



# Clubs & Societies NEWS

Aontas na Mac Leinn  
Ollscoile Luimnigh

University of Limerick  
Student Union



Edition 16 Semester 1 AY 2014/2015

## THE OPC BREWING UP A STORM

By Féarghal Fitzgibbon  
(Outgoing Club President),  
Tomás Walsh (Training  
Officer) and Siobhán O'  
Donovan (Public Relations  
Officer)

Kilimanjaro - The highest free-standing peak in the world. The highest peak in Africa and one of the coveted Seven Summits. It's a mountain big enough to possess its own ecosystems and yes that is deliberate. Despite being located almost exactly on the equator, it's still high enough to possess its own glaciers while the black obsidian rock on the mountain reminds you that this is a volcano, which while dormant, will erupt again someday. It's a mountain that's inspired awe in people for centuries, holding a special significance not just for the Chagga people whose traditional home is on its lower slopes but also to

Tanzania as a whole. So enough psyching out. I was honoured to be a part of the OPC expedition this year that ventured south to climb in Africa on July 24th. The last time the club ran one was 11 years ago when a team climbed Aconcagua, the highest peak in South America. We hoped to rise to the challenge by climbing the highest peaks in Europe and Africa back to back. With Elbrus being climbed right off the back of Kilimanjaro, it was imperative that the team be uninjured and in the zone for when they landed in Russia.

Kilimanjaro isn't a technical mountain and doubtless some of us were guilty of underestimating as it on paper seems simpler than Elbrus. No knowledge of ropework is required; there is no need to use specialist



equipment like harnesses, ice axes and crampons. All that is required is to walk. Which goes some way to explaining the mountain's popularity, as it is accessible to the novice climber.

What undoubtedly is the biggest challenge on Kilimanjaro is the altitude. And it was something we were to get hit with from

day one when we slept above 3000m. Everyone suffered differently. Lack of sleep, headaches, nausea, vomiting, dizzy spells, they're all to be expected once you start climbing too high above sea level. The air feels thinner and when you've not yet acclimatized, taking three steps too fast can get you out of breath. The worst part is that fitness

has nothing to do with it, everyone's body adjusts differently at different speeds. So despite climbing in a group, everyone really has to fight their own battle.

We spent five days on the approach to Kilimanjaro, steadily gaining height each day but

*Contd, Pg 24*



# Welcome to the UL Wolves



It certainly was a very interesting year last year in the world of Club's & Societies in the University of Limerick with so much going on but I can only give you a very small flavour of what happened and if you thumb through this publication you will quickly realise just the immense potential that lies within your grasp for a fabulous 4 years in this University. In the Students Union and within the Clubs & Societies Department we are very much about empowering and enabling good ideas to come to fruition by providing the tools, structure and finance to administer any good idea through a well organised club or Society. Looking back the single biggest issue was the failure to secure a student referendum for over €16 million euros worth of projects many of which immediately would have benefited a huge range of clubs in particular. The longer term projects requir-

ing further planning and agreement but would have been a major step forward for societies and more so the Students Union as this all hinged on a new Student Centre being built but it was defeated by the narrowest of margins 63.03% (2467) in favour and 36.97% (1447) against - seems the difference in real terms was less than 142 people - the Super majority of 66% was not met unfortunately and it seems the Students Union within its own rules cannot revisit the issue again for another 2 years <http://ulwolves.ie/referendum2014/> Mindful that a lot of people were motivated by how difficult things were financially for them personally in the "no" vote the extra €67 increase in capitation per annum was a bridge too far, which is perfectly understandable. Looking at it purely in my role as a person working to promote the development of Clubs & Societies since 1998 it was a pity especially when you see the cover page story about what the likes of a student run club are capable of with a very ordinary and insufficient facility for climbing, a new climbing wall as part of the referendum would have been amazing for these guys alone. Maybe the generation reading this may think differently in a few years' time, who knows what the future holds? We also had another new ad-

dition to the history of Clubs & Societies by hosting the Clubs & Societies Ball for the first time ever in the hallowed grounds of Thomond Park you can check that out on YouTube <https://www.youtube.com/watch?v=mKAT13fV658> We also had some very memorable successes which are detailed within the pages of the "Clubs & Society News" on and off the field of play so as to speak - I think any club that can win an Intervarsity 5 times in a row deserves special credit in any sports persons mind (see Kayak Clubs article) and on the Society front we had a winner at the Board of Irish College Societies (BICS), National Society of Year Awards in Belfast this year. This was hosted in the spectacular Titanic convention Centre by QUB and the UL International Societies very own Triona O'Sullivan won that in the large college category. We also re-launched S.o.U.L Week - the Societies of the University of Limerick which had lapsed over a long number of years but came back with a bang this year as S.o.U.L Arts Week in association with the University Arts Officer, Ms. Patricia Moriarty. It will be coming to you soon in Week 7 of this term (week of October 20th) more to follow in the coming weeks on that. Don't take my word for it

though check out the endorsements from some of the graduates and their experiences of Clubs & Societies in the Clubs & Society Network section So you see amazing things await you all you have to do is join the UL Wolf pack and make sure to be at the Recruitment Drive at 5pm-8.30pm in the UL Sport Arena on the 10th September 2014. Just make sure to create your UL Clubs & Society wolves account on-line

BEFORE you go down unless you really like to stand in a queue for no good reason log on to [www.ulwolves.ie](http://www.ulwolves.ie) and go to the C&S section [Paul.lee@ul.ie](mailto:Paul.lee@ul.ie) Clubs & Societies Development Manager University of Limerick Students Union



University of Limerick  
Arena Extension and Field Sports Development



Presentation to Student Union  
25th February 2014

## C&S Network - Eoghan O'Brien



By the time I started in UL I had already discovered the sport that I liked. Fortunately, ULSU had a club for it... the Mountain Bike club (MBUL). Through the club and clubs and societies (C&S) in general I have met, and had the pleasure of working with, some of the most talented and enthusiastic people. I became involved in the running of MBUL quite quickly as it was a very small club. Through the hard work of a lot of dedicated people, and the support of the SU the club has grown exponentially. Of all the people I

met in UL, there are a select few I remained in constant contact with over the years. Each and every one of them are people I met through C&S in some guise or another. They have been my sounding boards, my support group, my band influences, and occasionally my good influences. If I could say anything about my time in UL it would be that time spent involved in C&S activities was never wasted time. The only other thing I would say would be to not limit yourself to just one club or society. Over 4 years I was

able to use the facilities within C&S to try out sports that otherwise would have been beyond my means and to learn things for my course through the computer society and debating society. It was, and remains, one of the best uses of my time in UL... far better than going to maths.

Kind regards,  
Eoghan O'Brien  
Graduated with BSc in Music Media and Performance Technologies 2011

### C&S Network – Brian O’Farrell

The first thing you need to know about Debating is the buzz you feel when a crowd laughs with you or applauds with you. The next thing to remember is how fickle and fleeting it all is.

So why join the U.L. Debating Union? Maybe you want to intellectually express yourself – or overcome the fear of Public Speaking. Maybe you wish to explore the concept of Intellectual Chess-Play. The

Internet, Other Media and Lecture Notes may give you Intellectual Content – but how do you Reason it, Data-Crunch it, make clarity and conclusions with it? I keep making Adjudications where I point out that obtaining and possessing “Information” is no longer the ball-game – but how to make sense of it all. Just be wary of the pitfalls. Self-seduction – loving the sound of your own voice. The

para-phrased cliché “those who can’t Do, nor Teach, just Debate it”. Action in life matters more, so be careful how you mention “Debating” in your C.V. Addiction is worse than shyness.

My Debating career was pre-Internet. (The “revolution” was about 1996-97). Back then an afternoon could be spent scouring the Library for Crime Statistics in Limerick – with little success. If you were

lucky, maybe last Friday’s Irish Times carried an in-depth analysis of whatever topic was being researched.

Roddy Doyle once wrote that one of the advantages of going to University was that in 20 years’ time you can watch politicians on “telly” and point out, “I went to college with that guy – and he was a W\*\*\*\*\*er!”

So, which current RTE TV Presenter once drunkenly

assaulted fellow Speakers by splashing water at them? Those are my Secrets – get your own.....

Brian O’Farrell (BEng 1994)

### C&S Network - Fiona Reidy

C&S is the perfect way to instantly have a group of people to hang out with. All fresher’s are in the same situation so before long once you start going to the clubs events you will have friends for life!! It was my starting point when I joined UL in 2006. Like every fresher I joined a handful of clubs. It was a mix of things I had done before like GAA with new things such as drama and photography and rugby.

Needless to say as the assignments started building up I had to narrow down my involvement to just two clubs GAA and rugby. In later years I was solely involved with the Ladies Rugby Club which I had fallen in love with and also contributed to An Focal. I graduated from UL in 2011 with an honours degree in New Media and English and also a Gold Presidents Volunteer Award. This was awarded to me for the time I put in

helping to run the Ladies Rugby Club during my final year. I had come full circle in the ladies rugby club; I began as a total newbie to the game in 2006 and 5 years later I left as an accomplished captain. In those five years my teammates became my second family; we laughed together, cried together, drank together and sometimes almost killed each other on the training pitch. A highlight for me are the nights when we had an away game, we would get the bus back to the lodge niteclub and continue the party from the bus in the lodge doing rock the boat on the dance floor!! Great fun, those sessions were the most beneficial for team bonding. The next day we would spend ten minutes dissecting the game but the following number of hours dissecting everyone’s behaviour from the Lodge. Then we would return to training the following day, needless to say there was a lot

of banter filled slugging...

The experiences I had while in the C&S shaped who I am today. C&S transformed me from being a shy, awkward teenager into a confident, outgoing woman.

I had made a big decision in the last few weeks before completing my FYP, I wanted to travel. With little money and no job however my options were limited. I did something which I never thought I would be able to do; I applied for a teaching job in Abu Dhabi.

This was a choice for me I was not forced into it but now three years later I am glad that I had the confidence to make such a bold move. I arrived in Abu Dhabi at the end of August and had already emailed the Abu Dhabi Harlequins Women’s’ coach about training times. I headed down to training sometime in the first week and as they say the rest is history. Again I was starting from scratch, I knew nobody but

my C&S experiences had me well equipped to slot right in. I have played and won in Dubai 7’s twice so far and have captained the team for the past 2 years. Again just like in UL my teammates here are my second family.

I have used my time in Abu Dhabi as a platform to travel extensively. In the past three years I have visited: Jordan, Qatar, Kuwait, Bahrain, Philippines, Thailand, Bali, Australia, USA, and have managed to get home at least twice a year also. I have consciously put my career on hold so to speak while I travelled. I love teaching my students Physical Education but it is not my long term career goal.

In September I will begin a 2 year distance learning masters in Global Diplomacy, I will continue working in Abu Dhabi until its completion. After that who knows what the next chapter is but one thing is certain. Joining C&S

was the best decision I ever made, it is because of C&S I had the confidence to live in a strange place and succeed, it also gave me life experiences which will be beneficial to me in interviews and also in further study. I am thankful that C&S was such a big part of my life in university and grateful for everything it has given me.



Hi All,  
My name is Michelle Whyte and I am your Clubs and Societies Administrator. If you are new to UL then “Welcome to the Wolf Pack!” From personal experience I would advise you to get involved in a Club or Society of your choice; there is something for everyone with over 70 C&S to choose from! Being part of what we like to call “the real social network” will make your time at UL all the more enjoyable and memorable.

If you are a returning student I’m sure you are looking forward to another fruitful and fun-filled year. An impressive number of clubs,

societies, accolades and friendships have been developed and won over the past forty years in UL and this list is not only ever-growing but something to be proud of. In the past year alone we have seen our Outdoor Pursuits Club summit Mount Kilimanjaro, Africa, Our Kayak Club win their fifth consecutive Intervarsity title and have witnessed UL International Society President Triona O’Sullivan win “Best Society Person of the Year” at the National Board of Irish College Societies Awards.

This September we will be seeing some new faces at the recruitment fair with

the ‘Animal Welfare Society’, ‘Marketing Society’ and the ‘UL Capoeira Club’ bringing a novel and diverse range of interests to the table. Apart from accommodating these new clubs and societies I work with C+S Development Manager Paul Lee to maintain the presence, welfare and finance of existing committees. I assist in processing your student union cheque requisitions, credit card requests and special applications. I liaise with our insurers for personal accident, foreign trip and vehicle cover. I look after the C+S vehicles which include a land cruiser, sprinter van and mini-bus and arrange the training for C&S members to drive them. The possession of vehicles in a student’s union is unique to UL and has proven to be an excellent asset for us whether being used to carry Kayaks to Wales, climbing gear to the Alps or our budding politicians to an Ard Fheis. The biggest date in the C+S calendar, the recruitment fair, will take place this year on Wednesday 10th September in the UL Arena. I look forward to seeing you there! Prior to this you can set-up or renew your personal C+S account on our website: [www.ulwolves.ie](http://www.ulwolves.ie). My office is located on the first floor of the Student’s Union building. Please don’t hesitate to pop in, call or email with any queries or problems.

Is Mise Le Meas,  
Michelle Whyte  
Clubs and Societies Administrator  
Riarthóir Clubanna agus Cumann  
061 234891/ 086 0435308

# “TOO COOL FOR SCHOOL .. UNIVERSITY”

*CHECK OUT THE Wolves Clothing range – The Students’ Brand*



The University of Limerick Students Union has no less than two clothing ranges for you to choose from - you can purchase directly over the counter from the SU Reception if

you wish to? right there and then from the very trendy KC Sports range of clothing. Currently there is a SALE which ends Friday of Week 2 in Semester 1

Hoodies €29.95

Tees €10.95

Jog pants €29.95

Beanies €8.95

Clubs Societies, General Office FREE OF CHARGE or they will deliver around the world at a fee ...so buy NOW before you leave ☺ Clubs & Societies this is your chance at the start of term to have your team strip organised early and blaze a trail on the intercollegiate scene.

As an ADDED BONUS all profits from the Nike sale of clothing will be reinvested back into YOUR STUDENT Clubs & Societies. Any queries on NIKE products email: [Paul.lee@ul.ie](mailto:Paul.lee@ul.ie) or [Michelle.Whyte@ul.ie](mailto:Michelle.Whyte@ul.ie)

OR  
If you want to order ON-LINE you can avail of the all new NIKE Wolves On-Line store. NIKE? Yep the same brand as Rory McElroy, Tiger Woods and Brazils, Neymar. That's right one of the World's leading sports and leisurewear providers has teamed up with the UL Wolves.

There is an extensive range of clothing on-line [www.ulwolves.ie](http://www.ulwolves.ie) under the Clubs & Societies section. So if you are a fashion conscious student or staff member – or a member of Clubs & Societies who wishes to buy a SINGLE item for yourself or a friend from this internationally recognised label for quality clothing you can order one single item as a minimum order and have it delivered to the Students Union



# Comedy Soc: The laughingstock of UL



“Go boil your bottom under a silly person!” If you understood that reference we are the UL Comedy Society and you are welcome. Since our society was founded only a short three years ago it has quickly grown into one of the most prominent and vocal societies on the UL campus. The biggest question we get from people unfamiliar with our society is “Are you a society for comedians or are you a society for fans of comedy?” The answer is both. UL Comedy society is made up equally of aspiring comedians and writers as it is fans of comedy with zero interest in performing. We host monthly stand-up comedy gigs, panel shows and improv comedy nights all of which star acts from our society. These events are a perfect way to make a start in comedy or a fantastic nights entertainment on campus with incredible atmosphere. There are a number of ways new members will be able to hit the ground running. We host weekly workshops for Stand up, Sketch writing and improv comedy. These are a great

facility to work on material and are also just plain great craic! We are a highly active and social society often doing joint events with other societies or just supporting there events as a group, in Comedy Soc there is something to look forward to every week! We arrange group trips frequently to visit the cities popular comedy clubs where our members often perform alongside some of Irelands most promising comedy talent. Last year was our biggest year to date co-producing a play with UL Drama, hosting a record number of events throughout the calendar year, hosting our own ULFM Radio show, being nominated for best new/improved society in the C&S awards and one of our members, Stephen Ryan, represented UL in the Chortle Student Comedy awards final at the Edinburgh Fringe Festival. Many of our Alumni and current members are well positioned in Ireland’s comedy circuit and tour nationwide. As someone who is now entering my 4th year in the society I can attest to the amazing opportunities, the

great people and most of all the fun you will have if you join our society. For a better look at our society find us at [https://](https://www.facebook.com/ul.comedysociety)

[www.facebook.com/ul.comedysociety](https://www.facebook.com/ul.comedysociety) and be sure to pop over to us at the recruitment drive. “I love lamp.”

Membership Fee - €3  
Contact info - <https://www.facebook.com/ul.comedysociety>  
JoÚ Spillane PRO



# LOL (Laochra Ollscoil Luimnigh)

Ar mhaith leat do theanga a úsáid ar bhealach difriúil? Mas ea, tar leis sa gCumann Gaelach. Bhí go leor spraoi agus craic againne i mbliaina sa gCumann.

Bliain 2013-2014

Oireachtas:

Fuair muid bus ón gcoláiste go dtí an tOireachtas, Féile Mór Na Gaeilge, i gCill Áirne. D'fhan muid don deiridh seachtaine. Ghléas muid suas ar oíche ShamÚa agus chuagh muid chuig Club na Féile. Bhí an-chraic againne. D'fhág gach duine tuirseach, ach sásta tar éis an féile.

Bric -Grá- sta:

Ar mhaidin Lá Fhéile Vailintín bhí bricfeasta againn as Gaeilge le neart grá. Oíche Amhrán na gCupán: Tháinig gach duine le chéile chun amhrán na gcupán a fhoghlaim agus a chanadh. Oíche den scoth a bhí againn.

Lá gan Béarla:

D'éagraíomar Lá nach raibh cead againn Béarla a labhairt. Bhí t-léinte againn leis an manna NO Béarla #LOL (laochra ollscoil luimnigh) lá gan béarla. Rinne gach duine a ndícheall Gaeilge a labhairt agus d'éirigh linn €463 a bhailiú do Pieta House.

Damhsa Céilí:

D'fhoghlaim muid damhsa céilí. Bhí céilí amháin speisialta ann againn darbh ainm 'Géilí'. D'éagra muid é seo leis an gcumann 'Out in UL'. Bhí spóirt agus spraoi againn.

Beidh go leor imeachtaí againn an bhliain seo chugainn freisin cosúil leis na cinn thuas agus go leor eile. Beidh fáilte roimh aon smaointe atá agat i dtreo imeachtaí eile a d'fhéadfadh muid a chur ar siúl. Ná dean déarmad 'like' a thabhairt do 'Cumann Gaelach OL' ar Facebook. Beidh an teolas ar fad faoi na himeachtaí

agus aon rud a bheidh ar siúl ar an suíomh. Tá siúl againn tosnú ar Twitter an bhliain seo freisin.

Tá muid anseo chun an Ghaeilge a chur chun cinn. Ní gá líofacht a bheith agat. Déanfaidh an 'cúpla focal' anseo agus siúd. Ná bí buartha. Cabhróidh muid libh. Má tá suim agat in aon rud Gaelach tar chugainn. Freisin má tá suim

agat a bheith páirteach i rith an chumainn beidh seans a beith ar an gcoiste níos déanaí sa bhliain.

Mar sin, tar chugainn ag seastán an Chumann Gaelach ag an 'recruitment drive' ar an gCéadaoin 5ú lá de Mhéan Fómhair, Seachtain a hAon. Táille €7 ar bhallaíocht ar dtús. Beidh sé ar siúl san 'Sports

Arena'. Beidh rudaí saor in aisce againn duit. B'fhéidir go bhfeicfidh tú 'PÓL' 'dancing' ag an seastán. Tá súil agam go dtagadh tú leis an gCumann Gaelach. Níl ann ach slí amháin, slí Gaelach. LOL



## UL Drama Society – For all things Dramatic!

By Vanessa O'Brien  
President

Here at our home in the Jonathan Swift theatre there's always something going on! At the UL Drama Society we aim to make everyone feel welcome and it's a space for people to explore their creativity whilst also making lasting friendships. The general assumption is that you have to act if you're in Drama, however this certainly isn't the case! We like to give our members the chance to experience

different aspects of the theatre whether it be through acting, directing, writing workshops, lighting workshops, stage management or costume design. There really is something for everyone!

We had a hugely successful year last year and we put on productions that were incredibly well received. In first semester we did a stage adaptation of 'Monty Python and the Holy Grail' and in second semester we put on stage productions of the hugely

popular Disney 'Hercules' and the well-known film 'Anchorman'. All of these shows were very successful and everyone involved really enjoyed taking part in them.

As well as putting on regular performances we also do weekly Drama workshops. These workshops cover everything from Comedy Improv to Stage Fighting. We also like to focus on the backstage aspect of productions and we plan on doing Stage Management, Costume



Design, Lighting and Directorial workshops to really give people an opportunity to experience a different side of theatre.

Our workshops are held in the Jonathan Swift theatre every Wednesday at 7pm and there's really something for everyone, whether it be wanting to improve your confidence or learning how to throw a fake punch. So come along to the recruitment drive on the 10th of September

with €5 and we'll sign you up! If you can't make the recruitment drive then feel free to come along to one of our weekly workshops and sign up then!

For more information you can visit our Facebook page: [www.facebook.com/uldrama](http://www.facebook.com/uldrama) or our website! You can also feel free to email [president@uldrama.ie](mailto:president@uldrama.ie) with any further queries!



# STAND OUT and Make a Difference!

By Craig Mc Keown, PRO



Enactus UL has just completed its first year as a society! What a year it has been! For those who might not yet know; Enactus is a community of students, university staff, and business people working together to deal with different social issues, using entrepreneurial and business ideas. Over the last year we ran two projects; "Skillssets" and "Chronicles of The Past". We worked with a group of homeless people, teaching them basic computer skills. We visited elderly people in a local nursing home, talking to them, recording their stories for what will eventually result in a book. These two things seem like little things, but to the people we worked with we made a difference, and you can make a difference too!

At the end of each academic year, in May, there is a competition, where we can showcase the great work we have done, and the winner of this goes on to represent Ireland at an international competition. This year the "World Cup" is being held in Beijing in October and Ireland will be represented by UCD, who won the Irish National Competition with their project, "Generation Accommodation".

With Enactus being an International network, you get to meet SO many people. Not only do you get to meet students from every University in Ireland, you also get to meet top recruiters in

companies such as KPMG, KBC Bank, Enterprise Rent-A-Car, Arthur Cox, and many more sponsors of the Enactus program.

Did you know that there are over 13,000 students in UL? Most of us are aiming towards the same thing, a degree followed by a well-paid job! What will make you stand out above everyone else?

One word...

ENACTUS!

With all the practical skills you can pick up to make yourself that bit more employable, while also having a fantastic time, meeting the best, like-minded people you could ever meet, you would be CRAZY not to come along to one of our meetings on Wednesday evenings at 6.15 pm in KB1-14!

We promise that you will not be disappointed. Throughout the year we will run fundraisers, go on social outings and so on. Between these and the various projects we will be running, there is so many different ways for you to get involved. We know we will see you soon!

For more information: Check us out on Facebook by searching Enactus UL Follow us on twitter @ULEnactus Or drop us an email at enactusul2013@gmail.com

## Everything is awesome with the ENGINEERING SOCIETY

By Katie O'Neill, President/  
Trevor McSweeney, Events Officer

The Engineering society is a new society here at UL and we aim to do as much as we can for budding engineers and engineering enthusiasts. From bottle rockets to soldering workshops, we aim to cater for all the different types of engineering here at UL and have fun while doing it. We are also planning to

have a Lego week later on in the semester and also a trip to Engineers Week in Dublin next semester!

We had a successful year last year considering that we had to come through very difficult circumstances. Many of the events we ran had a great turnout and we even helped the Psychology society with their De-Stress Day. The Engineering society had an excellent start to last year and we hope to repeat that and

push on through the year from there this time round. While we do tend to focus on the fun side of engineering, we also intend to work on the career side of things with you guys too - with guest engineers, industry visits and some essential skills workshops going on throughout the year. We're giving you, our members, a chance to bring the engineering out of the classroom and into the real world and we welcome

any involvement and input from you guys with open arms.

Not just for engineering students - this society is for anyone with a remote interest in engineering, tecUology, or simply the way creativity has shaped the world around us! Whether you want to design a winning Formula 1 car, create a working mechanical heart, be the first Irish person to send a rocket to the moon, or simply meet new people

and build things with Lego, we have something for you here at UL Eng Soc . And the best part - you get all this for just €3 membership. Check us out on Facebook at [www.facebook.com/groups/eng-socul](http://www.facebook.com/groups/eng-socul) or come and find us at the recruitment drive and let your creative side run wild!

# Games Soc: *GET A LIFE!*

By Rachael Mooney, Games Society PRO

DO you have more PlayStation trophies than sports trophies? Can you name more Pokémon than presidents? Do you play more FIFA than actual football? Do you like zombies, assassins and/or silly string? If you answered 'yes' to any of these questions, then UL Gsoc is the place for you. From consoles to trading card games, from D&D to Twister, there's a place in Gsoc for every gamer, no matter how casual. Our Games Night takes place in EGO-010 every Monday from 6pm to 11pm, where we play card games, board games and, most importantly, eat pizza. If consoles are more your thing, we have Console Day in Room 3 of the Student's Union every week from 12pm onwards, where we have a variety of consoles, including a PS4. We also

run RPG sessions and Lock-Ins in the Student's Union several times each year. In addition to this, we run two campus-wide events annually; Zombies and Assassins. If you like spraying your friends with silly string, or stabbing them with sporks; this is the place for you. Both events will have you mistrusting your friends for a week as you try to either zombify them (or prevent them turning you!), or outright murder them for the points. (Who needs friends anyway?) Aside from all the paranoia, silly string and pizza, Gsoc is a great place to meet friends and chill out. Drop in any week, either to Console Day or Games Night and kill some noobs, trade, or just hang out!



## THE LAW IN PRACTICE (UL LAW SOCIETY IS BACK!)

Ellen Ryan,  
Public Relations Officer

The University of Limerick Law Society is one of the largest and most respected societies at UL. The majority of our members are from the Law School; however, we have many followers who are interested in our high profiled guest speakers and social events, such as the prestigious Law Ball. The society offers a great

deal to each of its members including support and encouragement, especially to newcomers. A peer mentoring programme is offered to all first year members in which they are assigned a "buddy" from an upper class to help them settle in to college life. An example of the success of this programme last year is Katie Nagle and

her "buddy" Ross Mullane. Katie highlighted the benefits of this programme by stating "It was the small things that were the biggest help for me. Little hints and tips on how to pass exams, using databases, general college life and just a smiling face around college whenever I needed it." The incoming year promises to be our best one

yet, with a series of guest speakers, workshops and competitions lined up. The UL Law Society plans to run a series of 6 Legal Skills workshops throughout the year that aim to develop the legal research and practical skills of the students. The society will also run two seminars this year, in keeping with our theme of "The Law in Practice". The "Women's Rights Conference" last year was a great success earning a nomination for Best Society Event in the C&S awards before representing UL in the national BICS awards in Belfast in April 2014. We plan to carry on this success to the incoming academic year with these two seminars. To help students truly gain an insight into a future ca-

reer in law, the society has arranged a visit to the Four Courts in Dublin to see the court in session on February 18th 2015. We will also run a careers evening as well as mooting competitions. Mooting is a mock trial where law students get an opportunity to practice their skills of advocacy and public speaking in a court setting. This is a vital skill as it is assessed in the law modules and helps students prepare for a career in law. Unfortunately, due to space constraints I cannot outline all the wonderful opportunities the Law Society has to offer. However, you can learn more by checking us out on Facebook or at the recruitment drive in week 3.







# DON'T STOP US NOW!

By Siobhan Paircéir, Trad. President & Fionn Phelan, Music President



Back to another year packed with music, gigs, competitions, spin-offs, sessions and céilí's!! For those of you about to rock, let us introduce ourselves. If you are just starting out in UL, the Music Society is possibly the greatest, most vivacious and urbane group you will ever come across in college (and probably your entire lives!). We are comprised of the Music Society, Trad Society, DJ Soc. and introducing our all brand new, sparkling and amiable Glee Soc!

Last semester was a very eventful time for UL Music Soc. as we won the 'Most Improved Society' in UL. We held very successful events such as UL Roots

Battle of the bands, IVs Battle of the bands, UL Trad Fest along with our regular activities. We enjoyed providing support for acts participated in Charity Week, such as Keywest.

Another major highlight we had this year was representing UL at the Board of Irish College Societies' award ceremony, which included a trip to Belfast and being 'wined and dined' at the Titanic Convention Centre.

## MUSIC:

Monday is our weekly Open Mic night, the concept is simple, you provide us with 2 or 3 songs, (using a guitar, vocals, hand-clicks, or drunken war-

bling) and we provide you with a pint for your efforts! Stables at 8 anyone? Turn it up to 11 on Thursday, with our Stables Battle of the Bands! If you have a band or just want to jam or

play solo let us know, and you can register with us, in return for oodles of nifty support packages!

## TRAD:

Tuesday Trad Night weekly sessions in scholars will start back in week two at 9:30, so come along, with your music machines and some friends in exchange for FREE pizza and beer! This semester we hope to invite special guests to join in the sessions, so keep updated with the 'UL Traditional Music Society' like page on Facebook. We have some big events lined up this semester including; off-campus sessions, outdoor céilí's, trip to the Oireachtas, Halloween fancy dress party, trad discos and more.

## DJ:

We hold deck sessions every Wednesday in the students union, so whether you're the next Calvin Harris, wanting to test your playlist in a friendly environment or just want to learn how to work the decks, this is the place for you! Make sure to pop into us at rec. drive in week one and sign up for just €5. As a member you can attend all of the Music, Trad, DJ and Glee activities.

For more information visit [ulmusicsoc.com](http://ulmusicsoc.com) Our delighted committee after winning the Most Improved Society in UL



# Psychology Society

PRO: David Tierney

With free happiness, motivation and nostalgia events the Psychology Society had an amazing start last year. There were free bananas and chocolate (with fondue set) to chemically boost your moods. We brought puppies to UL for fun and to support Limerick Animal Welfare. We had social nights and raffle prizes and a Psychology Ball which was absolutely fantastic.

We had superb food, a drinks reception, pianist, DJ, band and everyone dancing in their elegant finery. Guest speakers also came to share with us their expertise on an array of interesting topics stretching from mental health to organisational psychology. We also had interactive and informal discussion on fun research topics like Lady Gaga and creativity. The Society has even more planned for this year and

everything is going to be bigger and better. We're going to have more talks on interesting psychology topics such as why farmers should name their cows or how 1 in 5 women and 1 in 20 men admit to sleeping with a cuddly toy on a regular basis. There'll be more free chocolate and bananas and other special events including a twisted Game of Thrones themed quiz (trust me, we have a few special surprises

in store that people are going to love). Everyone is welcome but we're going to arrange more academic supports specifically for Psychology Students. For April 2015, the society is also organising the Psychology Society of Ireland Student Congress which will be on in UL for the first time. The psychology society is for everyone no matter what discipline you're studying. However, my

favourite part of the society is how we help each other out. If someone has a problem with their course or general question about human nature we can give each other advice. You can also check out our Facebook page by searching 'UL Psychology Society' or use the following link: <http://tinyurl.com/p38d2k5> Members regularly post information about charity events, interesting psychology facts or helping each other out with by answering academic questions. So if you like interesting facts, free food, fun events with twists and surprises, animals like cute cuddly puppies, then join us



# LITERARY SOCIETY

PRO: David Tierney

If you love the arts then the Literary Society is the place for you. We have creative writing nights (pizza and other goodies are often involved) filled with poetry, stories and writing challenges. The society also takes regular trips to the White House Poetry Pub in town for poetry nights. There's usually free finger food and the society pays for your taxi home. What happens every week is always a surprise. The Whitehouse has poets, singers, novelists, international guest speakers and there's open mike if anyone wants to join in and share their passions. We also have book banter nights where we discuss topics like the personification of death in literature. This year we're going to

mix things up a bit and turn it into a games and book banter night. Not only will we have word based games like Scrabble and Countdown but Literature based games like 'Lord of the Rings Risk'. The society also has new storage for books so if you'd like access to our exclusive and ever expanding collection then join us. Last year we also had a Harry Potter themed table quiz where people dressed up, won prizes and ate delicious owl designed treats. The society worked with the UL Arts Office to have poetry and short story creative writing competitions with Kindle and cash prizes. This year we're going to do even more and are aiming to have film nights as well. We also have monthly book readings and discussion ses-

sions. Some members even take part in international online writing events called NaNoWriMo. In addition, the society plans on going to the Dublin Book festival again. Last year we got to go to talks with international guest speakers, meet famous authors and join in on various creative and writing workshops. There

was even time to go book shopping of course and visit art exhibitions.

For regular updates join the society and our mailing list or visit our Facebook group: <http://tinyurl.com/pwtlwo9> For anyone who wants to see writing samples check out our blog: [\[socreview.wordpress.com/\]\(http://socreview.wordpress.com/\) We're a friendly group and the atmosphere is always warm and welcoming so make sure to contact us if you're interested: \[ullitsoc@hotmail.com\]\(mailto:ullitsoc@hotmail.com\)](http://ullit-</a></p></div><div data-bbox=)



# BRO, DO YOU EVEN PHOTOGRAPH?



Louise Clifford - President

“It is more important to click with people than to click the shutter” – A quote from the famous Alfred Stieglitz, and a motto that the Photographic Society adapted this year. Not only have we grown in size but we have expanded ourselves amongst other clubs, societies and organizations. This year in particular has been very social for us, attending triple the amount of events on and off campus and of all genres benefiting all of our members. We have established a wider base for ourselves and we are fully armed and ready to hit the ground running again this year!

Our membership fee stands at €5 to be paid once covering both semesters. You can join at the recruitment drive in September or at any stage during the year by simply sending us an email at [photoul@gmail.com](mailto:photoul@gmail.com), a Facebook message ([www.facebook.com/photoul](http://www.facebook.com/photoul)) or tweet

us @ULphotosoc, and we will inform you of our whereabouts. All levels of experience are welcome! We tend to have one workshop per week which the date for will be decided within the first week of the semester.

During the week days or weekends, we have some sporting events, club and society events, and photo-shoots that we get asked to attend as well. A weekly email is sent out about upcoming events that our members might be interested in going to. We have been planning some guest speakers, some trips, awesome events and competitions too! The photographs with this article are a few snaps from some workshops of ours! All of the photographs from previous events throughout the year are available on our Facebook page.

Check them out!

Last year, Photosoc was nominated for most improved society! We are full of amazing and exciting ideas for the upcoming year, including some fundraising events! We are a bunch of friendly people wanting to help you learn about photography and enjoy it at the same time...

”Photography is a love affair with life” – Charlie



## Building Creativity with SofA!

The Society of Architecture, or SofA, is a cultural society that has roots in the architecture school here on campus but always endeavours to tap into the creative arts scene in UL and the wider Limerick area. Over the last few years we've brought creative minds together through weekly informal lectures with design professionals from across the world, discussion groups, exhibits and fantastic trips. From absorbing the architecture of Vienna on a bicycle to hurriedly creating a

themed outfit out of newspaper during a table quiz or engaging in thought provoking discussion with an experienced voice of design, SofA has it all! This year once more artists, architects and designers shall be part of our line up for these such events, but furthermore for design workshops, discussions and creatively themed competitions and events that shall make the presence of SofA greater felt here on campus. We shall work once again with artistic student societies throughout Ireland, but more importantly, in the

year ahead, we hope to engage better with other societies within the UL Wolf Pack so to establish new and exciting links with other creative individuals, thus inspiring the further spread of ideas within our own campus. We aim not only to share thoughts but also create friendships. So keep updated with our Facebook (<https://www.facebook.com/sofaul>) and Twitter (<https://twitter.com/Sofaul>) pages, and remember that membership is for anyone and everyone with an interest in art, architecture or

creative design. Look out for us in the weeks to come!! The accompanying photograph features some of our members entering Vienna's Museum Quartier

during our trip to the Austrian capital in January 2014!! Louise McCarthy (President) & Fiona Mc Leron (Treasurer)!!



# We GIVE Charity a “Cutting Edge”

(Please excuse the bad pun. Our strong suit isn't literary cleverness).

UL GIVE is a society run through the med school that organizes electives in sub-Saharan Africa. While the students traveling to Africa are required to fund their own elective, UL GIVE works alongside them as a charity organization to raise money throughout the school year. This money goes directly to the placement hospitals, to projects that are reviewed and approved, so you can be sure your vital contributions will help our selected hospitals grow and continually improve the quality of the care they provide.

But hold up – big question.

How can you get involved with UL GIVE if you're not a medical student and not traveling to Africa?

Easy answer. You come out and volunteer. Or you put on your own event. Or heck, you just participate! We do many events throughout the year as well, and most of them aren't “medicine-related”, so that



shouldn't deter you from getting involved!

Our big event every year is the charity cycle to Kilkenny. Beginner cyclists along with the more seasoned athlete raised money and rode down. The 130 km ride is obviously celebrated upon arrival – and this year we plan to make the event even better! Which means, we are open to both people wanting to cycle and wanting to help organize!

Last year, events ranged from (but not limited to) Quiz nights at the Pavilion to campus-wide bake sales, a mystery bus tour, and a night out in Limerick at a student-run “Too Many DJs” event – where you got to take your own shot at spinning tunes. Most of these are run by students from UL, of all faculties and years, who just have great ideas and do the event on behalf of GIVE. As you can see, the

opportunities are limitless. We love new ideas, big or small. And it doesn't hurt the resumé either having run an event – especially for such a good cause!

Membership is also very easy – one time €5 donation, and registration on the UL Wolves website or at Clubs & Socs week. And if you choose to help organize activities, meetings are very flexible.

For more information, visit our website at [www.ulgive.org](http://www.ulgive.org), like us on Facebook or send us an email at [ulgiveteam@gmail.com](mailto:ulgiveteam@gmail.com). Better yet, if you have any ideas for fundraisers, tell us and we would be thrilled to work with you to make it happen!

*Mira Pavan*  
UL GIVE President

## ULFM prepares for game-changing season

*Fintan Walsh*  
Station Manager  
ULFM,

University of Limerick's official radio station, is in its fourth academic year and it's promising to be an exciting year for all students who wish to get involved.

Up and down the country, we are commended for our station's ethos. This is because of the team that we have welded together over the past four years. There are many former presenters who are now working for RTE, UTV, Irish Independent, Irish Examiner and many more. These talents include Kelly O'Brien, founder of ULFM, Jason Kennedy and Orla Walsh.

ULFM will be undergoing a model change, while preserv-

ing the efforts of former committees. We will be looking for experts in business, sport, fashion, art, entertainment (and everything under the sun) for in-house correspondence. We will be looking into journalism and media funding for budding reporters and investigative projects. And, most of all, we will be looking to take home Smedia (Student Media) awards next April!

While ULFM looks for quality and excellence, this doesn't mean you have to be experienced to join the team. The majority of ULFM presenters are novices. But after a few weeks of production and presenting, they are the quality we desire! We believe in new talent and using our resources to help new people to acquire the skills and qualities.

ULFM isn't just about presenting and producing. There are opportunities for students to participate in the advertising and marketing of the station, too. Next to the University of Limerick is a city waiting for another radio station to give local traders and organisations a voice – to create a strong network with.

Our new model will allow for students to engage in their own radio station. It will allow all media students to practice their journalistic and technical skills. And it will allow the innovative minds of the university to make ULFM a household name in Limerick's radio history.

So don't feel left out. Join us and be part of an exciting new team.

Membership fee is €5. For news reporters, it is €3. E-mail the Station Manager for more info at [stationmanager@ulfm.ie](mailto:stationmanager@ulfm.ie).



# MORE THAN JUST A GAME

Raymond Burke –  
Interim Chairperson

I joined the team this time last year and in that short time it has changed my life for the better. I had previously played flag football with my friends so it didn't take a lot of persuasion to sign me up to the club. The team welcomed me and the other rookies and through the blood, sweat and only a few tears of hard training, I have made friendships that I know will last a lifetime. I received help in many different areas - sports, college and personal. You might think that the older, senior players would think themselves too expert to help, as had been my experience in other sports, but it was in fact the most senior players on the team who always made time to help. In the past year, this team has been the catalyst for many positive changes in my life: physically I am now stronger, faster and fitter than ever before because of the great guidance of experienced teammates; my work ethic and hunger for success and improvement in all facets of life have increased resulting in high academic achievements and great personal satisfaction. Training takes place on Wednesday between 7 and



9pm, and after a number of weeks Sunday sessions start up. Club members are also lucky enough to benefit from elite gym training on Tuesday and Thursday evenings under the guidance of experienced weightlifters. This may sound like a big commitment, but as soon as the routine was established I finished up every session looking forward to the next one. There are lots of sports open to you as you begin your UL career. Without doubt joining any one of them is significantly better for you than not participating in sports. Nonetheless, I would strongly recommend selecting UL Vikings

American Football Club above all others. The biggest endorsement I can give this club is that the camaraderie and sheer stubborn desire to win within the team has me counting down the days to the new season ever since the whistle went in our final one this year. The game is for everyone no matter their size, fitness or previous knowledge. Fellow rookies from last year transitioned from many sports including GAA, rugby and weightlifting to become important, even award-winning players on our squad. The membership fee is only €5, so come along and within a few weeks you'll know exactly why we love this

team. This coming season we have our intervarsity championship in October and the club is organising a trip to play a top Division Spanish team in Granada in late November. There has never been a better time to join the Vikings then right now. We provide the equipment and the high level coaching from coaches not only qualified to coach American football but other fields such as Strength and Conditioning. We use the high performance elite gym in the UL Arena twice a week and push every member to achieve all they can while a part of the club. If you are interested contact [ulvikings@gmail.com](mailto:ulvikings@gmail.com) or like us on Facebook for more details of training times or general information.

So if you want to have fun, go on trips, play games in front of crowds all round the country or if you want to become known as one of the best players in the country after dedication gym work and training or if you just think you might be the next best quarterback then the Vikings are the team for you. Come win a championship.

## Archery – An Innate Talent of the Human Being

Everybody's childhood consists of going out to the back garden or to the park, breaking sticks off a tree and making your very own wooden bow and arrow. It's as if your childhood is not complete without acting the role of the brave and defiant 'Robin Hood'. I believe it is this natural behaviour that has allowed people to develop the instinctive skill of archery. Unfortunately, many people do not get the opportunity to develop and grow this inherited art form from our pre-historical ancestors. Archery is a source of life, a skill of combat, and a sport of excitement dating back to over 17,500 B.C. regrettably the ancient art form has not developed to an essential attribute like learning how to

cycle a bicycle. Over 30 years ago, an iconic individual, Mary Vaughan, initiated the beginning of the University of Limerick Archery Club and with the renewed interest from Emmanuel O'Dea it has become the club for which it is known by today. Mary was a determined woman to develop the sport and due to her love of archery, she proudly represented Ireland at the 1984 Olympics in Los Angeles. The University of Limerick Archery Club has always recognised the potential of further developing our international appearance and for the second time in the last two years the club has sent two of our best archers to the European International Festival in Telford at Janu-

ary. Archery is one of the up and coming sports of the 21st century and the UL Archery Club is here to help you experience its challenge. At the end of last year, we narrowly missed out on winning the overall Indoor Recurve Intersvarsity League but finished a proud 2nd. The standard of archery in the country has grown dramatically in the last few years and with the continued dedication to training and support within the club, we have moved in the correct direction. This summer once again saw the return of the Irish Outdoor National Series to UL, where the top archers in Ireland fought for the coveted Munster titles. This competition challenges archers over two days, at their ability to

shoot across ranges from 30 to 90 meters (Yes, that's the length of a soccer field!) and their ability to handle the pressure of Olympic head to heads at 70 meters for recurve archers. The sun shone for the two days, with the smell of sun-cream at the tip of your nose. With the military precision of organisation, and the help from the UL Archery Club volunteers, the archers from the entire island of Ireland had an enjoyable weekend of shooting. If you are looking for a new experience, a challenge, or even a break from the daily routine of lecturing, working or studying, why not give archery a try? We train twice a week, Monday and Wednesday in the PESS Building. Absolutely no prior knowl-

edge of archery or equipment is needed. We provide all the required tools and hopefully the wisdom. A 6 week beginner course starts towards the middle of September for one hour a week and at the end of the course we hold a fun beginner competition. We hope this would encourage you to continue on and shoot for the University Team. For more information follow us on facebook or visit our webpage at [www.sites.google.com/site/archeryul](http://www.sites.google.com/site/archeryul). As Fred Bear stated "Nothing clears a troubled mind better than shooting a bow".  
Thomas Brouder  
President

# Do you love to Dance?



Dance UL have an action packed year ahead and want YOU to be apart of it! After a very successful year, Dance UL's plans are bigger, better, and loads of fun.

Each week Dance UL will be hosting dance classes such as hip hop, ballet, jazz, Irish, and Zumba with professional dance teachers who have pursued dance degrees at the University of Limerick and beyond. Classes will commence in week 3, and timetables can be found on Facebook and the UL Wolves website. Membership of the club is €5.

At this past year's Intersarsity dance competition, Dance UL came home with two first place trophies in both Irish dance and Hip-hop. This year, Dance UL will be hosting the Intersarsity competition for the first time ever and will be competing in every category: jazz, contemporary, hip hop, and Irish. Dance UL will also

be participating in DCU's All Ireland Dance Experiment, a showcase of the nation's University dance talent in Dublin's Helix.

Come along to Dance UL's AGM in week 2 if you wish to get dancing, make new friends, and have the year of your life. We are eager to meet dancers be it beginners or advanced, and are looking for committee members as well.

Find us on Facebook: Official Dance UL

Follow us on Twitter: @DanceUL

Watch us on YouTube: <http://www.youtube.com/user/OfficialDanceUL>

Email us at: [Officialdanceul@gmail.com](mailto:Officialdanceul@gmail.com)

President: Dale Halvey  
Vice President: Nina Pongratz  
Secretary: Karen Goltz  
Treasurer: Ruth Walsh

## GOOD DARTS = HEALTHY HEART

Although the club is only 2 years old, the growing popularity of darts in UL has seen the UL darts club skyrocket since its humble beginnings in 2012 and is one of the fastest growing clubs in UL right now. What started as a small group of people interested in the sport meeting up every week to throw a few arrows has now seen the club produce some of the most high quality darts teams in Limerick and as a result are now one of the prominent college teams in Ireland. David O' Connor and Kevin Collins managed to recruit a healthy number of members at the UL Wolves clubs and societies recruitment drive before organising a structured and experienced committee who have been working vigorously to promote the branding of the club. We have had players of all ability turning out each week and each player has shown improvement and players are returning each week to try and improve their game and overall to enjoy playing. UL darts club heavily promote

themselves as a mixed club and we have had female players consistently playing with us each week and they are under no pressure thanks to the welcoming and friendliness of the Darts club.

After deciding to enter two teams into the Limerick city darts league for the first time ever, there was a mixture of excitement and nerves as we were heading into uncharted territory but thanks to inspirational leadership from our best players, we were ready to throw our best darts and represent the university as best we could. After weeks of vigorous qualifying matches our teams were decided and we entered our teams into division 1 and 3 respectively. Our opposing teams could not have been more welcoming to us and were delighted that UL finally had representation in Limerick darts. However no one quite expected just how much of an impact UL darts was going to make. After a rollercoaster of a campaign, our 2nd team finished runners

up of division 3 and our first team were division 1 shield champions. This was without doubt the highlight of the year for the club as we achieved so much in our debut campaign and were rewarded for the effort we had put in. In lieu of this achievement the club received a sporting achievement award from UL president Don Barry at the annual UL Sport awards ceremony where UL Darts had its name up with a select few clubs that were recognised for their sport-

ing achievement. To reward ourselves for our efforts we journeyed to the capital to see the world's best players at the Premier League of darts at the O2 Dublin. It was a mind-blowing experience to say the least and the atmosphere just could not be described.

As expected the club is going to keep on growing and growing. Big plans are being made this year to accommodate the demand for darts in UL. With a brand new committee in place the future

of UL Darts is looking well! We won't give anything away yet but we can assure next year looks set to be promising. We emphasise heavily on communication within the club so please do not hesitate to ask any committee member about any questions you may have. We can be found on Facebook, Twitter, UL Wolves home page and by email, [uniof-limdarts@gmail.com](mailto:uniof-limdarts@gmail.com)



# UL EQUESTRIAN

A Club on the RISE 2013-2014 was a fantastic year for the Equestrian club as a growing club in UL. In November we attended Tetrathalon Intervarsities where Patrick Duggan showed his skill finishing 3rd overall with further placing in other sections for other students also. We brought a large group of 25 students including some of our American Students who enjoyed the experience. Our next challenge was National intersvarsities held in Dublin. We took a very strong group of riders to this event and proved it by finishing in 1st place in show jumping with a team consisting of Ao-

ife Leonard, Patrick Duggan and Paul McDermott. Last year many of our first year riders showed that they can challenge for honours at national competitions and we hope to recruit new talent this year also. We will be hosting Tetrathalon Intervarsities this year and it is a great opportunity for people to get involved in the club. At another level we saw many of our beginner rider's progress along through weekly lessons which this year will lead up to a UL V Mary I competition happening at Christmas. We plan on running trips to Irelands scenic locations for trail rides and trecks for some

of our visiting students. Student riding is becoming more popular in recent years and international participation is possible if you have the drive and ambition. This year one of our first year students, Paul McDermott, was picked to represent Ireland at the World University Equestrian Championships to be held in Abu Dhabi in November. Patrick Duggan also represented Ireland on the Irish Tetrathalon Team in Australia. We would like to welcome him onto the committee. This year we hope to retain our varsities titles and improve further. For all information like our page UL EQUESTRIAN

CLUB on Facebook or email us [ul.equestrian@hotmail.com](mailto:ul.equestrian@hotmail.com).  
Membership fee: 10 Euro

Written by: Conor Rigney (treasurer)



# A Kick Ass Club



Members of ULSKC may have some fond memories of a highly successful year, with much to be proud of; the highly ambitious bian-annual Japan trip last January, during which club members had the chance to train with highly experienced head instructors in the headquarter dojo of our organization. We also enjoyed great success at the annual intersvarsity competition, with most of our competitors placing, despite it being the first time competing for many! The semester also saw many of our members successfully grading, with two of our newer members managing a rare double grade and some of the older members achieved a black belt Dan grading. Even the arrival of the summer holidays could

not sway the dedication of the members, and training sessions were held as regularly as twice a week throughout the summer in the UL student village halls.

Just prior to the new semester the club hosted its second annual training weekend – the Gasshuku. With a line-up of sparring, Kata, Tai Chi and Bo staff training, under the watchful eyes of two of Ireland's most experienced Sensei's, it proved to be an exciting and educational weekend.

Our doors are always open to new members looking to experience karate; whether you are a complete novice, a Shotokan veteran or are from a totally different style,

there's always room for more in the dojo. We train twice weekly all year round in the PESS gym. You can find us there Tuesdays at 6:15 and Thursdays at 8:15. Classes are an hour and a half long and the more experienced stay on an extra half hour. With membership costing only €10, you are guaranteed value for money.

If you are looking to experience a little of what the club does before becoming a member, why not come along to

the self-defense class we are running with OutInUL, in aid the Mid-West Rape Crisis Centre. Look out for our posters around campus for further details or check out our page on [ulwolves.ie](http://ulwolves.ie) for all our info and contact details. Any questions about this event, regular training or anything else are always welcome at [chairperson.ulkarate@gmail.com](mailto:chairperson.ulkarate@gmail.com)

So whether you are looking to make life-long friendships, build you confidence levels or simply want to be able to

touch your toes, come and find the UL Shotokan Karate Booth at the recruitment Drive. We look forward to seeing you there.

Eimear O' Sullivan – Treasurer  
Eoghan McDermot – President



# HAVE A BALL PLAYING BALL WITH UL GAA



## Welcome to the UL GAA Club!

We are one of the biggest and best known clubs on campus. We welcome all Freshers, Postgrads and returning members.

We have more than 500 club members' with 16 teams catering for all levels and codes.

Among our members we have club players, county stars, all-stars and top class coaches in Hurling, Camogie, Men's and Ladies Football.

We look forward to helping you to develop as a player while making lifelong friendships.

- We have Fresher 1 & 2 panels in all 4 codes and the

club also hopes to run some recreational games & training in 2014/15.

- Trials for Fresher teams are run for the month of September. Every player registered will get a minimum of 3 trials.

- Team building activities for all UL GAA Club panels will take place Oct 27th – Oct 31st

- Club members will be running social events during Semester 1, while the GAA Ball is a highlight of Semester 2!

- Bursaries and UL Arena Gym Memberships are available to a number of our members who are performing at the highest level. For further details and application forms call into the GAA Office and keep an eye on our

website and social media.

- UL GAA Club has a fantastic tradition of success on the playing fields, with some of the greatest players of all time having worn the UL colours with pride.

- That tradition is carried on in 2014 with UL Fresher Football Captain Shane Ryan leading the Kerry minors to success, Fitzgibbon captain Pdraig Walsh a powerhouse for Kilkenny hurlers and Sigerson captain James O'Donoghue lighting up Kerrys run in the senior football championship.

- UL won 2 of the 4 GAA intervarsities in 2014 – Senior Ladies Football winning the O'Connor Cup and the Senior Camogie winning the Ashbourne Cup.

- Fresher B Hurlers

and Fresher Mens Footballers also won their respective championships.

- The club also claimed 4 league titles in 2014.

- More than 80 of our male and female members wore their county jersey in championship in 2014.

- Players take an active role in the running of the club and work hard to create and maintain excellent standards on the playing fields and a wonderful social outlet for all club members.

- Club committee roles will be confirmed mid-September.

### Membership Fees

Full Membership 2nd year –  
Postgrad: €20  
Full Membership Fresh-

er: €30  
(includes UL GAA Shorts and Socks)

Registration for trials only:  
€10

(If you pay full membership you are registered for trials. If you register for trials only and are successful, you must become a full member)

### Contact Details:

GAA Development Officer:

Deirdre Murphy

T: +(353) 61 202837

M: (086) 7879909

Email: deirdre.m.murphy@ul.ie

Facebook: <https://www.facebook.com/ulgaa>

Twitter: @ul\_gaa

Website: [www.ulgaa.com](http://www.ulgaa.com)

See below for review of 2013-

## Review of UL GAA Teams 2013/2014

The recruitment night for UL GAA started during orientation week. The GAA stand that was present throughout the week resulted in numerous fresher's signing up with the club whilst they were on the tour of the college. We were very pleased with the amount of first years that were interested in representing UL in all four codes. The following is a run down and report on

how each GAA team did throughout the academic year. Each team that took to the playing field did extremely well and wore the UL jersey with pride. Several teams won leagues and championships and our two senior ladies teams won their intervarsity competitions in Belfast. Hopefully this will continue again next year along with other teams being successful also. UL GAA is

very lucky to have such an excellent coaching team available to us and we would like to thank them for all their hard work and commitment they put in during the year.



## Fresher Hurling

The hurling year started off with trials for both the fresher 1 and 2 teams. After a number of trials the two panels were selected and it was time for them to commence training. The two teams were managed by Gary Kirby, Alan Ryan, Declan Fitzgerald, Patsy Morrissey and Shane Hassett. The league started out with the Fresher 1's playing WIT in Waterford. In a close game it ended in a draw. This was followed with a trip to Cork to face CIT where UL narrowly lost by 2 points. A great performance against near neighbours Mary Immaculate College resulted in a 7 point win for UL. In the last round v LIT, UL lost out by 3 points. In the championship UL were drawn at home against WIT



and were victorious by 5 points. In the quarter final UL were at home against UCC. After a titanic battle in front of a large crowd UL came out on top by 1 point to defeat UCC who had beaten UL in this competition for the last 4 years. The semi-final saw UL take on IT Carlow in a neutral venue. After

a slow start by UL they gradually came into the game in the second half and were very unlucky to lose by a point as a result of a last minute free. Unfortunately this was the end of the road for the fresher 1's but no doubt they will produce many players to our senior teams over the coming years.

The fresher 2 hurlers started their league campaign with a 14 point win against WIT in Waterford. The next game saw them face CIT in CIT and after a tough game UL won by a point. A trip to Dublin saw UL take on UCD and the match ended in a draw. The last league game saw UL receive a walkover

from LIT which meant UL were through to the league final v UCC. UL underperformed in this league final and came out the wrong side of a 4 point loss. UL were drawn away to DIT in championship and were victorious by 17 points after a very one sided match. The semi-final versus WIT was a real

## Intermediate Hurling

The Intermediate hurlers were managed by Eoin Brislane, Fr. JoÚ Campion and Paul Treacy. They were very hopeful at the start of the year due to a few successful years pre-

vious to this. The first round of the league saw UL face UCC in UL and UCC prevailed as winners. A trip to Waterford saw them face WIT and they returned victori-

ous after a close game. The last round of the league was against CIT and unfortunately UL were beaten by 4 points. Championship saw UL drawn at home to WIT.

After a poor first half UL played to their potential and won by 3 points. A home semi-final against CIT was the reward. Unfortunately UL came up against a much better

team on the night and lost out by 8 points.

## Senior Hurling

The senior hurlers were managed by Brian Lohan, Liam Garvey, Eoin Brislane, Niall O'Sullivan and Paul Kelly. The league began with a home tie against NUIG where UL came out on top in a tight game. The second round was a trip to Ardrahan in Galway to play GMT. In what was a very one sided game UL were victorious

by 20 points. The last league game saw UL up against Mary Immaculate College. In what was an evenly balanced game UL came out on top by 7 points at the end. This meant UL had qualified for the league semi-final against CIT which took place in Mallow. Missing a lot of regulars UL were beaten by 5 points. The Waterford Crystal Cup in January proved to be

beneficial to the Fitzgibbon Cup Squad. They travelled to Waterford in the first round to face Waterford and after a scrappy and low scoring game came out winners by 4 points. The quarter final saw UL face WIT and once again the game was on in Waterford. A free scoring game saw UL score 2-30 and win the match by 13 points. The semi-final was post-

poned due to the terrible weather conditions and the re-fixture which took place the following Sunday came in the middle of the Fitzgibbon Cup group stages so UL were understrength for the clash with Tipperary in Thurles. Tipp were the stronger team and beat UL by 14 points. The first round of the Fitzgibbon Cup saw UL at home to UCD. A

close first half saw UL up their performance in the second half and won the game by 11 points. The second group game saw UL travel to Mary Immaculate College and win by 13 points. A home quarter final against near neighbours LIT was up next. Unfortunately in front of a large crowd LIT won by 6 points, 2-16 to 1-13.

## Camogie

The intermediate and senior Camogie teams had the same management teams this year. The management team consisted of Dinny Ryan, Maria Walsh, Colm O'Brien and Odhran Floyd. The intermediate girls had a reasonably good league campaign where they beat WIT and UCC comprehensively. A trip to Tralee saw the girls defeat IT Tralee and this meant they had qualified for a semi-final against NUI Maynooth. An

extremely close game resulted in UL winning by 2 points and the girls were through to the league final. The final saw UL take on Queens University Belfast in Maynooth. A brave performance by the UL girls saw them lose by 7 points. This was a good performance by the UL girls as they had lost to Queens's first team. The senior Camogie started their league campaign away to WIT and were worthy winners. The next league game

was at home versus UCC and UL were 17 point winners. NUIG came to UL for the last group match and the UL girls came out on top. In the semi-final UCD were visitors to UL. On the day UL were way too strong for UCD and beat them 2-18 to 0-2. The league final saw UL take on DIT in UL. DIT's were a strong outfit and really put it up to the UL girls. UL dug deep and won the game 1-11 to 2-4. The first round of the Ashbourne Cup

saw UL take on DCU in St. Patricks GAA Club in Limerick. UL were far too strong for DCU and won 4-19 to 1-4. A walkover in the second round from UUJ meant that UL had qualified for the weekend in Belfast. NUIG were the opponents in the semi-final and UL were the much stronger team winning 2-17 to 0-7 to put them into the Ashbourne Cup Final. The opposition would be WIT who beat UL in last years final. After a

great battle, UL led by inspirational captain Cait Devane were victorious on a score line of 0-11 to 1-7. The heartbreak of last year had turned to joy. The girls were awarded with 8 all-star awards through Ciara Holohan, Judith Mulcahy, Niamh O'Dea, Linda Bolger, Maire McGrath, Caoimhe Maher, Julia White and Cait Devane.

## Fresher Football

After numerous fresher football trials a fresher 1 and 2 football team were selected. The management team was the same for both teams. They were Colm O'Brien, Liam Kearns, JoÚ Ryan

and Jim Moran. After some heavy defeats for both teams in the league and as a result of giving a walkover in a game it was decided that UL would only enter 1 team in the championship due to a

lack of numbers. UL played in the Division 2 championship and played WIT in UL in the quarter final. UL proved too strong for WIT and beat them on a score line of 3-18 to 2-9. UL played St. Pats Drum-

condra in the semi-final in Mullingar. A great team performance saw UL come out on the right side of a 0-19 to 3-9 result against all the odds. The final saw UL face local rivals Mary Immaculate Col-

lege in Claughan. UL showed their class and dominated the game from start to finish where Mary I had no answer to them. UL won 4-15 to 0-7.

## Intermediate Foot-

The Intermediate footballers started their league campaign with a trip to the Curragh and were comprehensive winners. They beat NUIG's second team in a close encounter and this put them through to a league quarter-final. In the quarter-final they met GMIT Mayo in a game where UL were expected to win. The lads duly obliged and beat their opponents 2-22 to 1-5. In the semi-final UL played GMIT Letterfrack up in Galway and came out 7 point winners. The final saw UL take on UCD's fourth team. Played in terrible conditions in Ballykelly UL were the better team and won the Division 4 League 2-11 to 0-6.



## Senior Football

The senior footballers had a good league defeating LIT and Mary Immaculate College in the group stage which meant they had qualified for the quarter final of the Division 2 League. They had a great win at home to WIT in the quarter final and moral

was high in the camp. In the semi-final UL went to Ballykelly and beat Dundalk IT by a goal. The final saw UL against Letterkenny IT so a half way venue was needed. The match took place in the Connacht Centre of Excellence in Ballyhaunis, Mayo. A

good team performance saw the lads bring home the Division 2 League trophy after beating Letterkenny 1-16 to 1-10. The McGrath Cup saw UL play UCC in the quarter final in the Gaelic Grounds. In terrible conditions both teams produced an excellent

game with UL winning 5-18 to 4-16. The semi-final saw UL take on Cork in Mallow. The county team showed their class and won easily by 6-16 to 0-7. The Sigerson Cup draw paired UL with Queens and as Queens were the hosts of the competition

they had home advantage for this match. UL travelled to Belfast with a depleted squad for several different reasons and still managed to give a great account of themselves. They battled hard and lost by only 2 points. Queen's 0-13 UL 0-11.

# Ladies Football

The Intermediate Ladies Football team was managed by Niamh O’Dea, Julia White, Laurie Ryan and DJ Collins. The first round of the league was against NUIG and UL won in the end 4-15 to 5-10. In the next two games unfortunately the girls went down to CIT and St. Pats Drumcondra. In the championship UL were drawn against Queens’s second team in the first round of the Lynch Cup. UL had a resounding win beating Queens 5-20 to 1-6. The second group game saw UL come up against Dundalk IT. This

was a winner takes all clash as the winner would be heading to Belfast for the semi-finals. The girls battled hard but were beaten by 5 points at the end. The Senior Ladies Football team was managed by DJ Collins, Fiona McHale and Dave Diggin. The league saw UL play NUIG in the first round where UL won by 17 points. In the second round UL travelled to the Mardyke to face UCC. UL were winners by 3-16 to 1-12. This win put UL into a league semi-final against IT Sligo. In what was a close game UL eventually

came out on top by 6 points. The league final between UL and Queens took place in UCD at the end of November. In the end Queens won the match by a goal after extra time. The Jim Kennedy Cup put UL, Kerry and Mary Immaculate College in the same group. UL were lucky enough to beat both teams and reach the final in January against UCC. After an entertaining game UL were victorious 3-16 to 2-12. It was now time to concentrate on the O’Connor Cup and UL were drawn against UCD, NUIG and DCU

in group one. The first game was away to UCD and UL won it 3-11 to 0-7. The second game was against NUIG in UL. UL were by far the better team and won 4-18 to 0-7 which guaranteed them a semi-final spot in Belfast. The last group game was against DCU in UL. UL were victorious 3-15 to 2-3. All roads led to Belfast in the middle of March for the O’Connor Cup weekend where UL played rivals UCC in the semi-final. In a very close game UL won by 2 points, 2-11 to 3-5. The following day in the final UL

took on the holders Queens in their own pitch. UL had a very poor first half and went in at half time losing 1-9 to 1-2. However, in the second half UL were a completely different team. UL managed to keep Queens scoreless and piled on the pressure which resulted in some key scores. UL were victorious 3-7 to 1-9. They received 6 all-star awards through Sarah Tierney, Kate Keaney, Jennifer Grant, Julia White, Niamh O’Dea and Aine Tighe.

<b>Draft Trials Schedule UL GAA CLUB September 8th - 12th 2014</b>			
<b>Day</b>	<b>Team</b>	<b>Venue</b>	<b>Time</b>
<b>MONDAY Sept 8th</b>	Fresher Hurling Trials	North Campus	5.45pm-7.00pm
	Fresher Hurling Trials	North Campus	7.15pm - 8.30pm
	Fresher Hurling Trials	North Campus	8.30pm - 10pm
<b>TUESDAY Sept 9th</b>	Fresher Football Trials	Pitch 1 & McGuires	5.45pm-7.00pm
	Fresher Football Trials	Pitch 1 & McGuires	7.15pm - 8.30pm
<b>WEDNESDAY Sept 10th</b>	Fresher Hurling Trials	Pitch 1 & McGuires	5.45pm-7.00pm
	Fresher Hurling Trials	Pitch 1 & McGuires	7.15pm - 8.30pm
	Fresher Camogie Trials	North Campus	5.30pm-6.45pm
	Fresher Ladies Football Trials	North Campus	6.30pm - 7.30pm
<b>THURSDAY Sept 11th</b>	Fresher Football Trials	North Campus	5.30pm-6.45pm
	Fresher Football Trials	North Campus	6.30pm - 7.30pm
	Clubs And Societies Day	ARENA	4.30PM - 9.00PM

<b>Draft Trials Schedule UL GAA CLUB September 15th - 19th 2014</b>			
<b>Day</b>	<b>Team</b>	<b>Venue</b>	<b>Time</b>
<b>MONDAY Sept 15th</b>	Fresher Hurling Trials	North Campus	5.45pm-7.00pm
	Fresher Hurling Trials	North Campus	7.15pm - 8.30pm
	Fresher Hurling Trials	North Campus	8.30pm - 10pm
	Senior and Intermediate Hurling Trials	Pitch 1	7.00pm - 8pm
	Senior and Intermediate Hurling Trials	Pitch 1	8pm - 9pm
<b>TUESDAY Sept 16th</b>	Fresher Football Trials	Pitch 1 & McGuires	5.45pm-7.00pm
	Fresher Football Trials	Pitch 1 & McGuires	7.15pm - 8.30pm
<b>WEDNESDAY Sept 17th</b>	Fresher Hurling Trials	Pitch 1 & McGuires	5.45pm-7.00pm
	Fresher Hurling Trials	Pitch 1 & McGuires	7.15pm - 8.30pm
	Fresher Camogie Trials	North Campus	5.30pm-6.45pm
	Fresher Ladies Football Trials	North Campus	6.30pm - 7.30pm
<b>THURSDAY Sept 18th</b>	Fresher Football Trials	North Campus	5.30pm-6.45pm
	Fresher Football Trials	North Campus	6.30pm - 7.30pm
	Senior and Intermediate Football Trials	Pitch 1	7.00pm - 8pm
	Senior and Intermediate Football Trials	Pitch 1	8pm - 9pm

## Draft Training Schedule UL GAA CLUB 2014-15

This schedule will operate from Oct 1st. For September schedule for trial games check out:

[www.ulgaa.com](http://www.ulgaa.com) & [www.facebook.com/ulgaa](http://www.facebook.com/ulgaa)

Day	Team	Venue	Time
<b>MONDAY</b>	Sen & Int Camogie	Arena Court 1	7.45am - 8.45am
	Int =Intermediate!	Sen & Int Ladies Football	Arena Court 2
	Fresher 1 & 2 Hurling	North Campus	5.30pm-6.45pm
<b>Courts available from</b>	Senior & Int Mens Football	North Campus	6.30pm - 7.45pm
<b>Oct 20th - Nov 28th</b>	Senior & Int Hurling	North Campus	7.30pm- 8.45pm
	Fresher 1 & 2 Football	North Campus	8.30pm - 9.45pm
<b>TUESDAY</b>	Fresher Ladies Football	Arena Court 1	7.45am - 8.45am
	Fresher Camogie	Arena Court 2	7.45am - 8.45am
Jan 27th - March 3rd	TBC	North Campus	5.30pm - 6.30pm
Jan 27th - March 3rd	TBC	North Campus	6.00pm-7. pm
<b>WEDNESDAY</b>	Fresher 1 & 2 Hurling	Arena Court 1	7.45am - 8.45am
	Fresher 1 & 2 Football	Arena Court 2	7.45am - 8.45am
	Senior & Int Camogie	North Campus	5.30pm-6.45pm
	Senior & Int Ladies Football	North Campus	6.30pm - 7.30pm
<b>THURSDAY</b>	Senior/Int Mens Football	Arena Court 1	7.45am - 8.45am
	Senior/Int Hurling	Arena Court 2	7.45am - 8.45am
	Fresher 1 Hurling	Hockey Pitch	7.45am - 8.45am
Oct 2nd - Nov 27th	Fresher 1 Football	North Campus	7.00pm- 8.00pm
Oct 2nd - Nov 27th	Junior Hurling	North Campus	7.30pm - 8.30pm

## A YEAR OF DOUBLES AS HANDBALLER'S GEAR UP FOR PORTLAND AND CALGARY

A year of doubles as handballer's gear up for Portland and Calgary  
 Paudi Quish, PRO  
 2013/14 was beyond doubt one of the most successful years in the handball club's history. UL finished the year with runners-up in the 60x30 Teams A and B divisions, Winners and runners-up in the 40x20 Teams A and B divisions, several singles titles across all divisions in 60x30 and 40x20. It was therefore with great optimism that during the month of February fourteen members of UL Handball Club made the long trek to North Carolina State University, USA for the USHA National Collegiate Championships 2014. This is a record number for the Irish team not only for the amount of players but also for the number of victories. UL Handball Club had several exceptional performances from all players and returned with second place in the Men's Open Teams, sixth place in the Overall Open Teams, the Women's Open Singles and Doubles gold

medals, the Men's A Singles gold medal, Men's B Doubles gold medals and silver medals in the Men's Open Doubles. The trip was an extremely successful one for our club and we hope to add further titles in the coming year when we travel to Portland Oregon for next year's Collegiate's. UL's handballer's did not rest on their laurels following the trip and returned to training to prepare for a gruelling summer of handball. Numerous trophies were claimed by UL players encompassing local club tournaments to All Ireland championships. The prestigious tournament of the summer took place in the 30 degrees heat of Minneapolis, Minnesota. Four pale-skinned Irish handballer's struggled to adapt to the heat but once the US Nationals kicked off Killian Carroll, JoÚ "Bosco" Hurley, Catriona Casey and Martina McMahon produced some exhilarating handball. Killian Carroll and JoÚ "Bosco" Hurley overcame several experienced players to reach the semi-finals of the Men's

Open and Men's C respectively. However, the women overshadowed the men once again. Catriona Casey awed the crowds with pinpoint precision handball to overwhelm all opponents and claim the Women's Open title. She then combined with Martina McMahon in devastating fashion as they refused to concede more than ten points in a game to capture the Women's Doubles title. Martina McMahon used her unorthodox style to follow-up the doubles win with a 5th place finish in the Women's Open. The team then returned to Ireland, slightly sunburnt, to compete in the Irish One Wall Nationals. For the first time in a number of years, five UL handball players were present at the Irish One Wall Nationals in the majestic surroundings of Breaffy House, Castlebar. Those include Paudi Quish, Conor Quinlan, JoÚ Bosco Hurley, Stephen McNicholas and Martina McMahon. Following intense training on every player's behalf, hopes were high going into the

tournament with Martina competing in the Women's Open grade, Paudi in the U19, and JoÚ, Conor and Stephen in the Men's C division. During the tournament our players definitely turned a few heads with four out of the five reaching at least the quarter final stages. However, the highlight of the tournament was undoubtedly Martina McMahon, as she displayed some immense retrieving skills to wrestle the crown from One Wall Queen, Lorraine Havern, in an intense final. Martina overcame a stuttering start to overpower her opponent and claim an

11-6 tiebreaker victory to take her first Women's Open Title. Players will return to college in September to prepare for upcoming intervarsity's. The club will be travelling to places such as Kilkenny, Wexford, Cavan, Dublin, Roscommon, Mayo, Galway, Antrim, Oregon, Los Angeles, Calgary, Italy and Belgium in the coming year for tournaments. Training will take place in the PESS building Monday's 7-815pm and Thursday's 8-10.30pm. Membership is €5.



# “ULKC – Do something Epic Everyday

by Caoilinn Doran, PRO



Ever seen some crazy ass picture in an outdoor shop where somebody's paddling off a waterfall? Or some lovely promo video online that has the most beautiful scenery in the world in it? Well lucky for you, we can help you there! ULKC takes members from zero to hero, whatever your ability may be. Whether it's white-water, freestyle, long distance, polo, slalom, surf or sea kayaking, with so many disciplines we're bound to have something to float your boat! Each week we hold regular training sessions in the University's Arena pool on

Tuesday, Wednesday and Thursday evenings from 9.45-10.45pm where we go through the basics, or the not so basic depending on your talent/ capability. All of this, along with weekly river trips, training and the opportunity to compete in competitions in whatever discipline you've chosen will have you well on the way to mastering the dark arts of kayaking! On top of all this, we like to utilise our beautiful surroundings in the form of regular weekend trips away in top class locations such as Lahinch, Wicklow, Kerry and Galway. Not forgetting

our annual trips to Wales and the Italian/Slovenian Alps of course, which always go down an absolute treat. This year's Alps trip was quoted as the "best one yet" as 34 paddlers excelled in their paddling ability on such a high quality trip. Each day was spent improving the skills of each paddler while making sure they all had their regular fill of Mark Scanlon – our in-house entertainment. The annual Lahinch trip is also a favourite, as the first club trip of the semester, this action-packed weekend is filled with Surf Kayaking, Fancy Dress and as much banter as we can

possibly squeeze in. And the good news, you're all invited! With arguably the world's greatest university kayaking club facilities at our disposal and the amazing opportunities that these facilities have granted us, we like to train hard; and party harder. This has resulted in our fifth consecutive win of the Irish Kayaking Intervarsity's Competition and a third place ranking in the Canoeing Ireland Club Championships. Not to mention, the various individual awards our members have achieved through many competitions around the country. This gives our members opportunities to contribute and add to this list of achievements both nationally and internationally. Are you slightly tempted yet? Now, picture overcoming your fears by testing your

limits, the adrenaline you'll feel on your first river, first rapid, first waterfall... all encompassed by great people, great fun and plenty of adventures for you to add to your college experience. All for the sweet price of €5 for the year! Sold? So if any of the above is even slightly interesting you, then make sure you call into the pool any Tuesday, Wednesday or Thursday at 9.45-10.45pm, OR contact us via our facebook page, (ULKC-University of Limerick Kayak Club), OR drop us an email at [ulkayak@gmail.com](mailto:ulkayak@gmail.com). And if you're just curious for a browse check out our website at [www.ulkayak.com](http://www.ulkayak.com). We sincerely look forward to meeting you all!



## UL Krav Maga

Stan Vasil  
(Public Relations Officer)

History of Krav Maga  
Krav Maga derived from a Hebrew word for contact combat and it is a self-defense system developed by Imi Lichtenfeld for the Israeli army and later adapted within the wide public. Recently all the members of IDF (Israeli Defense Forces) are trained in Krav Maga. Encompassing the most effective elements from various martial arts and with a strong emphasis on natural body movements, Krav Maga is suitable for both genders and all levels of fitness and ability. Krav Maga training addresses the need for one to be able to defend from both a standing attack and a ground attack, taking into account use of weapons and multiple attackers. UL Krav Maga  
UL Krav Maga is now running for sixth year since its founding in 2008 by Dar-

ren Simring, who is recently one of the co-trainers. The club is always growing in its popularity, not only within students from UL and other universities, but also wide public from Limerick city. The club has recently about fifty active members. Our aim as a club is for each person to



enjoy the trainings, learn new ways how to defend themselves and their loved ones and to give them confidence never experienced before. One will improve their cardio, flexibility and strength. The UL KM club has organizing its first Regional Grading in November 2013. Grading was conducted by Eddie Gavin, an Expert level Krav Maga Instructor from Dublin. Also Eddie is a Director of IKMF (International Krav Maga Federation) in Ireland, and we as affiliates of IKMF were proud to have him down in Limerick grading all of the club members. All of the IKMF clubs and affiliates in Munster region such as UL Krav Maga Club, Response KM and Krav Maga Cork were attending the grading. We accommodated more than 40 students grading that day with a 100% pass grade, which means the high standard of preparation from all the above mentioned clubs,

since each grading is taken very seriously and graded very hard.

Training session in progress. We are planning to organize a seminar in UL in the 1st semester of 2014 which will be conducted by a highly ranked Krav Maga representative from Israel. This will be a memorable event, such as every big event attended by an Instructor from Israel. Another event we would like to organize is a Women Self Defence Seminar, which will be focused on the ladies defence techniques and awareness. We will specify the dates later on during the semester and will be posting all the news

on our Facebook page.  
Trainings  
The training venue is a PESS building (Old Sports Building), on UL Campus. If you wish to train with us, please pre-register on [ulwolves.ie](http://ulwolves.ie) website first.  
Training Times:  
Mondays 8:15pm – 10:00pm  
Wednesdays: 7:00pm – 9:00pm  
Venue and training times are to be confirmed at the beginning of the semester on the UL KM Facebook page and by email.  
Please join us at:  
<https://www.facebook.com/ul.k.maga>  
Or email us at:  
[ulkravmaga@gmail.com](mailto:ulkravmaga@gmail.com)



# SOMETHING DIFFERENT...

Welcome everyone to college in Limerick we know you will all have a blast here in UL and we would like to extend a huge welcome from the men's hockey club. There are loads of different clubs and societies in college for you to get involved in and we would be delighted if you gave hockey a go. This year promises to be our best yet as we have gone from step to step after reforming a few years ago. There are trips planned for all around Ireland as well as a

trip to Cardiff which should be an absolutely brilliant for anyone lucky enough to head over with the club. Hockey may not have been something that you considered before you came to college but is a really mixed bag in terms of who plays it. From GAA players, rugby players, people over on Erasmus or just people who want to try something a bit different. If you have the will then we will bring you on from the basics to the more advanced skills.

Quiet famously Aiden Walsh played hockey with CIT the year he won an all-Ireland with cork not only for fitness but also for a break from his regular sports.

Anyone who wants to give hockey a go is more than welcome to join up. We guarantee you will be very warmly welcomed and there is serious crack at ever event we organise. So pop over to our stand at the recruitment drive or else call down to our training sessions every

Wednesday from 6.30-8.00 on the hockey pitch(the astro beside Kilmurry village)

Cathal Duggan  
Captain  
011149507@studentmail.ul.ie



## Lady's Hockey Club

If you are looking to join a club, why not join ours. UL Ladies Hockey Club is currently recruiting players for the coming season of 2014/2015. Whether you are looking to meet new people, improve your fitness, whether you want to play competitively or socially, our club is the one for you. Our first team currently plays in Division 1 of the Munster League and Cup competitions. We also partake in the Irish Trophy as well as varsity and Mixed Varsity competitions. Last season

we were successful in winning the varsity plate in Dublin meaning we have the honour of playing in the cup half of the draw for this year's competition, we have also won the Munster league plate in recent years. This season we are hoping to have a second team which will be more of a social team where we welcome players of all standards. Whether you want a more relaxed approach to hockey or are a complete beginner we encourage everyone to join us. We organise regular

friendly games to ensure every player gets a chance to play matches and also to work on our teamwork. Although we work very hard on the pitch we also like to have social nights out together to improve team bonding and to make sure everyone feels part of the team.

Training takes place on Mondays and Thursdays from 6.15pm - 8pm and all new players (undergrads, postgrads, staff, alumni and external members of all standards) are welcome, just turn up to

training or drop us an email on [ulladieshockeyclub@gmail.com](mailto:ulladieshockeyclub@gmail.com). You can also get in contact with us through

our Facebook page UL Ladies Hockey Club.



# TAKE OFF WITH MBUL

It's fair to say that 2014 has been one of the best ever years for MBUL. From great turnouts on cycles and trips, to our biggest ever Alps summer trip with 20 members, to regular top 10 results at national level in both Enduro and Downhill racing, not to mention many upgrades to our equipment, the last year has been a huge success! After a great 2013, it was going to be tough to improve, but with a trip to Carlingford before the new semester even started, we knew it was going to be a good year. Further trips to the amazing trails in Carlingford and Wicklow followed (2 trips per semester) allowing us to train up our new members in preparation for the big end of year trip.... The highlight of the whole year has to be our trip to the Les Gets in the French Alps. Having packed up the van with all nineteen bikes in the

back, excitement rose as the trip to Roscoff set off. The trip of a lifetime had finally begun - nine entire days of downhill Mountain biking in the breath-taking French Alps. Excitement reached its peak as we ascended the winding roads along the mountain reaching 1172 meters - (Higher than the summit of Carrantuohill). After such a long journey, everyone was eager to hit the trails first thing the next morning, and this is exactly what we did. Some of us could not help but feel a little bit nervous as we watched the professionals tearing down the Chevannes trail at hair-raising speed from the ski lift. Despite this, the trails over the course of the trip were suited to a variety of levels, with berms, jumps and challenging rooty trails if one so wished, as well as a mini jump park suitable for all levels. Of course, the there was no

shortage of enjoyment in the Chalet in the evenings, where fun and kitchen table tennis was had as well as the world's first Table Tennis GAA puck-off.... There was also plenty of choice in the day's activities, whether downhill, XC or long and testing spins be your thing, there was something for everyone. Nine

days was just enough to build up to riding on more technical trails such as Le Pleney, Chatel, and Mont Chery by the end of the trip, and we were certainly not limited in entertainment if a break from biking was needed, with the quaint town of Morzine a short bus ride away. Everyone agreed that vast

improvements in skills could be seen in the space of only nine days and that everyone surprised themselves in terms of confidence and trying things outside of their comforts zones which was the aim of the trip. We are already looking forward to running the same trip or one in a similar location next year -





with new bike parks opening in Wales offering us exciting possibilities!

For the next academic year, we hope to run even more weekend trips and try new locations. Last year, we upgraded many of our bikes (all of which are available for use by members on our Cycles) and purchased a new bike transport trailer, which will allow us to bring more members than ever!

We will still be organising our weekly Sunday spin to areas such as Cratloe, Ballyhoura, Killaloe and other areas as well as Wednesday night spins and spins around UL and also to Ballyhoura. Of course, our weekly Monday social pizza night is still going strong, and we look forward to welcoming yet more new

members this coming semester and watching the club grow.

To kick off the semester, we will be holding a number of 'come and try' sessions down at the UL Boathouse where we have our very own Pump Track! If you enjoy it, then trips to nearby mountain bike trails will follow...

Membership is only €5 for Undergrads, and this includes use of club equipment, so there's no excuse not to join!! Pop along to our stand at the UL Wolves C&S Recruitment Drive for further info, see ye there!!

You can also find our Forum, Facebook and YouTube

Channel by Googling MBUL! Welcome along!

Daniel Kedney - Club President

## BROCON 2014 SETS RECORDS FOR ANIME & MANGA SOCIETY!

By Niall Bromell, Vice President & PRO

This past year has been one of the busiest and most successful in the history of the UL Anime & Manga Society. The highlight of our year came this July, when, in conjunction with Games Soc, we held our annual Gaming and anime convention, BroCon. This year we upgraded in venue to the PESS building and gave us some much needed breathing room and let us set a new attendance record of 594 visitors over the course of the weekend! Among BroCon's guests were voice actor Paul St. Peter, known for his major roles in Naruto, Robotech, Kingdom Hearts and Paprika as well as well-known critic Diamanda Hagan and cosplayer Tabitha Lyons. This year we raised a total of €2222.52 for our

charity, Pieta house.

With the event being a huge success and we're already looking forward to an even bigger, better convention next summer!

In addition to holding our own convention, the society regularly makes trips to several of Ireland's other large conventions. Each year we visit Eirtakon, held at Croke Park, during the first semester, and in the past the society has also arranged trips to Galway's Akumacon, Anime Dublin, and Q-Con in Belfast, the largest convention on the island of Ireland. These trips are always great experiences, and fantastic opportunities to bond with your fellow Anime & Manga Soc members.

On the sorted term basis, the society holds regular weekly events - Tuesdays are home to our creative workshops, where members can

learn from an instructor and each other on how to improve their art. On Wednesday nights, the society hosts anime screenings. Changes may happen as we get geared up for the year but we will offer real fun, relaxed events for our members. Special all-night events are also a regular feature of the society's timetable; lock-ins in the SU with tons

of anime and games, and this year have worked with other societies like G-soc and Tea Appreciation society to introduce something new. Stay tuned for details.

Anime & Manga Soc is one of UL's most open and accepting environments, and we welcome anyone who would like to get involved, whether hardcore otaku or newcomers to the world

of anime and manga.

We can be contacted at [mailto:ulanimesoc@gmail.com](mailto:mailto:ulanimesoc@gmail.com) ulanimmesoc@gmail.com, on twitter at @ulanimesoc or you can find us on Facebook at [facebook.com/ulanimesoc](https://www.facebook.com/ulanimesoc), so don't hesitate to get in touch. We look forward to welcoming you for this year and beyond!





slowly so as to let our bodies adapt. It meant you might have climbed over a kilometre but then drop down six or seven hundred metres to sleep just a little lower to let you grow accustomed to it. Some groups race up the first couple of days then get poleaxed as the altitude kicks in. And in between the ups and downs, you do a remarkable amount of contouring. It's a big mountain and depending on your route, you really need the time.

Summit day is the big one. You're up before midnight to begin the trudge up, 1300m uphill to the summit at 5895m. The one relief is that in the dark, even with your headtorch, you're not able to see what's there in front of you. What does sober you up though is the sight of people being half carried down the slope by their guides, casualties of altitude sickness. And if your headtorch fails, the sound of retching and sobbing from individuals hitting the wall on the trail are enough to guide you.

It was just our luck to have a wind hit that night. We found out later it was -15 Celsius, which in a word, is cold. A constant, relentless slog up a scree slope while your water bottles froze solid and your stomach did flip-flops the entire time. It's a bit of a blur to be honest but what I can clearly remember is the sight of the sun rising on the eastern horizon as we reached the ridge top of Stella Point. Time for hugs and high fives all round, we still had another 150m to get to before Uhuru Peak, the roof of Africa.

It's a pretty surreal moment that's cut too short all too soon as you still have the trek back down to base and beyond. But still to get that immense vista of East Africa is something that makes any suffering throughout well worth it.

The night of summit day is the best day's sleep anyone can get. You've dropped down to a lower camp yet again, you're knackered and once you've been fed, you're just about able to crawl into your sleeping bag. But the rest of the trek out seems almost anti-climatic after the uphill struggle of the past few days. You've dropped down from the alpine desert back into the jungle which is absolutely spectacular but exhaustion and curiosity regarding such fabled items as beds and showers, drives you on to the finish line.

Everyone summited. No one was injured. As climbing goes, there's nothing more you can ask for.

Kilimanjaro complete there was no time to rest on our laurels, the next challenge awaited, Mount Elbrus. While 253m shorter than Kilimanjaro Elbrus presents its own set of challenges. The snow capped volcano at the heart of the Caucasus is swept by notorious biting winds that drive snowstorms and wind chills of epic proportions. Our plan was to be acclimatized after Kilimanjaro giving us the opportunity to go for the summit at a moments notice. After gathering supplies and renting some specialist equipment for the mountain up we went to our home for

the next few days, the "barrels" at 3800m. After was the acclimatization hike to the Pastukhov rocks at 4700m. The climb was successful and had us in good spirits that the summit was well within our grasp.

We planned to summit the next night, all going well, however one can never take anything for granted on Elbrus. Snowstorms swept in from the valley, leaving us guessing if we would get to go tonight, optimism and determination prevailed, we would stick with it. Waking at midnight only to find the mountain covered in dark cloud and flashes of lightning. POSTPONED! The hardest part of climbing Elbrus was waiting around to go for the summit; this was not helped by the ever-changing weather conditions. Getting forecast updates by text and just having to hope a window would open at the right time.

Our last opportunity arrived, up at midnight and off we set at 1:00. Full moon and clear skies, the morning offered so much. At 4500m things began to change, the wind picked up and the snow started blowing in. We ploughed on zigzagging our way up the mountain, conditions were distinctly 'Scottish', and so nothing we weren't used to.

As we progressed we started seeing strange flashes out of the corners of our eyes, was it lightning? No, there was no thunder. Perhaps it's just a head torch or a camera flash, plough on. At over 5000m an unmerciful red flash and bang dominated our senses, sud-

denly nothing else mattered that was definitely lightning. My thoughts turned to Ian McKeever, an Irish mountaineer who was struck by lightning on Kilimanjaro in January 2013 and the 3 Irish climbers killed in the Alps this summer.

It was time to call off our summit attempt, but we still held out hope. Waiting a few minutes we meet a group descending from above. They reported that no group had summited and that the storm just gets worse, one German saying a strike hit just metres from their group. With heavy hearts we descended the mountain, knowing full well our chance was gone.

Although we didn't make the summit of Elbrus it was well within our grasp and only the elements had thwarted us. Every team members reached the summit of Kilimanjaro. Despite leaving on peak behind, we can certainly hold our heads high and call the expedition a success before returning home safely on 14th August.

Everyone gained valuable experience with altitude, which will stand to them in the future on harder peaks. It's helped open up a whole new world of possibilities for the club now, with the blinders being lifted from the usual haunts of Scotland and the Alps. Loftier summits like Mounts Ararat, Kenya, and Meru now beckon. It's a project for newer members and the future with there now being a solid foundation for them to build on. Either way, it'll be interesting to see what the club will achieve in 2015!

The UL Outdoor Pursuits Club will open its climbing wall doors once again in September and is looking forward to another craic-filled and vibrant semester! The OPC is one of the largest and most action-packed clubs on UL campus and offers its members five invigorating activities to choose from – from walking the spectacular scenic routes and hills of the Irish countryside (hill walking), exploring the underground stream ways of the Burren (caving), completing each route of our climbing wall on campus (rock climbing), scaling the mountains of the Scottish ranges and summiting Ben Nevis (mountaineering), to finally navigating your way across different terrains, mastering the balance between speed and skill (orienteeing). The climbing wall is one of the most popular spots in the club and is open trice weekly on Mondays, Tuesdays and Thursdays from 7pm-10pm. If you are interested in joining the club, come to the recruitment drive on Wednesday 10th September or come to the climbing wall (across from the UL Arena) and talk to a committee member! Membership is just €5. Find us on Facebook for more information at <https://www.facebook.com/ULOPC> or on our website at <http://www.csn.ul.ie/~opc/site/> Our doors are open once more for business and we look forward to welcoming both old and new members and showing them what the OPC has to offer – great sportsmanship, lifelong friendships and the unforgettable and never ending banter!



# L'ART DU DEPLACEMENT

by Daire Brickley, Chairperson

“To get from A to B as quickly and efficiently as possible.”

If you were to ask the average Parkour practitioner to explain what they were doing this is probably the response you'd get. It's a nice answer. It's concise, easy to explain, and simple to understand. It's also absolutely false. If you wanted to get somewhere quickly, you'd take a car. If you wanted to get somewhere efficiently, you'd walk. Parkour is not so much a sport, as it is a method of physical training. In Parkour there are a number of rules

you apply to one's life and training in the hope to better oneself.

Be strong to be useful  
Experience the freedom of movement  
Adapt to your environment  
Constantly strive for self-improvement  
Constantly test your abilities  
Be self-understanding  
None of these tenets are unique to Parkour, but when practiced together, and in the spirit of Parkour they lead to a distinct outlook on one's own physical and mental capabilities. Most people are discouraged from trying Parkour because they are intimidated by the physicality and “danger” that most



Youtube videos show. This is why it's important to remember that Parkour is a personal discipline; you work on your own fitness goals, and fear challenges. You don't measure yourself against the abilities of others. In Parkour there are no competitions, no grading systems, and no judgment. We pride ourselves on the openness and helpfulness of our community here in UL Parkour. Even though it is a very personal discipline our club is full of friendly support and constructive advice on

how to move, train, and eat better. As well as three training sessions a week we also run a number of trips and events each year to places like Dublin, Cork, Glendalough, and London. Each of these trips has a different focus for the different principles of Parkour. Training sessions usually consist of a rigorous warm-up, intensive conditioning, practicing techniques, and a thorough cool-down. Training times are: Monday Morning; 07:00 - 08:30 The Arena, basket-

ball courts  
Tuesday; 20:15 - 22:30  
The PESS, Gym  
Thursday; 18:00 - 20:00  
The Sports bar, running track

Contact details: Facebook page: Parkour UL

Email: [ulparkour@gmail.com](mailto:ulparkour@gmail.com)  
The membership fee is €5 for university students, €10 for alumni, and €15 for members of the public (must be 18+). Pre-registration can be done online at [ulwolves.ie/clubssocs](http://ulwolves.ie/clubssocs).

## UL'S "FASTEST" GROWING SOCIETY



Go-Karting, Drifting, Formula 1, Moto GP, Rallying, General Motorsport – INTERESTED? If so, we are the Soc for you. Our main activity is go-karting. Whether you want to go for fun or be a serious competitor in our racing league, the National Kart Centre, the world's largest indoor track along with the major discounts that we receive will be sure to set your pulse racing. If you impress us, you will have the opportunity to be part

of our intervarsity team and compete on amazing tracks across Ireland. The 2013/14 team competed in every round and achieved the best overall and individual results to date. Their expeditions saw them travel to Watergrasshill Co. Cork, White River Co. Louth, Tynagh Co. Galway and Nutts Corner Belfast. Closer to home, members will also have the opportunity to try drift karting on the IDC (Irish Drift Championship) designed drift kart track at

NKC. Throughout the upcoming year, we will be attending a variety of motorsport events. Members will not only be spectating, but will also be given unprecedented access to the drivers and their machines, (the ideal way for anyone interested in higher level motorsport to make the initial necessary contacts). Alongside this, we will also host a number of social events e.g. themed fundraisers (Mario Kart), movie nights and the infamous F1

Fry. Our annual international trip 13/14 was to none other than the historic Silverstone circuit, where members witnessed one of the most diverse and competitive racing series there is. From the roars of BMWs, the whines of Ferraris, The screams of Lambos and the thundering of Bentley W12s, it really was something to behold. We ate well, we drank even better and along with the stories shared around the campfire, it truly was an experience never

to be forgotten. Annual membership is only €5 so we urge you not to miss out on what ULRM has to offer for the upcoming year!! Find us on Facebook, like the page and join the group (UL Racing and Motorsport). If you have any questions don't hesitate to contact us via Facebook or our email – [ulracings@ulwolves.ie](mailto:ulracings@ulwolves.ie). Don't forget to pre-register to join our soc here <http://ulwolves.ie/clubssocs/> You won't regret it. Chris Daly,



# Falling is Fun!

By Darragh Copley

Skydiving is one of those unusual sports that people don't typically consider. People often associate it with adrenaline junkies and thrill-seekers. Maybe it's because it seems like a very inaccessible sport. Perhaps, it's because it's the type of thing that sounds like it costs a ridiculous amount of money. In truth, none of these things are necessarily true and Skydive UL is a testament to that. Every year, Skydive UL enables anywhere between 70-100 people who have no skydiving experience whatsoever to train and complete a solo skydive in an affordable way and make friends while doing so. Many of these continue to jump with us while others are content with the once-off rush. What's consistent amongst everyone, however, is the smile on their face after their first skydive. The rush of exiting the plane for the first time is something that's hard to forget. All feelings of fear beforehand change to sheer exhilaration in a heartbeat!

We've done our best to keep busy over the summer with a number of big events taking place in our skydiving calendar. Late May saw us travel to Gap in the south of France which is an annual trip for us. All our recruiting and activities over the



academic year culminate in this trip which always sees our newest members make incredible progress. If you sign up with us this year and decide to come along, expect to complete around 20 (or even more) skydives in the space of about 2 weeks! It is possible for someone who has never skydived before to reach the standard needed for a skydiving license on this trip. A highlight of the trip last year was the club's first wingsuit flight while this year we saw our more experienced members improve their flying

massively thanks to some excellent coaching. In addition, we saw a couple of big events take place here in Ireland! The annual student week took place in July which gives skydivers from around the country the chance to make some fast progression. This takes place at the Irish Parachute Club in County Offaly which is our home dropzone. The week is dedicated to helping students improve and get lots of jumps done! As well as this, the intervarsities took place in August which gives a chance

for the various third level clubs from around the country to interact and get to know each other and make new friends! If any of that sounds good to you or if skydiving is something you've always wanted to try, have a look at our Facebook page [www.facebook.com/SkydiveUL](http://www.facebook.com/SkydiveUL). Feel free to message us if you have any questions or you can alternatively email us at [skydiveu@gmail.com](mailto:skydiveu@gmail.com). You'll also find us at the C&S Recruitment Drive during Week 1 where you can sign

up with the club so make sure to drop by and speak to us in person! We hold our annual information night during Week 2 (keep an eye on the Facebook page for an exact date/time) where you can see some footage of what we do and there'll also be a free pint in the Stables afterwards for those attending! Ultimately, skydiving is about having fun so if you fancy trying something different then come along and see if it's for you!



# Eat...Sleep...Dive...Repeat!

By Rory McShane, Chairperson, and Laura Byrne, P.R.O

HAVE you ever wanted to discover a part of the world that few have ever seen before? This is your chance, because that's exactly what we in the UL Sub Aqua Club (ULSAC) do on a regular basis. This summer alone, we have explored the hidden underwater coastline of nearly every county along the west of Ireland, forging our very own Wild Atlantic Way in the process.

From our brave and highly experienced technical divers venturing to the deepest depths off Ghleann Cholm Gille in Donegal in seek of old wrecks and our adrenaline seekers riding the rising tide at speed while drift-diving near New Quay, to the preferred peace and serenity that neutral buoyancy and silence of the sea brings, ULSAC offers something for everyone!

In July, our biologist-in-training helped survey the fascinating abundance of sea creatures for the SeaSearch marine conservation project in Kenmare Bay. Joining up with divers from across the country and abroad, they met conger eels a plenty, finned over vast beds of stone roses, and even had the fortune to witness what was described as a 'Granddaddy' Lobster, followed closely by his entourage of delectable shrimp.

Aside from paying a number of visits to the local dive sites in the Banner County, as per tradition, a number of our members forged their own way this summer, discovering dives never done before. A few expeditions turned into impromptu salvage squads: off a barge not far from Shannon Harbour in Offaly, some of our members found and recovered a lost anchor; another group stumbled upon a trove of naughty old VHS tapes in the depths of the Salt Lake in Clifden, proving that 'out of sight, out of mind' doesn't always mean safe from unsuspecting eyes!

Most people don't realise how



privileged we are to have such indescribable underwater seascapes on our doorstep: where the Cliffs of Moher meets the sea is not where the striking view ends. Just below the surface lies some of the most breath taking landscapes many of us have ever seen. A favourite among our members, a dive beneath the shade of the Cliffs begins with a launch from Liscannor and a short boat ride. Once you roll backwards over the port side fully equipped, you drop into a temple of sea-arches comparable only

to Petra in Jordan. ULSAC returns year on year to experience the magic.

The places we have travelled to and visited are unlike anywhere most people ever get to experience. ULSAC trips have explored the brimming coastal waters of Scotland, the Egyptian Red Sea, Lanzarote, Croatia, Spain, France, and so many more. This year, plans are in place to return to Scotland and Lanzarote, with the hope to venture somewhere tropical!

The friendships and memories created through diving last a lifetime. If you want to experience an adventure sport and be part of a tight-knit club, take the plunge with us, you won't be disappointed! Student membership is just €30, plus €55 diving insurance and Irish Underwater Council (CFT) membership. We have over 20 sets of high quality diving equipment and our very own boat, the 'Plassey Bird', so there's no need to invest in equipment when

starting out. No previous diving experience is required but spaces are limited to only 20 new trainees per year, due to instructor availability. We train every Tuesday evening, with lecture series at 6pm followed by pool training between 9&11pm. Be sure to visit us at the recruitment drive and sign up for a free Try-A-Dive on Tues 16th September, 9-11pm in the Arena pool. Check out our website: <http://subaqua.csn.ul.ie/> or [facebook.com/ULSAC](https://www.facebook.com/ULSAC) We can't wait to meet you!



By ULTGC's PRO  
Joe O Connor

UL Trampoline And Gymnastics club get ready to kick start a new year after possibly their most successful year to date draws to a close.

Last year UL hit the ground running in their first semester by reclaiming the title of "Munster open" champions, before taking Belfast by storm for the intervarsity's trampolining competition. Taking a break from competing, during their

first semester, the club raised just under one thousand euro in aid of Childline by throwing a huge event in stables where they hit the dance floor, decked out in onesies and pajamas.

Irish trampolining clubs are no strangers to dressing up in fancy dress. Every competition of the year incorporates a theme during its post comp celebrations. Each year is different. Some of the fancy dress themes incorporated into last years individual competitions were "horror", "supertramps" (your

## Trampoline Club Hit The Roof

favorite superhero's") "Wild west" and a nostalgic "1990s" theme.

Mid year UL Trampolining and gymnastics club jetted off to Edinburgh to take part in the "Scottish student trampoline open" where clubs from all over Ireland, England, Scotland and wales came to compete.

UL took "ISTO" (Irish Student Trampoline Competition) by storm with Cillian McMullen winning bronze at level two DMT, Gayle Finn winning silver at elite tumbling, James Downey winning a bronze medal in tumbling level three and a silver medal at elite level trampolining. Last year ISTO was held in Lisburn, the European City of Sport 2013, and the location of the Northern European Gymnastics Championships. ISTO is a huge event organized by students for students from all over Ireland. Last year UL's club captain Shannen Minter was a big part of the committee, making sure this huge event went off without a hitch. A big responsibility considering hundreds of students from

all over Ireland, England, Scotland and wales came to attend.

This coming year, due to the clubs major success, UL has been chosen to host this coming years Varsities competition. A newly elected committee of UL students will be making this event happen and hopefully kicking our competitors ass at the same time.

If your interested in trampolining, tumbling or gymnastics be sure to come see us during the recruitment drive taking place on Wednesday 10th of September, during week

one or sign up online on the clubs and socs website. No experience necessary. Our qualified coaches will have you head over heels in no time. With all the training and travelling for competitions every year the trampoline club is always a close knit team, which makes it a great opportunity to get to know some fun, outgoing people. A club night out is usually planned to get to know the newbies and welcome them to the family. To contact us, look us up on Facebook or send any questions you may have to [ultrampolining@gmail.com](mailto:ultrampolining@gmail.com)



The club getting together before summer break.

## The Greatest Game You've Never Played

Ultimate Frisbee is a fast based, self-officiated field sport played 7 vs.7. Played in the Men's(Open), Women's, and Mixed divisions it is a mix of athleticism, skill, endurance, and audacity, rewarding the adventurous and meticulous athlete alike. Ultimate is a non contact sport that combines skills and elements similar to soccer, American football, and basketball. Based on short, precise sprints, and the entirely unique skill of throwing a disc Ultimate is a competitive field sport where all athletes, regardless of background, start out at a relatively similar level. Everyone begins their Ultimate journey at the same foundation, learning how to throw a disc. We'll then teach you the structure and rules of the game as well as various playing strategies. With everyone starting from

the ground-up, this provides us with the unique position of being able to guarantee you that you will feel yourself improving with each passing training as you learn the tecUique of throwing and running on an Ultimate pitch.

The nature of Ultimate in Ireland means that as a club a huge portion of our pursuits focus around bringing in fresh players to the sport. We travel to many universities over the course of a season to attend tournaments. In our first semester we will be going to tournaments in Cork, Edinburgh, and Dublin as well as hosting one ourselves. These weekends away range from beginner standard to more experienced, but ultimately the goal is always to play hard and come home smiling, preferably proudly bearing accolades. In terms of competitiveness the UL

Ninja's plan on competing for outdoor glory in the second semester as well as defending our Indoor and UK National Div. 2 titles. Ultimate is also on its way to becoming an Olympic sport, and our club has produced a large number of international representatives with the aim of creating far more in the next few years. Past and present players have competed at world and European levels in U19, U23, Beach and Senior levels across all three divisions.

We are a young club where every action is undertaken by the students involved, from coaching through administration. At every level we are a club run by students for students, as illustrated by the informal food based meetings and regular team bonding parties we hold. We are a tight knit group who

are always looking for more members, especially those willing to push themselves. We offer growth in every facet that college tends to, from administration, to social,

and the amazing plays that Ultimate is literally designed to create. We offer something for everyone, and a whole lot more for anyone who sticks around.



Contd. From Page 28

**Visit our stand at Recruitment**

(Wed. Sep 10th)

OR

**Contact Us**

Facebook UL Ninjas  
Email [ultimatefrisbee@gmail.com](mailto:ultimatefrisbee@gmail.com)

**Training Times**

**Monday**  
Beginner Training 6-8  
Maguires

**Tuesday**  
Women's Training 6-8  
Maguires

**Thursday**  
Beginner 6-8 Maguires  
Women's Indoors 6-7 in the PESS

€ 5 membership fee  
This picture was taken at our first beginner training back in September 2013. The first of many incredibly fun beginner training's we had last year. This year we went to Belfast to compete in the All-Ireland Intervarsities. Here we see Gary Gilmartin competing for the disc against NUI Maynooth. The Siege of Limerick is a

tournament hosted by UL every year on the state-of-the-art 3G synthetic pitches across the living bridge. Here we see Barry Walsh (in white) laying out to compete for the disc against Belgium champions Gentle back in March.

*Written by: Lorcan Murray, PRO.*

# ULWC – Sailing along Speedily

By Annie Gaughan, Captain



tecÚique than I ever could've imagined. I am using gear that I would not have gotten a chance to use until at least retirement stage and most importantly I have made some of the best friends I have ever met.

ULWC has an amazing little community going on for such a small university club. I most certainly was not the most confident of people coming to UL, however, I felt so welcome in this small little community. I come from a small area in Mayo where not many people do water sports at all and in ULWC, I felt I had finally found home. UL Windsurfing Club has made me find who I really am today. I have improved my windsurfing skills tremendously and can do moves I only dreamed of before joining. I have had opportunities and experiences I would never have imagined and will never forget. Most importantly, I have made some of the best friends I will ever meet and I am so grateful for that.

So, take the plunge and join us this year or even join in on our organisation and join committee. Even just give windsurfing one try and see what you think. Membership only costs €5 and our trips usually cost around €30. That includes all food, accommodation, equipment and coaching for the whole weekend. You won't get another opportunity like this anywhere in the world and you most certainly won't regret coming. You'll find us on Facebook by searching ULWC or drop us an email at [ulwc.committee@gmail.com](mailto:ulwc.committee@gmail.com). I can't wait for another semester on the water with

Windsurfing was something I had fallen in love with long before coming to UL and was possibly one of the main reasons I choose this university. The University of Limerick Windsurfing

Club's facilities are some of the best in Ireland and are well known in the Irish Windsurfing community. No other university would've possibly satisfied my love for this sport. I joined the windsurfing club

before I even saw what the university looked like. No joke, I even joined before the CAO offers were out! I wasn't even a week in UL before I bumped into a windsurfer and got roped into committee. This is where I

really got to see what ULWC was all about. By joining the committee I got a new perspective on windsurfing. I got the chance to experience introducing people to the sport and watch them falling in love with it too. Over the past couple of months I have seen members go from complete beginner to plane-ing at speeds of 20 knots. I even saw beginners moving into a harness after a couple of hours on the water. I'm still amazed at that one. Not only do I love organising trips and coaching but my windsurfing skills have also excelled since joining. I am sailing faster and with better



# UL SOCCER PLAYED HOST TO TOP NATIONAL

*Darragh Bermingham*  
PRO

UL Soccer would like to welcome all students, both new and old, to the college this semester. With many events lined up this year, we look forward to providing a sporting platform for all abilities; whether soccer is your passion or past-time, we provide a wide range of teams that are sure to suit your style.

Last semester, UL were proud to host the Harding Cup, a national “Fresher’s” tournament, which took place on our outstanding 3G pitches and facilities in Cappavilla. The tournament is also on this year and is open to all first years and trials will be held in the coming weeks. Although UL were unfortunately defeated in the semi-final by a strong UCD side who eventually went on to win it, all who participated described it as a great experience. Representing UL at a national tournament, particularly

when it is on home soil, is a special occasion for any young soccer player.

The first semester this year, will focus on the numerous competitive teams in the university such as futsal, super league, astro turf blitzes along with some casual kick-about. The league campaigns will also kick off in semester one with the Men’s A and B teams and the Women’s team playing in competitive college leagues. Trials

will be held for all of these teams as well as the Fresher’s Harding cup squad. The Fresher’s league is also open to all first years interested in playing soccer.

Semester 2 is the business end of the season, with the Men’s A team entering the Collingwood cup, the Premier men’s competition and the B team fighting it out for the Crowley cup which plays host to all the second men’s teams.

As well as this, the Women’s intervarsity’s will get underway. UL will also participate in the Futsal intervarsity. As well as developing on the pitch, UL soccer also made progress off the pitch, organising a Take Me Out fundraising night which was a huge success. With an estimated 500 people in attendance, the night raised funds and promoted UL soccer throughout the university. To keep up the date with

trials, trainings, events and all things soccer, follow us on twitter @ UL\_Soccer and join our Facebook page (search UL Soccer official page). Alternatively you can email us at ULSoccerClub.mail@gmail.com or visit our website; UL-SoccerClub.webs.com. With plenty of soccer, including five intervarsity competitions and friendly kick-about, to look forward to, this year promises to be one of the beat so far for UL soccer.



*UL vs UU Magee Spillane Semi-Final, Collingwood Cup*



*The UL Ladies intervarsity team*



*Stephen Ryan at Chortle student comedy awards in Edinburgh*



*Club Ultimate Frisbee Winners*



*Club Archery*



*BroCon 2014 Books Comics*



*Club Trampoline*

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