has everything we need in terms of facilities and it is a vibrant centre for sport with the Munster Rugby Squad also being headquartered there. That kind of interaction between elite athletes can only be good. A number of our players are students or graduates of CIT so they are already familiar with how good the facilities are in CIT." The quality of the facilities at the campus consolidates both the professional & academy operations in Cork and will, I know, show benefit over time in the quality of player development. We are also enthused with the possibilities for cooperation in research projects and the academic opportunities made available."

CIT has a long and successful tradition of helping to produce some of Ireland's finest sporting talent. This is a tradition it seeks to strengthen, and progress, by significantly supporting the Elite Student Athlete and High Performance Teams. The CIT Sports Bursary & Munster Council Scheme has been in place in CIT since 1996 and is awarded to students across a wide section of sports.

# Sue Ronan presents the Sport Bursaries

The Sports Bursary Evening took place on 30th November at the Oriel House Hotel, Ballincollig. The event saw 105 student athletes across 18 different sports presented with a prestigious sports bursary. The guest speaker, Republic of Ireland Ladies Soccer Manager, Sue Ronan performed the presentations along with sharing her sporting experiences as both an international soccer player and manager.

The Institute allocates sports bursaries annually to students who display a high level of achievement, commitment and dedication in their chosen sport. The standard and competition for bursaries is exceptionally high with many recipients boasting All Ireland titles, Provincial honours, M.V.P's, World titles and International caps. The bursary scheme is designed to help students reach their full potential both in their sport and also in their academic careers.

In total 105 bursaries were awarded: 77 CIT bursaries, 11 Munster Council GAA Bursaries, a Cadbury's GAA Bursary, and an EMC GAA Bursary. A welcome addition of 12 Munster Rugby/CIT Rugby Bursaries were also presented on the evening to highlight the commitment of Munster Rugby to the Institute which is now home to the Cork based Munster Rugby players. Two Cork City Bursaries and 1 John Herlihy Foundation Bursary for Soccer were presented for the first time.

Following on from CIT's success at the Intervarsities for the 2nd year running, a remarkable 5 bursaries were presented for Hockey. Andrew Daunt, David Smith and Roger Gray will receive bursaries along with fellow club members and Irish players Yvonne O'Byrne and Cliodhna Sargent. The addition of an 1100 seated Athletics Stadium to the Institute has certainly promoted a prominent athletics club. Among the athletes who were recognised was sprinter Cathal Owens and pole vaulter Thomas Houlihan who have both competed in the European Youth Olympics. Sinéad O'Connor also received a Bursary, she is the current holder of the U19 National title for triple jump.

Among the bursaries allocated for soccer was Emma Farmer who played in the U19 UEFA Championships with Ireland, Orla Barry who is currently playing on the Cork Women's team competing in the FAI Women's National League and Cian O'Connor who won the treble with Cork City Youths in 2011. On the rugby front, Richard Moran and Cian O'Donnell are both Munster Schools Senior Cup winners with Rockwell and were both selected on Munster underage teams. Superleague basketball players Ciarán O'Sullivan and Mark Mitchell were recognised on the night, both of whom have played at U18 level for Ireland at the European Basketball Championships and currently play with Neptune basketball club.

Others recognised on the night were Naomi Coonghe who is the current best overall junior Tae Kwon Do female in Europe; Paidí O'Brien for cycling who is a former professional cyclist for the Sean Kelly An Post Team; and Cork Golf Club members John Hickey and Mark Lehane and Cobh Golfer Ross O'Sullivan. A first for the Institute is a bursary for Motorcross which was presented to Aaron Beausang, who came in 2nd position in Southern Centre U21 Championship 2010. Munster U21 Number 1 ranked table tennis player Ian Brown was also awarded.

The standard for rowing and sailing continues to grow with recipients including Gillian Hosford (Irish Championship Winner Women's Senior Quad) and Lisa Dilleen (4th Place finish in the Women's Double at the Junior World Championships). After a commendable 3rd place podium finish at the Student Yachting World Cup, CIT also presented to Denis Good & Dermot Coughlan for Sailing.

On the GAA front, Cork Hurlers Stephen McDonnell and Lorcan McLoughlin along with Kerry U21 Football captain Mark Griffin were recognised. Cork Camogie player Mariah Reidy, and Danielle O'Shea, Senior Club All Ireland Championship winner with Inch Rovers, were also awarded at the event.

It was a wonderful night with a huge array of sporting talent being recognised, a true reflection of the Institute's commitment to the development of sport amongst its student athletes.



James O'Driscoll (Athletics recipient); Guest Speaker; Sue Ronan, Miriam Deasy, Sports Officer; and John Collins (Athletics recipient).



Rowing recipients Gary O'Donovan, Gillian Hosford, and Shane O'Driscoll with Miriam Deasy, Sports Officer.



# GAA News ...

The Club has 15 teams entered into competition for the 2011/12 Academic Year, and a membership of over 450 students and a further 30+ staff.

In Semester 1 the Club played 78 games between all the teams; 52 of which were league/tournament games. Both Senior Men's team qualified for the National Division 1 Semi-Finals, however, both were beaten in the Hurling by UL, and Football by IT Carlow. All five fresher teams came out of their groups but none were able to take league honours this year, despite this the teams are pleased with their campaigns. The Intermediate Hurling and Football teams also had good league campaigns and both are through to the National Semi-Finals. In Camogie and Ladies Football interest is good and despite playing in a league division higher than their championship grading they held their own in the league.

**Alumni Involvement:** Pat Mulcahy who graduated in 2000 is now coaching the Fitzgibbon Team while Noel Barry (2002 Business Graduate) is training the Senior Footballers. Billy O'Connor (Business Studies 2009) and Vincent Manning (Business 2002) are coaching the Intermediate Football teams whilst Maurice O'Sullivan (Business Studies 2009) is a selector with the Fitzgibbon Team. Frank Flannery who is a graduate of Construction 2005 is again coaching the Fresher Hurlers and indeed is now coach to the 2011/12 Cork Minor Hurlers. Timmy Murphy Master Business Studies 2010 is coaching the Camogie Team while current PHD student Shona Cunningham is his able assistant.



3rd Year Recreation and Leisure Student Aidan Walsh was a member of the Irish team who had a comprehensive victory in the International Rules Series in Australia. Pictured here with Dr Barry O'Connor.



## Gym

The summer gym development works have been well received with the installation of air conditioning, new flooring and a glass partition adding to the positive environment the gym creates. Further minor works will take place in the New Year to upgrade the area with minimal disruption to gym users.

### Opening Hours

Mon-Fri 7.30am - 9.00pm and Sat 11.00am - 4.00pm  
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4th Year Construction Management student Colin Fennelly of Shamrocks Club won his first Senior All Ireland Hurling medal. He is a current CIT Sports Bursary Recipient and was a member of the 2011 Fitzgibbon Cup side that lost to eventual Champions UL in the Fitzgibbon Cup Semi-Final.

## Crossword solutions

The theme referred to in the special instructions is that all of the down solutions begin with a two-letter symbol for a chemical element.

**ACROSS** 7 Chemical 9 Symbol 10 Knot 11 Inquisitor 12 Listen 14 In a party 15 Element 17 Reverse 20 Obstacle 22 Patron 23 Institutes 24 Albs 25 Renown 26 Energise  
**DOWN** 1 Think ill 2 Smut 3 Action 4 Estimate 5 Ambivalent 6 Cop out 8 Liquid 13 Temptation 16 Nicotine 18 Snobbish 19 Fettle 21 Binder 22 Posset 24 Argo