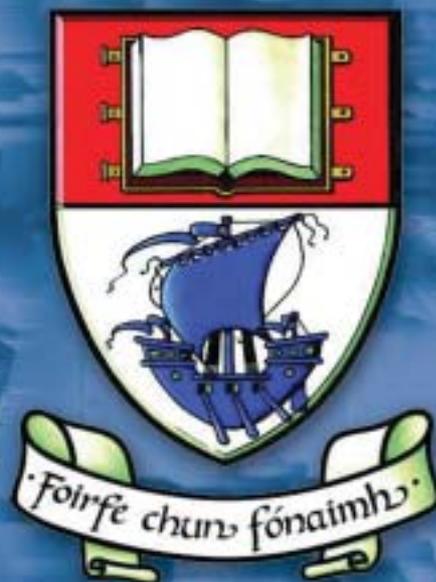


# SIDELINES

Waterford Institute  
of  
Technology



The Magazine of Waterford Institute of Technology GAA Club Vol 12 September 2005

**INSIDE** • **Fresher Camogie Champions** • **Michael Walsh Interview**  
• **Intermediate Hurling Champions** • **Blitz with a Difference**

# WIT GAA Club

## Role of Honour

1982-1983	Division 3 Hurling League	1994-1995	Fitzgibbon Cup
1983-1984	Division 2 Hurling League		Division 2B (Intermediate) Football League
1984-1985	Division 3 Football League		Freshers Camogie League
	Freshers Football League	1995-1996	Division 1 Freshers Hurling League
1985-1986	Division 1 Hurling League		Division 2 Football League
1986-1987	Division 1 Hurling League		Handball Ladies Singles Open
	Hurling Championship	1996-1997	Division 1 Freshers Hurling League
	Division 3 Hurling League		Ashbourne Shield
	Freshers Football League		Division 1 Ladies Football League
	Munster Freshers Football Championship		Division 1 Hurling League
1987-1988	Division 1 Freshers Hurling League	1997-1998	Division 1 Freshers Hurling League
	Ladies Football Championship		Division 1 Hurling League
	Munster Freshers Hurling Championship		Division 1 Camogie League
	Fitzgibbon Plate Hurling		Division 3 Hurling League
1988-1989	Division 1B (Intermediate) Hurling League	1998-1999	Fitzgibbon Cup
	Division 1 Freshers Hurling League		Ashbourne Cup
	Munster Freshers Hurling Championship		Division 1 Camogie League
	Freshers Camogie League		Division 1 Ladies Football League
	Division 1 Ladies Football League		Division 1 Freshers Ladies Football Championship
1989-1990	Purcell Cup Camogie Championship		O'Connor Cup Plate – Ladies Football
	Division 2B (Intermediate) Football League	1999-2000	Fitzgibbon Cup
	Division 2B (Intermediate) Hurling League		Division 1 Hurling League
1990-1991	Purcell Shield Camogie Championship		Division 1 Freshers Hurling League
	Division 1 Freshers Hurling League	2000-2001	Ashbourne Cup
	Division 2 Football Trench Shield	2001-2002	Division 1 Hurling League
1991-1992	Division 1 Camogie League		Division 1 Freshers Ladies Football Shield
	Purcell Cup Camogie Championship	2002-2003	Fitzgibbon Cup Champions
	Division 1 hurling League		Fresher 1 Hurling Champions
	Fitzgibbon Cup		Fresher 2 Hurling Champions
1992-1993	Division 1 Camogie League		Division 3 Ladies Football Champions
	Purcell Cup Camogie Championship	2003-2004	Fitzgibbon Cup
	Freshers Football League		Intermediate Hurling
	Handball League and Championship		Fresher 2 Hurling
1993-1994	Division 1 Freshers Hurling League	2004-2005	Intermediate Hurling
	Munster Freshers Hurling Championship		Fresher Camogie
	Ashbourne Shield		

## A word from the Editor. . .

On behalf of WIT GAA Club I would like to thank all those who have helped to put together this year's publication.

I would also like to thank all those who contributed articles and photographs for this edition of Sidelines.

I hope that you enjoy reading the various articles and learn about life here in Waterford Institute of Technology.

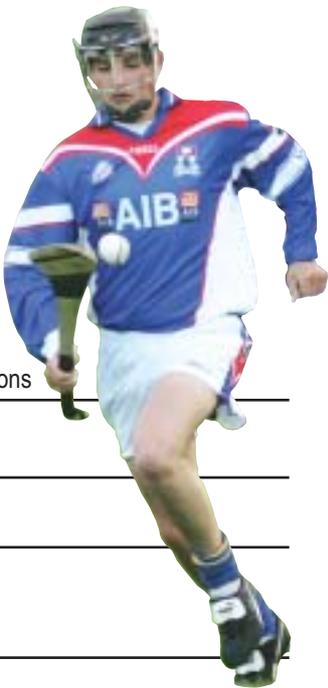
We had great success both on and off the field this year and we look forward to the coming year with great anticipation.

Guím sonas daoibh go léir, rath Dé ar bhúr saoltair.

**Damien Young**

Editor

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# Fresher Camogie Champions



Back Row L to R: Lizzy Flynn, Lisa Millea, Ursula Jacob, Michelle Shortt, Andrea Mangan, Niamh O'Sullivan, Claire Ryan, Ger Kinane. Front Row L to R: Jacqui Frisby, Laura Murphy (Capt), Mary Cullen, Susan Keane.

**Saturday the 6th of November 2004 will be remembered for a long time in Camogie circles as the day when WIT's Fresher Camogie team captured the CCIA 7-a-side All-Ireland Fresher tournament. This great win accumulated after numerous training sessions and a fantastic display of skill, determination and heart on the day of the competition.**

Training for the tournament began in mid September as managers Lizzie Flynn and Geraldine Kinane put the girls through their paces. As the competition approached a strong panel of 10 was chosen to make the journey to Galway. Our opposition for the first game was Maynooth. WIT started brightly and early scores from Ursula Jacob and Susan Keane put us into a comfortable lead. In defence Michelle Shortt and Claire Ryan were alert to any danger and cleared their lines time and time again.

In the second half, WIT continued to dominate proceedings and won on a score line of 4-8 to 0-2. After a short interval we lined out against NUI Galway. After a poor opening half, WIT trailed by a point at the break but stepped up their performance in the second half with Jacqui Frisby and Laura Murphy playing well at mid-field. Our second victory of the day was secured on a score line of 0-9 to 2-2. In the final game of the group stages we took on

UL's second team. The girls played brilliantly and won, 4-3 to no score.

Three wins from three put us top of the group and straight into a semi-final spot against UCC. The girls from Cork applied plenty of pressure on our back line but were met by some excellent defending by Susan Keane. While in attack, try as they might they were unable to stop Ursula Jacob who demonstrated great accuracy from play and frees. In the second half we finally pulled away from UCC and a well-taken goal from Lisa Millea sealed the victory on a score line of 2-8 to 2-1. There was plenty of heart stopping moments along the way but some fine goal keeping by Mary Cullen helped WIT to victory.

Our opposition for the final was UL's first team. In a tight opening half both teams were neck and neck. The second half continued at the same intensity as the first with both sides giving it everything. Susan Keane was brilliant in defence while Ursula Jacob shook the UL net to give us the lead. This lead was short lived as UL came back with two goals of their own. Things looked to be going against us as with only 5 minutes remaining we were trailing by a point. Then a long clearance by Claire Ryan fell to Ursula Jacob but her shot rebounded off the crossbar. The girls refused to give up and moments later Michelle Shortt won a free, which Ursula

Jacob pointed. Then in the dying seconds we were awarded another free from a considerable distance and once again Ursula stood up and slotted it sweetly over the bar. The final whistle then sounded with great scenes of joy from the WIT camp.

After the match Laura Murphy who played a captain's part lifted the coveted cup while Ursula Jacob the star of the tournament received the worthy accolade of Player of the Tournament. Congratulations to all on a fantastic achievement.



Successful managers Geraldine Kinane and Lizzy Flynn.

# Intermediates Retain Champions Crown

by **Conor O'Brien**

**Pride of place this year went to the intermediate hurlers who, for the second consecutive year, won the All-Ireland. A major feat in any competition and I am sure the aim will be to go for three in a row, but for the moment we will bask in the glory of another All-Ireland hurling title for the college.**

While the final was won in summer conditions in April, it started off in a wet and miserable October against UL in Limerick. This was the first we saw of what this team was capable of, grafting out a draw against a very physical Limerick outfit. While not a day for fancy flicks or tricks, we saw the heart and courage of the lads in a low scoring, hard hitting encounter in which a last minute point from a free by James Meagher secured a draw.

From there we played a very skilful and committed UCC team in the Mardyke in Cork. While the lads grafted hard throughout with some fine displays from Brian Moroney (full back), Stephen Barrett (wing back) and James Meagher (full forward), UCC were that little bit sharper and ran out comfortable winners by 5 points.

Next game up on the cards was CIT in Cork, this was a very polished display by the WIT boys scoring 2-17 in bad weather conditions. UCC was to be our last game

before Christmas as we qualified for both All-Ireland and Munster semi finals. We then had to wait until March for the Munster semi final against old enemies UCC in Thurles. On a day when "you wouldn't put the cat out", two teams produced a cracking game of hurling. It was a fantastic display with every individual putting his body on the line for the cause. There were memorable displays from James Glancy, and Stephen Grehan at the back, Stephen Fox at midfield and Eddie Bevans up front. However this defeat was to be a blessing in disguise as the boys knuckled down to training and made winning the All-Ireland a priority.

In the first week of April we travelled to Dublin to take on St. Pats of Drumcondra in the All-Ireland Semi-Final, another mammoth struggle in which WIT scraped through by a single point. In bad underfoot conditions, WIT struggled in the first half, and went in 6 points down. With harsh words spoken at half time, the players came out a different team, Eddie Bevans was on fire, scoring two goals and we clawed the deficit back bit by bit, and eventually came out on top by 2-11 to 2-10. Thus we qualified for the final against UCD the following week.

The final was played on the second week of April in Carlow Hurling Grounds. All the hard work had been done, the lads knew



*Martin Maher Chairman CA presenting the Cup to Sean O'Sullivan.*

only one hour stood between them and another All-Ireland. This was by far the best display of the year by the lads, a game in which we led from start to finish coming out on top by 2 points. However the score line doesn't tell the truth, with UCD getting two goals at the death to put pressure on us, but we held out to win by 0-12 to 2-02. It was a day where you couldn't pick out any individual performances, for the first time this year, they really gelled as a team, playing some fantastic hurling.

It was a great win for the college and I'm sure it is something that these players will look back on in years to come and cherish the memories.



# Solid as a Brick

by Phil Fanning

Since winning the Fitzgibbon Cup for the first time in 1992, there has been no looking back for the WIT GAA Club on the colleges front. Since then, WIT has captured the famous trophy on no fewer than five occasions with sides adorned with All Stars as well as three in a row "Hurlers of the Year" award winners; Tommy Dunne, Henry Shefflin and JJ Delaney.

In 2004 the college achieved it's sixth title, winning two in a row for the second time while scoring a sweet victory over great rivals UCC in Athlone in February. It was the beginning of what was to be a big year for Waterford hurling and for one young man in particular. When Michael "Brick" Walsh of Stradbally won his second Fitzgibbon Cup medal in Athlone, he could hardly have anticipated the events that lay in store for the remainder of the 2004-year. It was Michael Walsh's performance in the Fitzgibbon Cup final, when he totally outplayed Cork's Tom Kenny in midfield that clinched his place on the Waterford Hurling Senior side throughout 2004. His level of performance in that game was maintained into the league and championship.

## Dual Star

The previous year, as a twenty year old, he made his championship debut as a substitute on the Waterford Senior hurling team. It was as a footballer, however, that he made his mark, being the driving force in midfield on the Waterford U21 side that shocked Cork and Kerry to win the Munster title. He was awarded the accolade of Waterford's "Footballer of the Year" for his exploits in those games in 2003. Like his county teammates, he recovered from the disappointment of losing to Galway in the league final of 2004 to put in a storming display against Clare in the Munster Hurling quarter final a week later. His performance that day destroyed a player of no less than Seanie McMahon. He maintained that level of consistency against Tipperary in the Munster semi final. His storming display in the Munster Final against Cork helped 14 man Waterford to their one point win.

## Munster Hurling All-Star

Michael Walsh's performances in the Munster campaign made him an automatic choice, at centre forward, on the first ever Munster All-Stars side, selected on the basis of

performances in Munster. In that regard he far outstripped subsequent Vodafone All Star winner, Niall McCarthy of Cork.

## Winning Four County Football Titles

On the local championship scene, Walsh assisted his club in retaining senior hurling status and then went on to play a key role in Stradbally's achievement of winning four county football titles in a row. His class, as a footballer, stood out in his club's Munster championship campaign and it is safe to say that he would be a valuable asset to any football side in the country. Indeed, when it comes to talking of duel players, I have no hesitation in putting Michael in the same category as another great star of WIT fame, Declan Browne. The year of 2004 ended for Michael Walsh in Kilmallock with the losing of the Munster Club Football Final by his beloved Stradbally to Kilmurry/Ilbrickane after two games they could have won. Even that defeat could not take the shine off what was an amazing year for this young man.

## Role model

This year, 2005, began like any other for Michael Walsh, playing Sigerson and captaining the Fitzgibbon for WIT, hurling and football with Stradbally and preparing for the league and championship with Waterford. On the academic side he was facing into his toughest year as a final year degree student, he managed to achieve an honours degree in Business Studies on the academic side— a tremendous achievement when you consider the number of hours, the commitment and loyalty he gave to all these teams. I would suggest that Michael Walsh is one of the finest athletes involved in Gaelic Games as well as being one of the most versatile. He is a modest, unassuming young man, who will be embarrassed to see himself put forward as a role model.

Players such as this deserve the ultimate prize and, if the aforementioned attributes means anything, it will come, in the not too distant future.

Left: Michael Walsh  
Degree in Bachelor Business Studies.



# Ashbourne Cup



Back Row L;R Caroline Greed, Helena Jacob, Nicola Alyward, Ursula Jacob, Brid Byrne, Fiona Kavanagh, Andrea Mangan, Trish O'Halloran, Geraldine Kinane, Lizzy Flynn, Caroline Murphy. Front Row L:R Aoife Tracey, Ann Marie Kelly, Susan Keane, Karen Atkinson, Grainne Brennan, Fiona Dowling, Catriona Meagher, Laura Murphy, Michelle Shortt, Maeve Maloney

As hosts of this year's competition everyone felt it would be extra special if we were to win the competition. All involved realised how difficult this would be as the Ashbourne tournament boasts the top teams from around the country. Preparation began in early October as the girls under the guidance of Jackie O' Connor, Kate Kelly and Sheila O' Donohue met for training. In November the league campaign began and we had victories over CIT and LIT but were defeated by UL and UCC.

Training continued at a high intensity and from the beginning it was obvious that competition for places was going to be very tough. The draw for the championship was made and we were pitted against a formidable NUIG outfit. A win would see us qualify for the cup semi-final, while defeat would mean we would be contesting a shield semi-final. We continued to prepare for the game against NUIG, by playing a number of challenge games against the Waterford Juniors, the Garda College and the Kilkenny Seniors. After a tough encounter we were defeated by UCC on a score line of 3-11 to 2-12.

On Saturday the 29th of January we travelled the short distance to Ballygunner to face NUIG. After a cracking contest we emerged winners on a score line of 2-11 to 1-11. The girls produced a great team display and deserved their 3-point victory. An early goal from Geraldine Kinane set them on their way while points from Susan Keane and Ursula Jacob ensured we went in at the break leading. NUIG showed great determination in the second half and had the sides level. Some excellent goalkeeping by

Fiona Kavanagh kept them at bay while despite constant pressure from the NUIG attack Niamh Harkin and Helen Breen were outstanding in defence. With only minutes remaining the sides were level before Ursula Jacob won possession and scored the all important goal that saw us progress to the cup semi-final.

For the next three weeks we planned for our meeting against UCD in the semi-final on the 19th of February. A win would mean we would qualify for the final the following day. The game was played in Ballygunner and a large crowd turned out to watch two determined teams do battle. Unfortunately for WIT we never settled into the game and found ourselves chasing UCD from the beginning. Despite having plenty of

possession our forwards were finding it difficult to register scores. Our mid-field pairing of Trish O'Halloran and Caroline Murphy worked

endlessly for the 60 minutes while Grainne Brennan gave a fantastic performance at wing back. In a low scoring intense game UCD emerged winners on a score line of 1-5 to 6 points to the heartbreak of the WIT camp.

Unfortunately despite our best efforts it wasn't to be WIT's year. Thanks to the management team who put so much time and effort into preparing the team and well done to all the girls who showed great commitment throughout the year. Behind the scenes an unbelievable amount of work was put in by a number of people in organising the hosting of a very successful weekend and they too must all be thanked. At the banquet Trisha O'Halloran was deservedly named on the Ashbourne All-star team for her excellent display against UCD.

**The girls produced a great team display and deserved their 3 point victory.**

## WIT Awards

### INDIVIDUAL SPORTS AWARDS

**HUGH MALONEY**

County: Tipperary

Club: Hurling – Nenagh Eire Og

Course: Bachelor of Business Studies

**PATRICIA O' HALLORAN**

County: Tipperary

Club: Camogie - Portroe

Course: Legal Studies

**PAUL DEANE**

County: Cork

Club: Football – Dohenys GAA Club

Course: National Certificate in Business Studies

### SPORTS EXCELLENCE AWARDS

**SUSAN KEANE**

County: Galway

Club: Camogie - Killimor

Course: Exercise & Health Studies

**MICHELLE SHORT**

County: Tipperary

Club: Camogie – Drom & Inch

Course: Recreation & Leisure Management

**CATHAL PARLON**

County: Offaly

Club: Hurling – Coolderry

Course: Architectural Technology

**ANDREW HANLEY**

County: Mayo

Club: Football - Ballaghadereen

Course: Exercise & Health Studies

**LISA MCGRATH**

County: Waterford

Club: Ladies Football - Old Parish

Course: Exercise & Health Studies

**MARK SCANLON**

County: Kildare

Club: Football – Round Towers GAA Club

Course: Exercise & Health Studies

# Classy Kate Excels in both Codes

by Alan Aherne

The sight of Kate Kelly in full flow is something to behold. Whether it's camogie or ladies football, this livewire with the admirable competitive streak has been thrilling supporters since her early teens.

Her name is mentioned in revered tones around WIT, and with very good reason. When the college made the big breakthrough in 1999 by winning the Ashbourne Cup for the first time, Kate was in marvellous form throughout.

She also secured Division 1 League medals in camogie and ladies football that season, but there was even more to come from one of the finest dual players Wexford has ever produced.

The Ashbourne Cup success was repeated in 2001, with Kate in the driving seat once again. The fact that she won two Player of the Tournament awards at the most prestigious event on the third level camogie scene says it all about her ability.

And while her student days are firmly behind her at this stage, the bond with WIT hasn't been broken. Kate was seen in a different role last February when the college hosted the Ashbourne, operating as joint manager with Jackie O'Connor.

This affable native of Ballyruane, Screen, didn't get involved in Gaelic games by accident. She couldn't avoid it really as the eldest daughter in a family steeped in camogie, hurling and football tradition.

Her mother, Peggy (nee Doyle), and aunt, Mary Sheil, were on the Wexford Senior camogie squads of 1968 and 1969 which brought All-Ireland glory to the county for the first time, while her father, Seán, has been associated with numerous successful Shelmaliers teams and also served as a county selector in under-age hurling.



Camogie president Miriam O'Callahan, Kate Kelly All Star recipient and Brian Cowen, Minister for Finance.

Kate's three big brothers, Denis, Michael and John, have donned the purple and gold at various levels, and the 25-year-old also has five younger siblings who are familiar faces on the playing fields. Mag is a colleague on the county Senior camogie team, while Sinéad, Stephen, Anne Marie and Joseph complete the Kelly clan - one of the best-known and most popular families on the G.A.A. scene in Wexford.

Kate first came to prominence on the local front with St. Ibar's in camogie and Shelmalier in football. These clubs have put Castlebridge, Screen and Curraclloe on the map through their marvellous exploits, and her list of honours makes for impressive reading.

Under-12, Under-14, Under-16 and Under-18 championships and leagues were won in both codes, along with an All-Ireland Féile football crown.

Kate has helped Shelmalier to a magnificent nine county Senior championships and leagues, three Leinster Club titles, and two All-Irelands, while she

has assisted St. Ibar's to four county championships and leagues, and two provincial crowns.

She has been a regular on Wexford teams since the early 1990s, winning Leinster championships at Under-14, Under-16 and Under-18 in camogie and football.

Her first All-Ireland title was annexed in Under-14 football, and she was a leading light in 1995 when the Wexford Under-16 camogie team tasted national glory for the only time.

Kate has also won an inter-provincial football medal and several Leinster Senior camogie championships, and the crowning glory came last December when she was selected at midfield on the first-ever All Star team in the latter code.

She was joined on that history-making fifteen by Áine Codd who is well qualified to comment on Kate's attributes, having lined out with and against her for well over a decade.

"I have played on a county team with Kate every year since the age of twelve, and I genuinely believe she is still improving", she said. "She has mastered the art of escaping from a tight situation on the field. There is no better player to turn a game around with a spectacular long-range score or a goal from lurking in around the posts".

Describing her as a marvel to play with, Áine adds that there are less fortunate times when Kate is on the opposing side. "She was always the one to watch when I played with UCD against WIT, and will remain a threat with her club, St. Ibar's, for years to come. Her enthusiasm for success is admirable", she added.

The highlight of 2005 for Kate came in late July when she played at centre forward on the Wexford Junior football team, which landed the TG4 Leinster championship title with a win over Dublin.

Her busy playing schedule continued, as she was the county's top scorer in camogie for the second year running. And while disappointment was their lot in the National League semi-final against Cork and All-Ireland semi-final against Tipperary, Kate's memorable displays in both games will leave her firmly in line for a second All Star.

The Business Development Manager with One Card Solutions Ltd. is a proven winner on the field and an inspiration to her colleagues. We'll leave the final word to Áine Codd, her long-time friend and team-mate.

"With her skill, determination, commitment and leadership, Kate has everything it takes to be the great player that she is". And so say all of us!

**ALAN AHERNE is P.R.O. of Wexford G.A.A. County Board and Assistant Editor of People Newspapers.**



Kate Kelly in full flight for Wexford being chased by Susane Kelly (Tipp).

# Fitzgibbon three in-a-row dreams dashed



Front row l to r: R. Jacob, C. O'Brien, B. Dolwing, D. Hayes, M. Walsh, E. Reid, H. Maloney, P. Brennan, J. Milne, P.J. Delaney, T. Holland, J. Kennedy, P. White, R. Wall, D. Bourke, K. Hynes. Back row l to r: J. O'Shea, N. Gleeson, J. Meagher, A. Cullinane, G. Grifley, A. Kirwin, K. Rossiter, C. Phelan, J. Brady, J. Phelan, K. Brady, C. Parlon, S. Fox, K. Moran, L. Lawlor, C. O'Brien, W. Ryan.

**WIT started off the 04/05 academic year as double Fitzgibbon Cup champions. Hopes were high that WIT could achieve the dream of a three in-a-row as the team had 11 of the starting 15 players that won the previous year. Luck was not on our side as Rory Jacob and Anthony Owens were ruled out of contention due to long-term injuries. However WIT had a very strong panel. They trained very hard over the Christmas period in preparation of the first round game against UCD.**

## **Hard earned victory over UCD**

WIT had home venue and started their Fitzgibbon Cup campaign against UCD in Ballygunner. On a wet and wintry February day, both teams were finding scores hard to come by. WIT led by just five points at half time, 0-8 to 0-3, having played with the assistance of a gale force wind.

Even though WIT only scored two points in the second half, a powerful display by the rock-like WIT defence kept UCD's scoreline down.

In the end it was the sheer grit and determination of WIT that saw them safely over this difficult first round on the scoreline of 0-10 to 0-5.

Scores for WIT: B Dowling 0-5, O Reid and C Phelan 0-2 each, T Holland 0-1.

## **Waterford wipe out Ulster Colleges & reach Fitzgibbon Cup Weekend**

Waterford IT coasted into the semi-finals of the Datapac Fitzgibbon Cup with an 18-point win over an Ulster Combined selection at Ballycullen in south Dublin. Brian Dowling hit 1-6 in 26 devastating minutes. At the break WIT were 1-12 to 1-1 in front. WIT continued to dominate the second half and tacked on a flurry of points to leave the final score WIT 1-21 to Ulster Colleges 1-3.

Scorers for WIT; B Dowling (1-7, 4f), A Cullinane (0-5), J Kennedy (0-3), PJ Delaney (0-1f), D Hayes (0-1), J Phelan (0-1), C Phelan (0-1), K Hayes (0-1) R Wall (0-1)

## **Old rivals come out on top for Fitzgibbon Cup Semi Final**

WIT were defeated in a marvellously contested Fitzgibbon Cup semi-final at the LIT Grounds. UL played with the elements in the first half but after 20 minutes, a goal from Cullinane gave WIT the lead.

However, UL's reply was swift, as UL scored two goals. It left the half time score - UL 2-5 WIT 1-4.

Eight minutes into the 2nd half, WIT pegged back the four points to get back on level terms and, with the aid of the breeze, were expected to go on and win this keenly contested clash. However, UL, were inspired and only nine minutes later moved an amazing eleven points clear, 4-9

to 1-7, with thirteen minutes left to play. They say champions die hard and WIT were not going to give up its crown without a fight. Keeper Philip Brennan drove a cracking goal from a 20-metre free to the UL net, the comeback got underway. Brennan had another 20-metre free saved, as fortunately for UL, it hit the goalie's leg. A raft of frees from Brian Dowling meant that when Phelan pointed, there was just a single point between the sides with time nearly up. The crowd waited for an equaliser and extra time but instead UL broke away and fired over the last score of the game.

Even though it was an commendable come back, WIT never played to their full potential and found the possession style of hurling by UL difficult to counter. It was from several passing moves that UL grabbed their brace of goals in both halves, which always had WIT chasing the game.

However, this WIT panel showed that there's no shortage of motivation towards winning another Fitzgibbon and if this year's panel can give that level of resolve and commitment again, WIT will always be difficult to beat in this competition.

WIT: B Dowling 0-8 (0-7 frees); A Cullinane 1-1; P Brennan 1-0 (pen); PJ Delaney (1f), E Reid, M Walsh, C Phelan 0-1 each.

# New Initiatives at WIT

## Blitz with a difference

**The first ever secondary schools Ladies Football Fun for All Blitz was held on Friday April 22nd 2005 and was a huge success. With almost 200 participants, the objectives of promoting and developing the sport in Waterford at post primary level were most definitely achieved.**

The initiative was a partnership of effort and resources from Waterford Institute of Technology GAA Club, Waterford Ladies Football Association and Waterford Sports Partnership and was the result of months of planning.

It was a wonderful opportunity for all secondary schools in the County to try out a new sport, improve the standards of current players, make valuable 'ladies football' links with other schools, clubs and WIT and avail of opportunities to develop coaching skills in the sport. The format of the day allowed for those who had not played ladies football in the past to 'come & try it' whilst also offering a fantastic opportunity for current players to enjoy a great day of football.

### There were two sections to this Blitz with a Difference:

The Come & Try It section catered for those who had never tried ladies football before (beginners) or those who had limited opportunity to play to date (improvers). Participants in the Come and Try It section were introduced to ladies football and to the fundamental skills of the game. Qualified coaches guided and supported players in the development of the basic skills of the game in a fun and safe environment.

The Fun for All Blitz section catered for those who had played before. It was a fun blitz that provided a fantastic opportunity to enjoy participating in games against other schools. A zone based system (3 zones – backs, forwards and midfield) was used to maximise participation and this proved to be a great success in opening up all games and giving every player a fair opportunity to play.

Each player received a t-shirt and each participating school received 5

footballs and a plaque on the day. Prior to the event all schools were offered the opportunity to complete the Fundamentals Coaching course and Playing Rules seminar.

The following eleven secondary schools took part in the event : Coláiste Chathail Naofa, Dungarvan; St. Angela's Ursuline Secondary School, Waterford; Abbey Community College, Ferrybank; De la Salle College, Waterford; St. Declan's Community College, Kilmacthomas; St. Augustine's College, Abbeyside; Our Lady of Mercy Secondary School, Waterford; St. Paul's Community College, Waterford; Ard Scoil na nDeise, Dungarvan; Stella

Maris Secondary School, Tramore; Blackwater Community School, Lismore.

Waterford Institute of Technology GAA Club, Waterford Ladies Football Association and Waterford Sports Partnership would like to thank the secondary schools of Waterford for their enthusiastic response and support of this initiative to develop and promote Ladies Football in Waterford and look forward to working with them in the future. We are also indebted to the Ladies Gaelic Football Association Head Office for constant help and continuous support and to Waterford Gaelic Games Promotion for their ongoing support and assistance. Thank you to Waterford Institute of Technology for the supply of facility and refreshments. Finally, a big thank you to all the volunteers, coaches, referees and stewards who gave up

their free time to make this such a successful event.

The last word goes to the participants with some feedback at the end of the day....

*"The day was good and enjoyable. It was good craic meeting people from different schools. It was excellent."* Karen Rockett  
*"It was good craic, made loads of new friends."*

*Abbey Girls – Siobhan, Maggie, Jessie, Emma, Kellie, Roisin, Laura, Kayleigh*

*"Blitz with a Brilliance" Emma Slattery, Abbey*

*"It was a good day, very different, I really enjoyed it."* Aisling, Blackwater

*"It was very well organised and good fun."* Aoife & Emma, Mercy

*"It was a brilliant day for everyone"* Kerry Dunphy, St. Declans

*"Great day, great to get lots of girls out and actually play in blitz."* Sarah Keane, Abbey



*Players and coaches from St. Augustines College Dungarvan and Blackwater Community School Lismore who participated in the Blitz!*



*Players and coaches from St. Declan's Community College Kilmacthomas and Abbey Community College Ferrybank who battled it out at the Blitz!*

# Coaching Courses



WIT GAA Club continues to strive for excellence as over 150 students completed the Foundation Hurling & Football GAA Course in February.

This course was offered to the Business Studies Recreation & Leisure 1st year students for the very first time this year. The course was run over a six-hour period with the participants actively involved throughout. The aim of this course:

- Why coaches coach?
  - Who you coach?
  - What you coach?
  - How to do the best job possible?
- Participants enjoyed various topics such as; developing technical skill, organising a coaching session, how to provide as much enjoyment as

possible and how to deal with conflict.

This course received great reviews from both the students and lecturers who took part. It is planned to continue this initiative with the incoming 1st year Recreation and Leisure students, but also next year, we will offer a level 1 GAA course to all those who have completed the Foundation course.

This has proved to be a hugely successful initiative. This year we have 150 students qualified to coach juveniles in various clubs up and down the country and it is our aim to increase this number on a yearly basis.

# New Initiatives at WIT

## PLANS FOR CAMOGIE BLITZ

### Camogie Colleges Clubs

#### Background

A new and exciting Camogie initiative is planned for April 2006. The proposed project consists of a one-day Blitz to be held each year in four different third level Institutes across the regions (rotating to different Institutions from year to year over the duration of the project). Secondary Schools from the county of the host college will be invited to come with a panel of ten students to participate in a seven a side competition. Teams will be graded and a skills session will be run for those that have played very little Camogie or none at all.

#### Support

A support structure will be established in advance of the Blitz and afterwards for teachers to help equip them for their involvement namely through Code of Ethics and Good Practice for Children's Sport training programmes, First Aid and Foundation Level Coaching Courses. This training will give teachers the confidence to train Camogie teams in their school.

#### Aim

The main aim of this programme will be to increase participation in camogie by re-igniting the interest of young women who may have played camogie and to maintain the interest of those that continue to play.

# Summer School of Hurling

## Increasing Skill Through Fun Participation

Last year, WIT GAA club ran a pilot initiative, which saw County Development Squads and Clubs from disadvantaged areas in Waterford attend the Waterford Institute of Technology for expert coaching. These players also availed of various educational lectures on Nutrition and Conditioning. This initiative was such a success that Munster Council received funding to carry out this scheme throughout the six counties of Munster.

This year we built on last years success. The aim of this Summer School of Hurling is to increase the standard of hurling within the various counties, with the third level colleges being responsible for carrying out this project. WIT has named this initiative "Increasing Skill Through Fun Practice". Within this plan we have catered for a wide range of activities where each participant will experience fun and enjoyment as they learn and develop their skills.

The types of activities that will take place are as follows;

- Club Coaching U11/12 - Go Games
- Go Games Blitz
- Club Coaching for U14/15 "Off d Wall"
- Goalkeeper Coaching
- U14, U15 and U16 Development Squad Coaching
- U17 County Specialised Preparation
- Summer Camp Coaches
- Development Squad Coaches
- New Club Mentors Course U11/12 Coaching

30 clubs have been involved in the U11/12 club coaching which involved players receiving expert coaching and then were introduced to the Go Games initiative. At the end of the six-week period all the clubs were invited back into WIT to take part in a fun blitz, which was based on the "Go Games" theme. 700 children participated in this blitz over the two days.

#### "Off d Wall"

27 Clubs have taken part in a new coaching session, which has been designed by Damien Young called "Off d Wall". As the name

suggests this coaching session takes place against the wall, which sees players practice their skills and are also introduced to fun drills that they can practice in their own time.

#### Goalkeeping Coaching

We held two specialised nights for goalkeepers, one session in Dungarvan for all the West Clubs and the other in the Waterford Crystal Grounds for the East Clubs. The session consisted of special drills concentrating on catching, making saves and improving reaction. A large number attended on the nights, the goalies said that it was the first time they received any kind of goalkeeping training.

#### County Squads

As well as targeting the clubs in Waterford we have completed a very successful range of coaching for the county squads, the U14 to U16 attended on two occasions and the U17 squad attended on seven. The seven nights included four training sessions and three specialised lectures from Gerry Fitzpatrick (Waterford Senior Hurling physcial Coach), Noreen Roache (Kilkenny Nutritionist) and Jim Kilty (Director of SAQ Ireland and Physical Trainer to the Wexford Senior Hurling Team). This has proved a huge success and has given next years Waterford Minors a huge boost.

#### Benefits

- Experience quality coaching
- Learning skills in a fun atmosphere
- Players experience coaching in different surroundings.
- Players receive more attention through smaller groups
- Opportunity to visit and create a link to WIT
- Club mentors took home coaching ideas

During the six-week period, we attered for over 1200 players from various clubs within Waterford. This has been a huge success and this is only the first year of this new initiative, it is hoped to build on the success of this plan in the coming years.

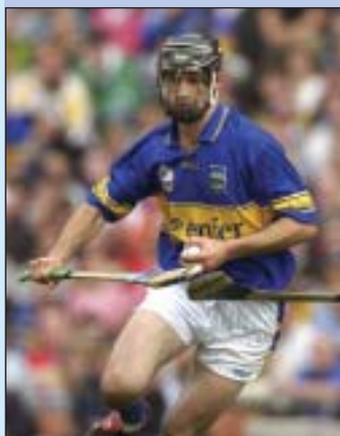


# WIT GAA Players & All Star Recipients

WIT GAA Club has seen a large number of quality players play for the College over the years. Some have been very successful on the pitch by winning Fitzgibbon Cups, and some were unfortunate to miss out. But the one thing each of the players below have in common, is an All-Star award. Each of these players has excelled for their counties during and after their time in WIT. The successful award winners are:

## TOMMY DUNNE

County: Tipperary  
Fitzgibbon Success: 1995  
Hurler of the Year 2001  
All-Star: 1997, 1999, 2001



Tommy Dunne

## DECLAN BROWNE

County: Tipperary  
Fitzgibbon Success: 1999 & 2000  
All-Star: 2003

## JJ DELANEY

County: Kilkenny  
Fitzgibbon Success: 2002 & 2003  
Hurler of the Year 2003  
All-Star: 2003, 2004



JJ Delaney

## MATTIE FORDE

County: Wexford  
Footballer of the Year 2004  
All-Star: 2004

## MARK O'LEARY

County: Tipperary  
Fitzgibbon Success: 1999  
All-Star: 2001

## PAUL KELLY

County: Tipperary  
All-Star: 2002

## MICHAEL KAVANAGH

County: Kilkenny  
Fitzgibbon Success: 1999 & 2000  
All-Star: 2002, 2003

## DEREK LYNG

County: Kilkenny  
Fitzgibbon Success: 1999  
All-Star: 2002, 2003

## SETANA O'HAILPIN

County: Cork  
Fitzgibbon Success: 2003  
All-Star: 2003

## KEN MCGRATH

County: Waterford  
All-Star: 2004



Henry Shefflin and Eamon Corcoran.

## HENRY SHEFFLIN

County: Kilkenny  
Fitzgibbon Success: 1999 & 2000  
Hurler of the Year 2002  
All-Star: 2000, 2002, 2003, 2004

## EAMON CORCORAN

County: Tipperary  
Fitzgibbon Success: 1999 & 2000  
Fitzgibbon player of the Tournament 1999 & 2000  
All-Star: 2001

## PETER BARRY

County: Kilkenny  
Fitzgibbon Success: 1995  
All-Star: 1999, 2000, 2002

## MICHAEL DUIGNAN

County: Offaly  
All-Star: 1998

## LIAM DOYLE

County: Clare  
All-Star: 1995, 1997

## ANDY COMERFORD

County: Kilkenny  
All-Star: 2000

## BRENDAN CUMMINS

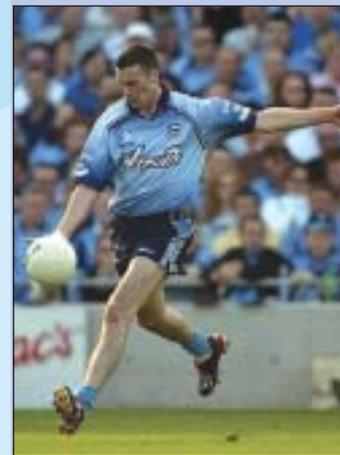
County: Tipperary  
All-Star: 2000, 2001, 2003

## NIALL BUCKLEY

County: Kildare  
All-Star: 1997

## RAY COSGROVE

County: Dublin  
All-Star: 2002



Ray Cosgrove

# WIT Scholarship Students

## Scholarships Recipients

Waterford Institute of Technology is now one of the largest Institutes in the country. There have been many intercounty players who have passed through the college over the years. GAA scholarships have gone from strength to strength since their inception in October 1995. WIT GAA Club has rewarded many students with GAA Scholarships in the intervening years and all of these players will testify that it was not just the monetary value that was of benefit. WIT GAA scholarship is worth €1000 to each recipient and we would like to acknowledge the contribution from Munster Council GAA towards this.

## This years Recipients were:

### GERALDINE KINANE, TIPPERARY Camogie

In the three years Geraldine has been in college, she has made the Ashbourne Cup team in each year. She is heavily involved off the field as PRO for the Camogie Club. A speedy corner forward who had a great campaign for WIT last year. Ger is currently staking her claim for a place on the Tipp senior team and is improving all the time. Geraldine was manager of the successful Fresher Camogie Team in 2004.

### LIZZY FLYNN, GALWAY Camogie

Lizzy is now a regular on the Galway senior team. Wearing the number four jersey for WIT, she is a nightmare for any forward and a great ambassador for the game. Lizzy was secretary of the Camogie club, where she organised various fundraising events for the Camogie team. Lizzy was joint manager of the Fresher Camogie team that won the All-Ireland 7-a side tournament.

### URSULA JACOB WEXFORD Camogie

Ursula has been a regular player on the Wexford Senior team for the past few years, they came very close to edging out Tipperary last year. In her first year in College, she was picked to line out for the Ashbourne Cup team. Ursula is a player to look out for in the future.

### DIARMUID KINSELLA, WEXFORD Football

Diarmuid has been a vital part of the Sigerson panel during his time at WIT. He has made a successful return to Inter-county football after a lengthy injury last year. He is now a regular on the Wexford Senior Team.

### DANIEL DOYLE, KERRY Football

Daniel has represented Ireland in U17 International Rules level. He was a major player for Kerry when

they reached the minor All-Ireland last year. Daniel started in the Sigerson Cup campaign where he has shown his true leadership qualities.

### MICHAEL WALSH, WATERFORD Hurling/Football

"Brick" as he's better known, played a vital role in winning a Munster title for Waterford last year, he is now one of Waterford's key men in the middle of the field. Michael captained the Fitzgibbon Cup team this year and was one of the most consistent performers throughout the campaign. He has fierce determination and a terrific attitude to the game.

### TOMMY HOLLAND, CLARE Hurling

Tommy made a name for himself over the past two years with his fantastic displays in the Fitzgibbon campaigns. He has been part of the Clare Senior Hurling Panel and made his championship debut against Laois at corner back in 2004, since then he has made occasional appearances in the League.

### CONOR PHELAN, KILKENNY Hurling

Conor broke onto the Intercounty scene in 2004. He made a valuable contribution to the Kilkenny Senior Hurling Panel and also was successful with the U21's last year when they won the All-Ireland. Conor gave some inspirational performances in the Fitzgibbon Cup since joining the College three years ago.

### MARGUERITE MCEVOY, LAOIS Ladies Football

Mags as she is better known, has made a huge impact on the Ladies Football Club at WIT. She played a vital role at centre back and wing back on the Senior Ladies Football team, which reached the Division 1 league final for the first time in a long number of years.

### SARAH DENVIR, DUBLIN Ladies Football

Sarah plays her Club football with Ballyboden St. Enda's in Dublin. She has been very involved in the GAA Club in WIT, mainly organising various fundraising events. Sarah played corner forward with the O'Connor Cup team and she played on the Division 1 team that reached the final against UL.

### KEVIN HYNES GALWAY Hurling

Kevin was a Fresher this year, and was one of the consistent players throughout. He was also part of the Fitzgibbon Cup set-up. Last year, Kevin played a vital role for the Galway Minors, which won the All-Ireland.

## A CRYSTAL CLASH 2005

### Máire Ui Scolai, National Camogie PRO



Ashbourne Cup Launch at WIT

**The month of January comes with a vengeance, rain, sleet and very often snow, but for Camogie third level students, there is only one dream - winning the next best medal to a senior All-Ireland, an Ashbourne medal.**

Study continues for those necessary exams, but the same students also find time for many training sessions. Some of these are often held very early in the morning. The sacrifices some students make for Ashbourne are truly extraordinary. This year when Waterford Institute of Technology had the honour of holding the first JJ Kavanagh Ashbourne of the second Camogie century, they left no stone unturned.

The weekend went like clockwork, even though a certain semi-final seemed to be heading for the Guinness Book of Records on the Saturday afternoon, but that is all part of Ashbourne, and everyone took it all in their stride

Walking along the sidelines of so many pitches that weekend, one gets to hear of so many past Ashbourne stories. The person telling you the particular story always feels their one is best. You may have only heard a better one further down the line, but you dare not say that or you might be there for the day as your Ashbourne story-teller tries to resurrect the best ever Ash tale.

However, when the Ashbourne 2005 semi-finals were over, players attended a most beautiful mass in the WIT College. Those students who had the good fortune of reaching the finals on the Sunday went off for a bite to eat, team meetings and plotted as to how best to overcome the opposition.

The defeated finalists went off to enjoy themselves, perhaps feeling a little sorry for themselves, but never the less just honored to have taken part in the best college competition of the year.

Later on Saturday night, a number of distinguished guests including Uachtarán Cumann Camógaíochta na nGael, Miriam Ui Cheallacháin were all invited to a splendid meal in the College hosted by WIT GAA Club.

By Sunday lunchtime it was all systems go as the Shield Finalists took to the beautiful Ballygunner pitch. Mary I defeated CIT, 2-7 to 2-4 to take their first ever Ashbourne Shield. Defending your title is never easy but UL won the Ashbourne on a score line of 0-12 to UCD1-4.

What else can one say about the greatest Camogie weekend except, well done to Waterford Institute of Technology for hosting a fantastic weekend.



Back l to r: D. Doyle, D. Kinsella, T. Holland, M. Walsh, C. Phelan, K. Hynes. Front l to r: G. Kinane, M. McEvoy, U. Jacob, S. Denver, L. Flynn.

# Tremendous Fresher Hurling Record

**WIT has a marvellous record in the All Ireland Fresher League championship. These Freshers provide a conveyor belt of talent for the club's famous and highly successful Fitzgibbon cup teams.**

## Unique competition

Fresher hurling is one of the most unique competitions for a player to compete in, as a player has only one opportunity to win an All Ireland Fresher medal while in college.

This statistic proved correct as the trial games were attended by up to 100 players in late September. When the Fresher 1 hurling panel was selected, preparations began for the first league game. Overall WIT played four league games and emerged victorious against LIT, UL and CIT while the only loss came against UCC. WIT topped their group section, and so gained a home game in the quarterfinal.

## Quarter/ Semi Final

In early February, WIT played UL. They struggled at stages to find their rhythm but eventually pulled through by 5 points. The semi final against UCC will live long in the memory of all involved as the team fought for every ball, even when it looked like a lost cause and dug deep in the face of defeat. The game was a real nail-biter and went to extra time. During the first period of extra time WIT went 5 points down and it looked like the dream of making the final were slipping. WIT regrouped during the second period, and some inspired performances pulled WIT through by the minimum.

## Third time unlucky

The final against UCG was nip and tuck all the way as both teams showed a huge desire for victory, and WIT again faced extra time.

During extra time, the players fought very hard and played, in some cases, beyond the realms of pain but just had no more left and UCG won by 3 points. After leading for long stages of the game, the result was a huge disappointment for all involved.

Many of the players involved must now make up for this defeat by showing the same hunger and desire they showed in 04/05 to ensure that the great WIT tradition in the Fitzgibbon cup is continued and enhanced. Many of this team will graduate to become cornerstones of WIT Fitzgibbon teams over the next few years.

Mentors; Rory Jacob, Pierce White and Edward Redmond

## The Fresher 2 Hurling Story

In most cases, seven wins out of nine matches would usually bring any team success, however, this was not the case for the dedicated group of fresher 2 hurlers.

After various trials, the panel was selected and the numbers at training was very positive. This trait continued for every session, even during the bitter cold November nights. In the first game, WIT received a walk over from LIT. The next fixture was against Mary I. The team showed great heart, especially in the 2nd half to come from behind and win the game on a score-line of 1 – 11 to 1 – 09. This victory brought the team together as a unit and the night out in Oxygen was one to remember.

The 3rd game against UCC was played in Cork. Following a very bright start, WIT let the lead slip and ended losing on a score-line of 4 – 04 to 1 – 08. WIT trained hard for the next three games, which were played over a five-day period. On the 24th on November,

WIT played host to a strong CIT team. The game finished in favor of WIT on a score-line of 2 – 13 to 2 – 03. Two days later WIT played Tralee I.T in a wind swept Aghada in East Cork. In probably the worst conditions one could imagine, WIT completely outplayed the Kerry men and won comfortably on a score-line of 2 – 12 to 0 – 00. On the 29th of November WIT played host to UL. This was probably one of the team's best performances of the year and put WIT forward as serious contenders for the All – Ireland crown.

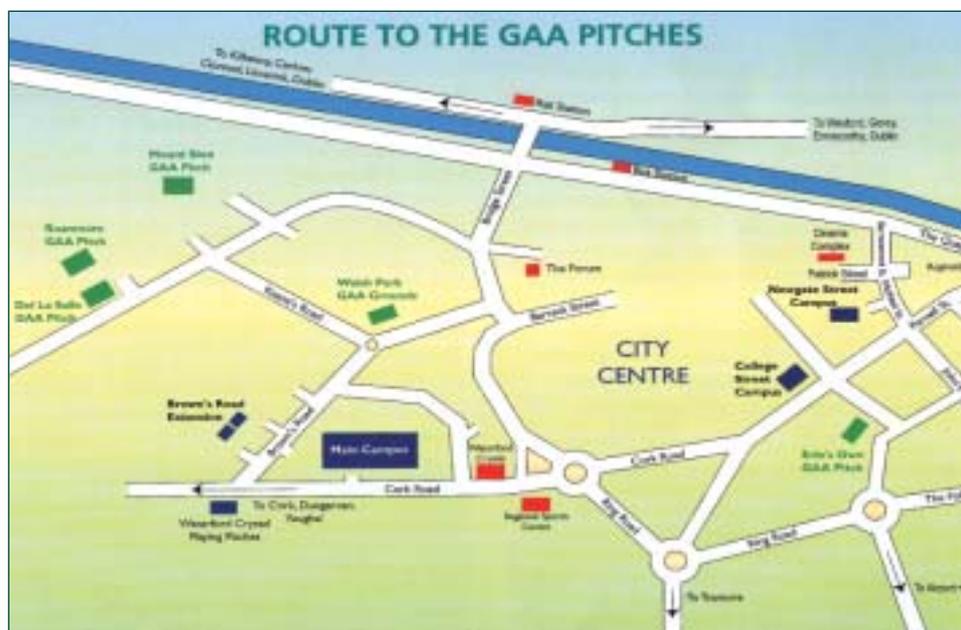
## Training resumed in early January

Training resumed in early January for the All Ireland Quarter final, which saw WIT pitted against UCC, who had beaten WIT already in the campaign. However, WIT were very focused and won on the score-line of 2 – 10 to 2 – 08. This set WIT up for an intriguing semi final showdown against Mary I, a team WIT had already beaten in the campaign. WIT started brightly but were soon over powered by a far superior team. This brought an abrupt end to the campaign and the disappointment for the players was evident to see.

## Friendships and the "banter"

However, in saying that, its obvious that each and every member of the panel thoroughly enjoyed their time with the team, - from the friendships gained, to the banter on the way to matches and, of course, to the long social nights after games. All in all a great year was had by one and all, which will be fondly remembered in the years to come.

The management team of Cormac O'Brien, Conor Phelan and Bernard O'Callaghan wish to thank each and every one of the lads for their massive commitment through out the year.



## WIT GAA Club Officers 2004/05

### FOOTBALL

Chairperson ..... Tony Keegan  
Secretary ..... Darren Egan  
PRO ..... Andrew Darmody

### LADIES FOOTBALL

Chairperson ..... Nicola Scully  
Secretary ..... Nicky Fitzgerald  
PRO ..... Aine McGee

### CAMOGIE

Chairperson ..... Helena Jacob  
Secretary ..... Lizzy Flynn  
PRO ..... Geraldine Kinnane

### HURLING

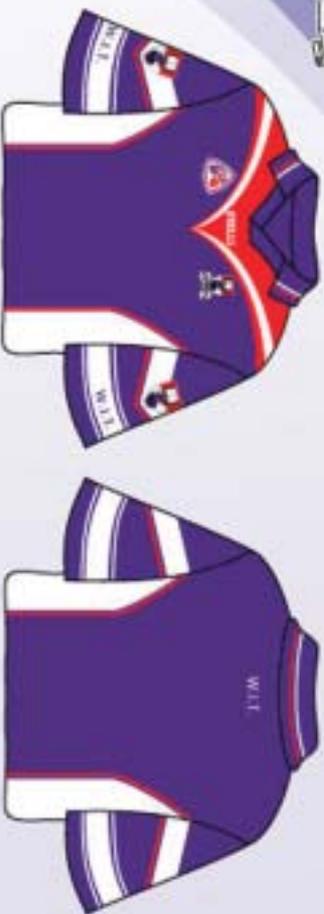
Chairperson ..... James Meagher  
Secretary ..... John O'Shea  
PRO ..... Conor O'Brien



### Gaelic Gear

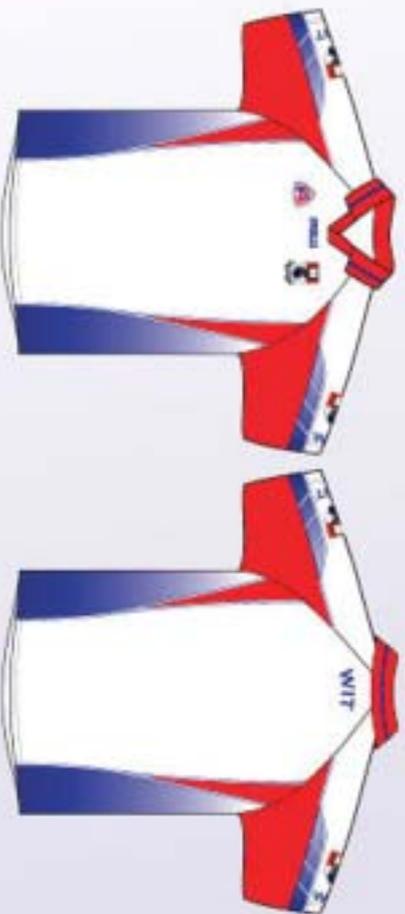
#### Gaelic Jerseys

American sublimated jerseys with all crests and logos completely incorporated into design. Made from a high performance fabric for comfort and durability.



#### Gaelic Jerseys

Alternative designs.



#### Gaelic Shorts

Personalised shorts to match jerseys.



#### Socks



### Leisurewear

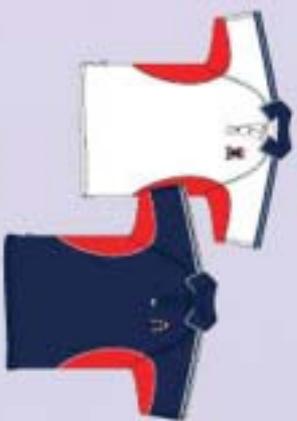
#### Moresick Rugby Shirt

Polycotton rugby shirt with contrast panels underneath and down arm seams.



#### Broom Polo Shirt

Leisure Polo shirt made from FULL-TEC our new breathable mesh fabric.



#### Bronx Jockey

Full sleeved showwroom jacket with tailed back panel and piping on armbands and chest. Features include concealed hood and two side pockets.



#### Astra Top

A 3/4 length, half sleeved leisure top made from sandwich fabric. Features include full cotton lining, velcro fasteners and two zippered pockets.

#### Lewis Top

Heavyweight polar fleece top with hood and front pouch pockets.

#### Collins Tracksuit

Personalized tracksuit which incorporates contrast panels and piping on shoulder, sleeves and underarms.



# Sigerson Cup

by Diarmuid Kinsella

So another sporting year passed by in WIT but unfortunately for the footballers it ended in disappointment, losing to DCU by a point in the 1st round after extra time. The year began with a league match in Watergrasshill against Tralee IT back in October which ended 7pts each. There were further games against CIT, UCC, and UL in November, to complete the league.

The Sigerson draw was made in Croke Park, this saw us up against DCU in the 1st round. Training for this game started to take on more of an emphasis once all the lads finished their Christmas exams. Everyone set about training over the holidays, before we all come back in early January. Once the team started back it was right down to the hard graft, slogging through the paces up in the Crystal. The management team which consisted of Mick Sullivan, Paul Quirke & Colm Tynan and trainer Damien Young put in a massive effort into getting the team prepared.

Also in preparation for the Sigerson, WIT entered the McGrath Cup for the first time. Originally it was a tournament set up for county teams but recently it has been used as a combination of county and college teams. The draw was made at Munster council meeting and it pitted us against Limerick in the first round. We used this competition as good preparation for the DCU match. The lads gave a good account of themselves with Limerick just pulling away in the last 10 mins.

The final match before the competition began, was against Wexford U21's in Buncoldy. It ended in a comprehensive win for the college and signs looked promising as the match approached. So match day had arrived, but unluckily for us we lost the services of one of our most important backs Andrew McLoughlin through sickness. After only five minutes we lost our team captain Paul Deane

through a hamstring injury, this was a real blow to the team. The signs looked bad with DCU taking control of the game early and winning most of the important duels around the pitch. After the restart the lads dug deep to get back into contention. The team was lucky to have identical twins on the team; Alan Mulhall and Paul Finn and it was the man from "the Island" that kept the college in contention with frees. Paddy Flaherty scored an important goal as he finished a ball that rebounded off the post while on his knees. After that both teams swapped scores before the match ended in a draw, there were great chances for both teams to win the game but they

couldn't be separated. The match entered extra time and after a great tussle, DCU just won out by a 1 point to advance to the next round. That unfortunately ended the campaign but on the day everybody played exceptionally well but in particular David Hickey, he gave an outstanding display at full back, dealing with every player that entered the small rectangle.

On behalf of the players I would like to thank all those involved with the senior team but a particular thanks to Paul Quirke and Colm Tynan who have put in so much over the last number of years.



Back Row L to R: Paul Deane, Damien Rossiter, Diarmuid Kinsella, Tomas Corley, Alan Mulhall, Daniel Doyle, Mark Scanlon. Front Row L to R: Mark Peters, Andrii MacLochlainn, Paddy Flaherty, Andrew Darmody, Andrew Hanley, Ross Connor, Eddie Rocket.

## Being Part of the GAA Club

By Nicky Fitzgerald

Starting out in a new college can be a daunting experience and challenging for some. However, joining the GAA Club can help people overcome their fears of settling into college and make it an enjoyable experience. The WIT G.A.A club gives you a great opportunity to continue participating in Gaelic Games and it is a brilliant opportunity to meet new friends.

This year, I was secretary of the Ladies Gaelic Football with Nicola Scully as Chairperson and Aine Magee as the PRO. I found it to be quite an enjoyable position yet challenging at times. However it has left me with plenty of fantastic memories and friendships for life. It gave me the chance to see all the extra work that is involved in organising matches and the various fundraisers that are arranged throughout the year. The experience I've gained throughout will stand to me

for a long time to come.

With my fellow "delegation committee", we arranged a variety of fundraisers during the year for the Ladies Football team. One which saw many of our superstars being transformed for one night only as we staged an 'All Stars in your Eyes'. From Cher and her 'shoop shoop' song, who certainly gave the crowd fever!!! The night was a great success and one that will be remembered for years to come.

All in all, it was a great experience being the secretary of the Ladies Football Club and a position that I held with great honour. As the saying goes 'Ask not what your county can do for you but what you can do for your county'. Even though this year on the field we may have not been very successful, off the field many friendships have been made and memories that will be treasured forever. The WIT G.A.A Club is run at a very professional level and I am only glad that I could be part of that experience. There's something for everyone here in the GAA club, be it playing, administration or simply helping out from time to time but be sure to get involved in some way during your time here in WIT.

## SENIOR INTERCOUNTY STARS 2005

### CAMOGIE

Ursula Jacob, Wexford; Trish O'Halloran, Tipperary; Geraldine Kinane, Tipperary; Niamh Harkins, Tipperary; Michelle Short, Tipperary; Lizzy Flynn, Galway; Caroline Murphy, Wexford; Susan Keane, Galway

### LADIES FOOTBALL

Evelyn O'Brien, Waterford; Niamh Briggs, Waterford; Ashling Barrett, Cork; Claire Conlon, Laois; Mags McEvoy, Laois; Sarah Cuddy, Laois; AnnMarie Walsh, Cork; Michelle Kilkenny, Longford

### FOOTBALL

Diarmuid Kinsella, Wexford; Alan Mulhall, Offaly; Andrii MacLochlainn, Kildare; Paddy Flaherty, Tipperary; Eddie Rocket, Waterford

### HURLING

Keith Rossiter, Wexford; Joe Brady, Offaly; Conor Phelan, Kilkenny; Kevin Brady, Offaly; Cathal Parlon, Offaly; Liam Lawlor, Waterford; Cormac O'Brien, Dublin; Rory Jacob, Wexford; David Hayes, Galway; Michael Walsh, Waterford; Hugh Maloney, Tipperary; Philip Brennan, Clare; Jack Kennedy, Waterford; Thomas Holland, Clare

# Freshers Football

by Andrew Dermody & Tony Keegan

Both WIT Fresher Football Teams had what can be best described as an unlucky but an encouraging year. Trials started in mid September and nobody could doubt the commitment of the majority of the hundreds of fresh faced and keen incoming students who were all eager to show the management that they were all worthy of putting on the famous WIT jersey.

5 trials were held in this period after which the management selected 2 panels of 25 players to make up the "A" and "B" Fresher squads for the year. Hopes were high that both teams could do well and take WIT to the latter stages of each competition.

The first A team game was played against a talented UL team; despite an encouraging and hard working performance from the WIT lads, they were cruelly denied the victory that their heroic performance deserved when they conceded a late goal coming from a very questionable free. The final score-line was WIT 1-10 UL 1-11.

Next up for both WIT was a trip to Cork to face CIT. Trips to Cork have historically been considered as bogey games for WIT, but on the day both teams put on battling displays. First up on the day were WIT's "B" team who started slowly and at half time trailed by 3 points. Inspirational words at half time saw WIT put it up to the CIT side, however this wasn't enough on the day as Waterford lost by 4 points with a score line of 1-10 to 1-6. WIT's "A" team were also involved in a cracking game, but yet again the team conceded a goal in the final minutes to lose heartbreakingly by the minimum once again by a score-line of CIT 2-13 WIT 2-12. Besides the score line a lot of positives were taken from both games and proved to all involved that WIT can compete at this level.

Cork was again to be the destination for the next round of league games and both Fresher teams had to travel to the Banks of the Lee where this time we took on UCC. In the earlier game WIT "B" had gained a well deserved draw, the team proved their mettle against a fancied Cork, with their all round work ethic contributing to a great team performance. With the boost of seeing their "B" team colleagues gain a valuable point, the "A" team looked to emulate this or go one better in their match, and as in the first game it was played at a high pace. Just as it seemed that the team would register their first victory, a late brace of scores from UCC meant that the lads yet again finished the wrong side of a 1 point cliff-hanger, the final score-line UCC 1-09 WIT 1-08.

Two points did come for both teams in the next round, but not in the manner either players or management would have wished as walkovers

were awarded due to Tralee's withdrawal from the competition. This result did however pave the way for the team's progression into the All-Ireland Series. Athlone I.T. were drawn to face the "B" team and the "A" team were to face Queens University of Belfast.

The "A" team travelled to Dublin to face hot favourites Queens University. The WIT lads started slowly and fell behind early on, but WIT rallied towards the end of first half and following a wonder goal they went in at the break level. Queens came out strongly in the second half and went ahead but WIT got another goal and following a late penalty drew level near the end. It looked like the Waterford lads were about to steal a magnificent victory but Queens scored in injury time point to take glory from WIT. Final Score: Queens 2-12 WIT 3-08.

The "B" team led by the inspirational Oisín Lynch faced Athlone IT and had an encouraging start, due in no small part to the WIT team attacking the Athlone defence with intelligent and quick movement. However, WIT had lost its scoring touch and did not build up the lead that their good play deserved. When Athlone finally found the location of the Waterford goal posts they showed how to put the ball over the bar and went into the break leading by 1-4 to 0-1. Athlone then started the second half well and put the game beyond Waterford's reach and we lost our first and only home game on a score line of 2-7 to 0-2 points.

Despite neither team achieving glory in the year it cannot be described as a poor year, some great performances and a lot of hard work from both management and players cannot go unnoticed.

The players formed bonds and friendships throughout the year and stuck together to the benefit of the team. The management teams of Andrew Dermody, Andrew McLoughlin, Michael Dillon (A) and Darren Egan, Tony Keegan & Ciaran Garry (B) provided a professional approach to their task and training sessions and games were organised in this manner. The quality of the Fresher panels was shown as 3 players were called up to represent the WIT Sigerson Cup Team, namely Tom Curley, Mark Scanlon & Andrew Hanley.

Many thanks must also go to every member of the B team panel who all played their part over the season, in particular players like Oisín Lynch, Richard Finnegan, Graeme Molloy, Tom Colfer, Andy Linane & Eoin McGuire who showed good form over the campaign.

Signs for the future are good for the Waterford IT footballers as the quality and commitment of the Fresher lads will only benefit the college, and no doubt a high number of them will represent the college and their counties at the top level.

**P  
L  
A  
Y  
E  
R** **NAME:**  
**NICOLA SCULLY**

**Course:** Corporate Administration

**Influences in your career:** Lizzy Kent & Family

**High point of your sporting career to date:** Captain of WIT Ladies Football Team 2005, Playing in Leinster Final 2004 & 2005

**Third level college-sporting honours:** O'Connor Shield Final, Div 1 League Final

**Other achievements if any:** National League Div 3, Leinster Junior & Minor Finalists

**Other sports played:** Camogie, Soccer

**Players you admire:** Caroline Murphy (Wexford), Sharon Treacy (Longford)

**Most memorable game for WIT:** Beating NUIG in 2005 League semi-final

**What impresses you most about the WIT GAA club:** The professional organisational approach, and the unity of all the club

**Best sporting event/match witnessed:** Leinster Senior hurling final 2004.

**Ambitions in life:** To play in Croke Park and to win an All-Ireland with Wexford

**Favourite music/film:** Million Dollar Baby

**Who would be your ideal Date?** Partial to the Rugby Boys!! Especially one from Co Tipp.



**P  
L  
A  
Y  
E  
R** **NAME:**  
**URSULA JACOB**

**Course:** Business, Recreation and Leisure

**Influences in your career:** My parents, brothers Michael and Rory, sister Helena and coaches Ms Elva Moriarty and Martin Storey.

**High point of your sporting career to date:** Captaining Colaiste Bride, Enniscorthy to winning the All Ireland senior colleges final in 2004 against Charleville, being selected on the colleges All star team and representing Ireland in the camogie/ shinty international in the same year.

**Third level college-sporting honours:** Freshers All Ireland 2004, player of the tournament in the same competition and 1st year sportstar of the year 2005.

**Other achievements if any:** 2 All Ireland senior colleges camogie, 1 Junior All Ireland colleges camogie, 2 county senior championships, 2 All Ireland Feile na nGael, winner of all underage titles.

**Other sports played:** Gaelic football, athletics

**Players you admire:** Martin Storey, Sean Og O hAilpin and Declan Meehan

**Most memorable game for WIT:** Freshers All Ireland Final 2004

**What impresses you most about the WIT GAA club:** The high level of organisation and the great spirit among players and officials.

**Best sporting event/match witnessed:** Leinster senior hurling semi final 2004, Wexford V Kilkenny.

**Ambitions in life:** To succeed academically and to win an all Ireland senior camogie with Wexford.

**Favourite music/film:** Shania Twain/ Ocean's 11

**Who would be your ideal Date?**

Chad Michael Murray



# Ladies Football

by Aine McGee, Football PRO



Back Row L;R Treasa Walsh, Michelle Kilkenny, Deirde Shields, Maria Kiely, Michelle Doyle, Laura Murphy, Nicky Fitzgerald, Schendah Moran, Ashling McNamara, Ashling Barrett, Rosie Lawlor, Mags McEvoy, Sarah Cuddy, Niamh Briggs, Claire Hurley. Front L;R Mave Quill, Edel Kennedy, Caroline Murphy, Aine McGee, Rachel Wall, Evelyn O'Brien, Sarah Denvir, Nicola Scully, Claire Conlon, Pauline O'Callahan, Lisa McGrath, AnnMarie Walsh.

**It was not meant to be for WIT ladies footballers this year. Our dreams of the O' Connor Cup final were short lived when they were beaten in the qualifier stages by Maynooth last March in a thrilling match when WIT narrowly lost out after extra time. It was a highly contested game with both teams digging deep and battling hard, however late into the 2nd half of extra time WIT let their dreams of O'Connor Cup success slip away. This left WIT to battle it out in the O'Connor Cup Shield Playoff against UCC. After last year's disappointment we felt we had something to prove this year, however UCC started off on top and remained on top until the end.**

However it was not because of lack of commitment that success eluded us. October saw the start to training and also the introduction of three new 'bosses', Lizzy Kent, Alan Mulhall and Paul Deane. Our first training session had an attendance of over 40 girls eager to impress and earn a prestigious place on the O'Connor Cup panel.

The year got off to a promising start when the league commenced in late October. WIT faced strong opposition from the Garda College who always field a formidable team, however WIT proved to be the better side on the day. The next match of the League WIT faced a star studded NUIG side and despite fielding a strong team, we found ourselves trailing early on and the game ended in disappointment.

Next on the agenda was a date with UL. It was a slow starting game, where WIT found it hard to get going, and UL proving to be the better and fitter side on the day. In mid January, WIT Division 1 put on their best performance of the season when they faced NUIG for the 2nd game of the year this time in

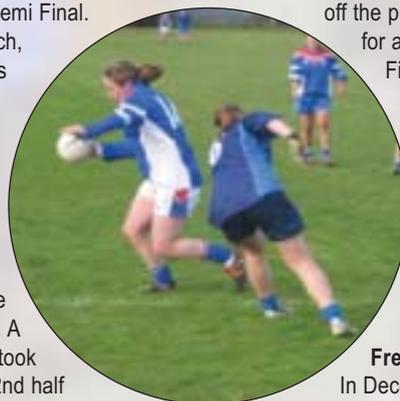
the Munster Championship Semi Final.

Having lost the previous match, WIT went out with their heads held high, full of optimism. Victory was theirs with a wonderful display of football skills and excellent teamwork.

As a result of this victory, spirits were high when WIT faced a strong UL team in the Munster Championship Final. A whirlwind start from the girls took a bit of UL's wind but in the 2nd half UL came fighting back and their experience proved to be too much for WIT in the last 10 minutes and the game ended in a narrow defeat for WIT. Following on these two strong displays WIT faced confidently into the O'Connor Cup campaign. The draw was made later than usually in the year in Croke Park and was attended by the committee.

As we have recorded already, WIT went under to a Maynooth team. WIT worked extremely hard throughout the game and to lose by so little after extra time was complete heartache. Focus was duly diverted to the Shield Semi Final against UCC, a fixture that has served up many great battles in the past. However the heartache was to continue for WIT as UCC proved to be the stronger and more determined side on the day and WIT's O'Connor Cup Campaign came crashing down.

It was a disappointing year for a panel with such talent and promise. Credit must go to these players for giving their time and energy to activities both on and



off the pitch!! It was a memorable year for all.

Finally on behalf of WIT ladies I would like to give a massive thanks to Lizzy, Alan, Paul, Gerry and Damien for their help, encouragement and support over the last year and I think all that's left to say for another year is **BUMP IT UP!!!!!!**

## Freshers

In December, we travelled to Limerick for the Freshers Blitz. WIT finished top of their group beating Tralee, UCD, UL (2) and NUIG. All ten players who participated played outstanding football, but in the end UJJ proved to be too potent for WIT in the Semi Final of the Cup.

## Division 2

The Division 2 girls were unfortunate to lose their match on the same day against a strong Mary I team. There were some fine performances from WIT, which led to the promotion of a number of players to the Division 1 Panel.

However, the Division 2 team went on to record their first win of the year by defeating Tipp IT, this followed with a win over LIT to progress to the semi final.

The semi final was played against a strong Tralee IT side who had only recently been relegated from Division 1. Weather conditions were fierce on the day with gale force winds and not one area of the pitch sheltered. Tralee IT were the stronger and more experienced side and decisively won this semi final clash.



# Defining Sport Psychology for GAA and Opportunities to Study on the MA Sport Psychology in WIT

by Ciara Losty

Many prominent athletes and coaches believe that though sport is played with the body, it is won in the mind. In recent years there has been a surge of popular and scientific interest in psychological factors such as motivation, concentration, 'psyching up' and 'calming down' and mental imagery etc. in enhancing athletic performance. In this context, the discipline of sport and exercise psychology has emerged as an exciting new field, which draws from both psychology and sports science. Tim Henman proposed that the 'mental side is the difference between the top guys and the rest'.

Few athletes compete alone in their sports, most athletes either interact with their teammates or against other athletes collectively. A team has a collective sense of identity and is distinguishable from other groups. GAA teams can also avail of sport psychology to encourage team building. Team building exercises are an excellent means of improving team performances by improving communication, reducing conflict, and generating commitment among team members. Team building is not a 'quick fix' or 'pep talk', rather it involves a long-term commitment of task related and interpersonal sessions which focuses on enhancing the teams performance. It can also be used to enhance mutual respect amongst GAA team members -in the sense that all team members may not like or agree with each other- however they know they all have common goals regarding the

team's performance. GAA teams can avoid possible conflict by engaging in team building exercises, prior to any problems occurring, bonding the team in pursuit of their aims.

The new MA in Sport Psychology aims to educate specialists in the field of Applied Sport Psychology. Graduates will have the necessary knowledge, skill and abilities to work in the area of enhancing sports performance, sports participation and best practice, at a variety of age and performance levels. Graduates will have the ability to facilitate the psychological development of athletes, coaches, teachers, and other specialists from a broad-based, sound theoretical and applied course.

The taught MA offers graduates of sports science, recreation, physical education and psychology a pathway towards enhancing their professional development within the sports environment and conduct research within The Centre for Sport and Exercise Psychology in WIT.

The duration of the course is 18 months, and includes residential weeks.

Key module areas of study include:

- Sport Psychology Applications
- Exercise Psychology
- Mental Training for Sports
- Social Psychology
- Research Methods

## Where to Find Us - GAA Information Centre

### GAA INFORMATION CENTRE

If, for any reason you cannot call to the GAA office (main Campus), never fear as all members can receive information regarding upcoming fixtures, training and team selections at our GAA information centre which is located in the Atrium, just outside the canteen.

This centre will be staffed by a club official, you may even meet our full time development officer Damien Young, each Monday to Friday at the following times:

11.00am-11.30am, 12.45 – 1.45pm, 3.00pm – 3.20pm

The WIT GAA Club is constantly updating our facilities, equipment and our communication network. Our dedicated and enthusiastic members constantly update these boards from our control centre in the GAA office.

### GAA ADMINISTRATION OFFICE

Any large organisation needs a base to work from which to organise the "troops" and the GAA at WIT is no different! Our so called "home" is our office which is located on the first floor of the Courtyard building, which sometimes resembles Connolly Station on a Christmas Eve! It is a hive of activity and is open from 9am to 5.30pm Monday to Friday. So if you have any questions or helpful suggestions feel free to drop in and let your views be known.

Phone 051 302239 / Fax 051-353906

e-mail: gaa@wit.ie / Web site www.gaa.ie/wit

PLAYER

NAME:  
ALAN MULHALL



Course: Recreation & Leisure Management

Influences in your career: Father & Family

High point of your sporting career to date: Representing Offaly at senior level and winning National League in 2004

Third level college-sporting honours: Playing Sigerson

Other achievements if any: Two Offaly club league titles, National Div 2 League with Offaly. Minor club championships in both Football & Hurling.

Other sports played: Hurling

Players you admire: Vinny Claffey, Daragh O'Shea and Maurice Fitzgerald.

Most memorable game for WIT: Sigerson 1st round v Carlow

What impresses you most about the WIT GAA club: The family type atmosphere among the club.

Best sporting event/match witnessed: 1982 All Ireland Football Final, Offaly v Kerry. 1997 Leinster Football final, Offaly v Meath

PLAYER

NAME:  
HUGH MALONEY



Course: BBS

Influences in your career: Club Nenagh Eire Og, Family, Hugh McDonnell, Martin Morris

High point of your sporting career to date: Probably playing senior hurling with Tipp.

Third level college-sporting honours: Fresher runners up, 2 Fitzgibbon's

Other achievements if any: 1 Munster minor, 2 Munster U21, 1 Leinster and All Ireland B Schools medal, various club medals and scholarships/awards.

Other sports played: Rugby, football, soccer

Players you admire: Michael Cleary, Tommy Dunne, John Kennedy.

Most memorable game for WIT: Beating UCC in the 2004 Fitz final, some sneer!

What impresses you most about the WIT GAA club: The crack after the matches!

Best sporting event/match witnessed: Champions league final last year between Liverpool and Milan

Ambitions in life: Have a handy job, be rich with a nice wife and be successful in sport

Favourite music/film: U2, Lord of the Rings

Who would be your ideal Date? Chichi's sister the lovely Mary Slattery!

# WIT Graduate Membership

When WIT's GAA Club was founded in 1982 it consisted of just one Hurling team playing in Division 3. Today it has 21 teams competing in various competitions in the Third Level Sector, and has a unique record of winning at least one trophy every year since. The Club has always strived to provide as many games for students thereby involving the maximum number of participants. This policy has reaped benefits on several fronts but especially on the playing fields when a number of significant victories have been achieved.

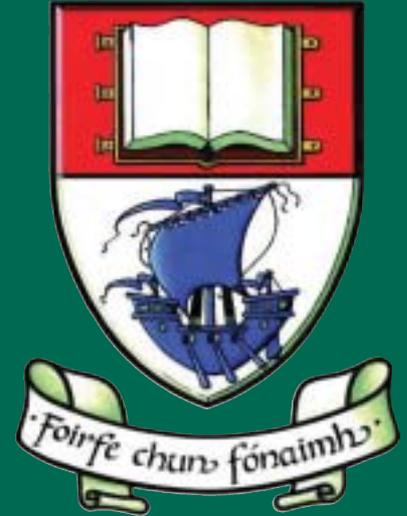
With this in mind WIT GAA Club are launching a new Graduate membership scheme in November. One of the main objectives of this scheme is to renew contact with our past members and it will also represent an opportunity for past and present members to continue and renew old friendships. When you join you will receive updates of our annual GAA

trips abroad - (recently to Disney World and Universal Studios in Florida and skiing to France in January), we will inform you of any social activities, team reunions, medal presentations and general club news. We plan to launch this scheme in late November at our GAA Club Ball. This is a new another new addition to the WIT GAA club calendar, this promises to be a memorable night, and one not to be missed.

**Please visit our web site;**  
<http://wit.gaa.ie>

This is a great opportunity for you so why not call the GAA office and join up today.

**Damien Young**  
**GAA Development Officer**  
**051 302239**  
**gaa@wit.ie**



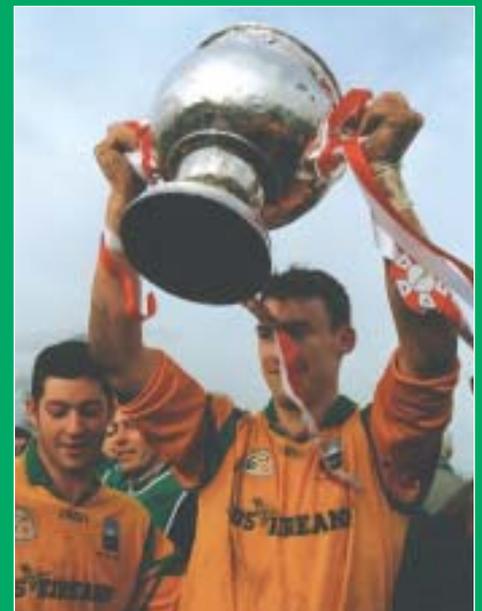
Brian Forde and Alan Kelleher.



Henry Shefflin and Dr. Tadgh O'Sullivan at a WIT GAA function.



Past Graduates who won All-Ireland medals in 2001. Back L to R; S Fogarty, Munster Council Chairman, B Cummins, P Kelly, B O'Meara, P Curran, E Corcoran, J Delaney, Colm Bonnar. Front L to R; D Delaney, D Nealon, Munster Council Secretary, T Dunne, Con Hogan, Tipp County Chairman, S Nealon, T Barrett, Tipp County Secretary.



Andy Moloney