



Clubs & Societies NEWS

Aontas na Mac Léinn University of Limerick
Ollscoil Luimnigh Students Union



UL'S HANDBALL WOLF PACK SPREADS TO ARIZONA

By Kevin Mulligan,
Handball Club PRO

An outstanding first semester for UL Handball club saw numerous World and All Ireland titles claimed in impressive fashion. Primary school teaching student Catriona Casey led the charge, dominating the recent World Handball Championships, claiming three world titles. Alongside this, club captain and all-around-nice-guy John FitzGerald powered his way to victory in Kilkenny, claiming the highly prestigious 60/30 Men's A-title.

In line with this success, a select group of individuals have earned the right to represent the university at international level at the United States Handball Association Colligate Championships, taking place in Arizona State University. Catriona Casey, Lisa Loughnane, Seamus Casserley, John Hurley, Colm O'Luing and Kevin Mulligan will fly the flag for the club at a tournament which has seen not a little success over the last number of years.

Casey and Loughnane will bid to defend the Open Doubles title they claimed in 2012, while Casey will be hot favourite to

take the Open singles title back to Limerick for the second year running.

Success was not limited to the higher echelons of the club, as a huge beginner training imitative paid many dividends during semester one. New Zealand native Aidan Crimp became the first international student to taste victory on Irish soil as he won the beginner title in the Kilkenny 60/30 intervarsity.

This success at grass-roots level was accompanied by the C-team and B-plate team victory for the club. All in all, handball is flourishing at all levels in UL, and players of all levels are more than welcome to join the club for the coming semester.

However, that's not all this dynamic club has to offer in the spring semester! The club's showpiece event is the UL One Wall tournament, taking place on April 6. As the longest running university event of its type in the country, the tournament has achieved a significant level of prestige in the handball community and routinely attracts the nation's top players.

With grades ranging from absolute beginner to senior level, the tournament has something



Tony Hannon (former Irish Handball President), Catriona Casey (2nd years primary school teaching student, receiving the first of her 3 world titles at the recent World Handball Championship), Com Moore (International Handball President).

to offer everyone, and anyone with an interest in handball is encouraged to attend and take part.

Sport is not all that's on this highly social club's mind, as a table quiz has been organised for week two of the second semester. Look out for posters

around campus, and be sure to experience what is rumoured to be Ireland's greatest Fr. Ted round!

With so much going on in the upcoming semester, perspective members are invited and encouraged to join the club. Simply contact club captain John

Fitzgerald on 0871331889 or ulhandball@gmail.com to get more information on the club.

Aficionados of the Art of Photography at all levels

Photo by Louise Clifford of Studio Shoot

UL's Photographic Society caters for aficionados of the art at all levels. There is stunning equipment and a darkroom facility available to all members.

For beginners, we run tutorials on the essential basics of photography that are required to get you that perfect picture.

We often have talks from photographers such as Dave Hunt and Lette Moloney; both established professionals who gave us great insight into what working in the photography world is like and also gave us helpful tips on portrait and landscape photography.

Workshops are also prominent in the Photographic Society. In these, members are taught different techniques to enhance their photographers.

Last semester, we had a Custom Bokeh and a darkroom workshop. We also held a Studio photo shoot. Hopefully, in this semester, we will be having another studio shoot.

In the previous semester, we worked with ILOVELIMERICK.COM as photographers for various events including fashion shows and charity events. The money we raise from being paid for our services is put back into the society to improve our already amazing inventory.

We are also planning on a trip to Kerry during this semester which would be perfect for all enthusiasts of nature and landscape photography. For any questions, feel free to contact us at photoul@gmail.com or via the UL Photo Soc Facebook.



Welcome

Welcome back for the second semester...

...and please note that at the time of writing for the SEMESTER 2 RECRUITMENT DRIVE the following Clubs & Societies have confirmed their attendance (see list). I do expect some more to take part but that please note that some may not choose to do so, in particular some of the field sports as their competitions are already at an advanced stage. That said the University Clubs and Societies play host to some very interesting and prestigious National Intervarsities this year. Kayak, Karate, Camogie, Debating Union and the Sailing Club spring to mind so make sure to log on to www.ulwolves.ie or our Facebook page for further details. Regarding the Recruitment Drive please note that it takes



place in the Foyer of the University Concert Hall - February 6th 2013 5pm -7.30pm

See you there!

University of Limerick Students' Union
061 213477
086 0435307
paul.lee@ul.ie
www.ulwolves.ie

Clubs & Societies

- American Football
- Archery
- Boarders
- Boxing
- Chess
- Equestrian
- Hockey (Ladies)
- Hockey (Men's) NEW
- Karate (Shotokan)
- Kayak
- Krav Maga
- Mountain Bike
- Outdoor Pursuits
- Roller Skating (NEW)
- Skydiving
- Tae Kwon Do
- Trampoline & Gymnastics
- Ultimate Frisbee
- Windsurfing
- Christian Union
- Computer
- Comedy
- Choral Society
- Cumann Gaelach
- DJ Society
- Flying
- Forum Soc
- Games
- International
- Journalism Society
- Law
- Motorsports
- Young Fine Gael
- Music
- Out in UL
- Poker
- Photographic
- Traditional Music

Diving Success for ULSAC

By Kate Newman
PRO Officer

This years annual Winter Development Trip to Lanzarote in the Canary Islands may well go down in ULSAC's club history as being the most successful ever. Successful in terms of the number of trainees that qualified to 1star status and wide range of skills covered during the trip. These skills included boat dives, wreck dives, night dives and the exposure to the diversity of marine life that only the Canaries can offer. This trip allowed trainees to truly experience all the great elements of diving in comfortable, safe diving environment.

The current group of trainees have proven themselves time and again to be dedicated to the club and to diving as a sport. Even enduring sub-Artic conditions in Portroe Quarry, to meet pre-trip requirements during the Christmas break. Lanzarote as a dive location for trainees could not be more ideal. With a very comfortable 19oC underwater and a balmy

24oC on the surface, these conditions allowed for a safe, controlled diving environment in crystal clear waters teaming with life. Our home on Playa del Chica was something out of a brochure, located on the beach-front, next to the dive centre which made for easy dive preparation before getting to hot in the sun. Finally, this trip would not have been possible without all the hard work by Paddy Finn, club chairperson/instructor, and Daniel Harnett, the trip organiser. Paddy and Daniel spent every Tuesday night of semester one in the pool working with trainees, as well as a number of weekends braving hypothermia getting a number of trainees up to 1star status even before the trip. As Paddy was the only instructor on the trip he had the responsibility of being the trip Diving Officer, completing snorkel assessments, and qualifying 1star trainees. A heavy load for any individual, but not for the loveable dubbed 'Kaiser Paddy'. Much to Paddy's delight, he was awarded said title on a t-shirt during speeches on the club night out.



Night dive preparation on Playa Del Chica, Lanzarote.

The future is exciting for the club, a new generation of ULSAC divers will continue on with their training and gain invaluable experience in Irish waters as the second semester will focus on 2star training. As ULSAC approaches its first anniversary as a CFT (The Irish Underwater Council) affiliated club, it is evident how much the club has grown in terms of internal development

and forging new relationships within the diving community in Ireland. Club members over the past year have participated in a wide array of CFT courses including; rescue, emergency first responder, search and recovery, gas blending and two members are involved in this Summers Club Instructor Course. The club participated for the first time in the Regional Dive Weekend in Caherciveen Co. Kerry and the Diving Intervarsities in Baltimore Co. Cork making new connections and friendships with clubs around the country. We must acknowledge the hard work of Martin Kiely and Aude Richard who showed up to the Arena to help instruct our new trainees every week. There is just no stopping ULSAC in 2013!

The Martial Dartists

I suppose the best way to start this article is by extolling the virtues of the UL Darts Club and the game itself. We are a brand new club that is open to potential members of all levels of ability and of course, gender. We are based in the Arena Bar and play every Wednesday from 19:00 to 23:00. Darts is a game that incurs minimal costs to the participant and takes very little time to get to grips with.

Above all, darts is a social sport and is very useful for students who wish to meet new people from all types of backgrounds and interests. In semester one, a French Erasmus student, who had never played the game before joined our motley crew. By the time she returned to France she had participated in our first ever inter-varsity match against NUIG and played in a friendly against the Limerick

City league champions, in which by the way, we managed a creditable draw. Semester two is looking particularly exciting. On April the 18th we have Mervyn King, ranked the 12th in the World, coming to UL to play an exhibition match. We also have an intervarsity tournament in Waterford on February 7th and few more will be confirmed during the semester. We will also be hosting

a couple of fundraising evenings which will be great craic. Looking further ahead, we will be going on trips all over the country and to the UK to watch professional tournaments. Even though we are a new and fairly small club, we intend to be making a lot of waves in UL and further afield over the coming years. To keep up to date with any announcements, check out our Facebook page:

UL Darts Club Official or the UL Wolves website. If anyone wishes to find out more about the club or has questions they don't wish to air publicly, our contact email address is unioflimdarts@gmail.com

David O'Connor
Chairman
UL Darts club

Journalist Society

By Pamela Ryan Chairperson

Last semester the Journalism Society enjoyed its newly accredited official status in UL. The society offered a weekly radio show on ULFM hosted by our members and at the end of the autumn semester the society produced a feature magazine produced entirely by our members. We also hosted two themed table quizzes to raise funds for the society: Father Ted and Friends. Both were highly successful and involved a lot of fun and jokes with an atmosphere that could be appreciated by all and great prizes too! This semester the society has many upcoming events. We are planning a day trip to Cork in which members will get to experience the inner workings of a newspaper and of a radio station. The knowledge gained will be invaluable for future journalists. A trip to the Limerick Animal Welfare is also on the cards this semester as it was a huge success last year. Our day of volunteering there was appreciated by both the

staff and the animals and it was a day of great fun for members. Who doesn't love kittens and puppies? The society also hopes to escort its members to RTÉ where they can experience what goes on in front and behind the camera. We also hope to continue our radio show on ULFM and will continue with future issues of our magazine, The Jist. We will also be holding an EGM very early on in the semester. We encourage all members to attend, especially new members. We will be electing members to committee positions including PRO, treasurer and another events officer. To join the society as a member or enquire about committee positions please email: journalismsocietyul@gmail.com



Fiachra McKermott (Vice-chair) and Jane O'Faherty (secretary) in costume at the Father Ted table quiz in the Arena Sports Bar. Photo by: Derek Bowler (former PRO)

ULSU Mayhem and Memories



My most positive abiding memory of the first Semester in 2012 was the celebration of 40 years of the University of Limerick Students Union aptly dubbed "Mayhem and Memories". This was a very fitting tagline that was forged from the experiences of the long term staff and the Alumni through the Facebook page promoting the event. As far back as November 2011, I had suggested the idea to my Facebook group of over 300 former Clubs & Society members, and Sabbatical officers and it was a resounding endorsement to run with the event. I brought this to the Students Union Senior Management team and Keith Quinlan our Entertainments and Promotions Manager and yours truly took on the task of bringing the event to fruition Cutting a very long story very short, after months of tracking down histories and personalities, and lots of Facebook discussions, and meeting people for coffee, the

magnitude of memories and experiences was overwhelming and my naive intentions to capture the Students Union's history in a comprehensive publication of sorts quickly became impossible. So I turned to the ever dependable UL Arts Officer for a solution to my dilemma, Ms. Patricia Moriarty who in association with David Lilburn produced a very professional and succinct flavour of 40 years of the Students Union. This served to complement a very memorable and enjoyable evening in the Radisson Hotel. My thanks to both, and Patricia in particular for pouring over the archives and old issues of An Focal. The night of the 3rd of November 2012 seemed to roll around very quickly and with the support of Keith Quinlan and all the staff of the students Union it all fell into place and we had almost 200 people attend on the night, with people flying in from the UK, mainland Europe and the USA! Yes we even had the one of the co-founders of the American Football Club make it all the way from Alaska, Mr. Coda Plain. I had an idea to try and capture the timeline of the Students Union a bit like Charles Dickens "A Christmas Carol", with the ghosts from Christmas past, present and future...kind of. I was looking for guest speakers on the night to capture a rich and interesting 40 year history which I had garnered

from the 26 years prior to my arrival. However I ended up with 4 which I admit was a gamble but I thought the calibre of speakers had the potential to work and we had heard how at the UL 40, that John Redington had "brought the house down". So we had made representations to

1. Mr. John Redington the first Students Union President in 1971
2. Dr. Ed Walsh – Founding President of the University of Limerick
3. Dr. Elaine Byrne – formerly of the Kayak Club, Outdoor Pursuits Club, Ladies Gaelic Football Club and one of the founders of the Irish Peace

Society. Elaine is a regular contributor to Newstalk, Today Fm with Matt Cooper, Irish Independent Columnist and author of "Political Corruption in Ireland 1922/2010 – A Crooked Harp"

4. Deirdre O'Shaughnessy – former Communications Officer with responsibility for An Focal and now Editor with the Cork Independent and also like Elaine someone you will see popping up on RTE or TV3's with Vincent Brown when current affairs is being discussed or you will hear on the same radio shows. The speeches went on for 45 minutes BUT it turned out to be the highlight of the night with each speaker re-living

their memories from their time in UL and their experiences and it drew howls of laughter as people spoke very freely and very honestly and it went down as an enormous success with all present in the room. From the theft of a bank on campus, the theft of Dr. Ed Walsh's chair as part of a Rag Week prank which he never got back, to other speakers admissions of losing one's virginity! In particular I liked Dr. Walsh commentary that his recollection of Student functions from his time was that the men finally washed and put on clean clothes and that the women tended to be more revealing and wore less clothing, "and looking around

the room here tonight, I see that not much has changed" and with that the room erupted into laughter, terrific entertainment. Like all things in a students union it can be manic and unpredictable but never boring. There was a particularly gracious gesture by Dr. Ed Walsh as he re-educated an audience with the difficulties of trying to get UL then NIHE its own autonomous status and being thwarted and prevented by NUIG and UCC. This involved no small amount of political interference at the time. However Dr. Walsh gave credit to the students protests at the time, organised by the Students Union where they occupied the Department of Education Offices and burnt NUIG matriculation papers in defiance as a result of being accountable to NUIG for their degree's and burning some politicians in

effigy on the streets of Dublin. He took a moment to ask the first five Presidents of the Students Union to stand up and thank them personally for their contribution to the campaign for NIHE's independence which outlived even the government of the day. As the saying goes the rest is history now, but a solid template has been laid down for the 45th or the 50th Celebration of the University of Limerick Students Union, might even get that interesting project for a book delivered at that time? My sincere thanks to Ms. Criona Russell, Branch Manager from Ulster Bank for her kind sponsorship, Ms. Calista Bennis, UL Corporate Secretary, and Mr. Leo Colgan retired University Registrar, Mr. Jerry Cronin Coop Education Manager for UL and former Students Union Officer. Mr.

Ber Anglely the first paid Entertainments Manager for the Students Union throughout the 80's, John Redington and special mention to his sister Dr. Wynette Redington of the MSSU Dept and former Vice Resident of the Students Union in 1976/77 for all her advise and personal records of the Students Union. Finally thanks also to my colleagues in the Students Union, Adele O' Carroll, Roisin Monaghan, Barry Costelloe, Philip Mudge and Keith Quinlan all of whom played a part in a very memorable and enjoyable evening

Paul Lee
Clubs & Societies Development
Officer



Dr. Ed Walsh Founding President of the University of Limerick



The Students Union 40 years of history captured with 50% of its former officers



Ms. Deirdre O'Shaughnessy – Editor of the Cork Independent



Dr. Elaine Byrne



Mr. John Redington, first President of the NIHE Students Union (1972)

ULSU 40th Attendance

Year / Position / Name

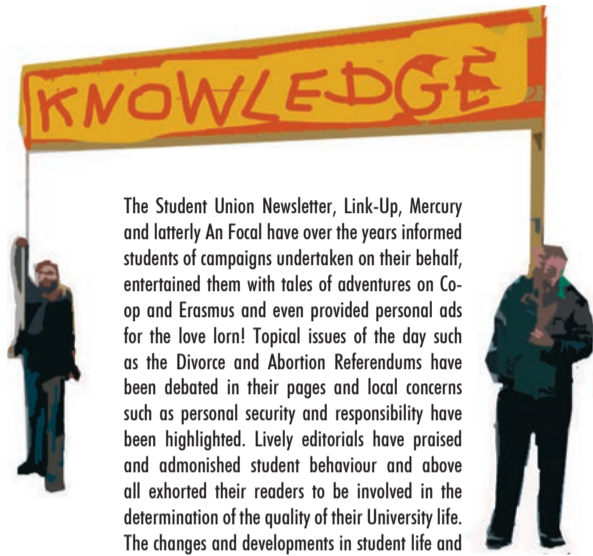
- | | |
|--|---|
| 1 2012/2013 Adam Moursy | 22 2001 / 2002 Education - Tom O'Donovan |
| 2 2012/2013 Cathal Ronan | 23 2001 / 2002 Communication - Patrick Kennedy |
| 3 2012/2013 Paddy Rocket | 24 2000 / 2001 Communication - Fergal Fennessy |
| 4 2011/2012- President - Derek Daly | 25 1999 / 2000 President - Pat McCarthy |
| 5 2011/2012- Paddy Rockett | 26 1998 / 1999 President - Barry McLoughlin |
| 6 2010/2011- President - Ruan Dillon McLoughlin | 27 1997 / 1998 Welfare - Elaine Kiely |
| 7 2010/2011- Education - Aoife Finnerty | 28 1997 / 1998 CEO - Ivan Moran |
| 8 2010/2011- Communications Officer- Finn McDuffie | 29 1996 / 1997 President - Seamus Doran |
| 9 2010/2011- Vivion Grisewood | 30 1995 / 1996 President - Brian Synott |
| 10 2008/2009 President - Pa O'Brien | 31 1995 / 1996 Welfare - Lorna Kerin |
| 11 2008/2009 Welfare - Caitriona McGrattan | 32 1995 / 1996 CEO - Duncan O'Toole |
| 12 2008/2009 PPO - Aoife Breen | 33 1992 / 1993 Transitional & Services Officer - Billy Kirwan |
| 13 2007/2008 Welfare - Judith Davoren nee Lynch | 34 1991 / 1992 President - Colm Croffy |
| 14 2006/2007 PPO - Deirdre O'Shaughnessy | 35 1991 / 1992 Welfare - Donal Waide |
| 15 2005/2006 President - Fintan Breen | 36 1982 / 1983 President - Brendan O'Sullivan |
| 16 2005/2006 Welfare - Frank Fogarty | 37 1982 / 1983 Vice President - Eleanor Gaire |
| 17 2005/2006 CCO - Anne Sheridan | 38 1980 / 1981 President - Jim Collins |
| 18 2004/2005 President - Timmy Hennessy | 39 1977 / 1978 President - Sean O'Brien |
| 19 2003/ 2004 Communication - Sarah Ryan | 41 1976 / 1977 Vice President - Wynette Reddington |
| 20 2002 / 2003 Communication - Paddy Buckley | 42 1975 / 1976 President - Pat Carroll |
| 21 2001 / 2002 President - Michael Phelan | 43 1972 / 1973 President - John Redington |



The Generation Game - John Redington and his sister Wynette Reddington in the centre flanked by Wynettes' daughter and son, UL Alumni and former C&S members, Anna and Richard Keely



Keith Quinlan and Paul Lee - Two very happy event organisers



The Student Union Newsletter, Link-Up, Mercury and latterly An Focal have over the years informed students of campaigns undertaken on their behalf, entertained them with tales of adventures on Co-op and Erasmus and even provided personal ads for the love lorn! Topical issues of the day such as the Divorce and Abortion Referendums have been debated in their pages and local concerns such as personal security and responsibility have been highlighted. Lively editorials have praised and admonished student behaviour and above all exhorted their readers to be involved in the determination of the quality of their University life. The changes and developments in student life and behaviour over 40 years can be charted in their pages; even the manner in which we communicate is reflected

"...All Phone Messages for students in this college are taken by the SU General Office and put on pink message slips on the SU Noticeboard in the Canteen. Please check daily for phone messages and mail list..."

'An Focal, 14 February, 1994, p.12'

"... if there had been a student of UL in our Oireachtas then we would have had cigarette machines in the canteen and urinals at the bar of the Stables, never mind an actual library or an actual repeat system, long ago..." Robin Hood, Letters to the Editor, An Focal, November 3, 1992

Beginning with the movement to establish the NIHE in the late 60s and early 70s UL students have maintained a record of pioneering protest. The "NUI NO" protests, burning of NUI matriculation forms outside the Senate and permanent sit-ins in the Department of Education in 1976 and huge parades in Limerick captured the national imagination.

Initial campaigning for better library and student services has developed into a sophisticated system of referenda and plebiscites to galvanise student opinion into action.

The continuing campaign by the Students Union fought over the issue of student progression during the 1990's was referred to as the Battle Royale. Negotiations with the University reached an impasse in 1994 when students walked out in protest and 700 of their number protested outside the White House but a mutually successful outcome was eventually achieved. Over 3000 marched against fees in 2002 and these protests were reignited in 2008.

On campus crèche facilities, Nitelink buses, better catering, Sexual and Mental Health campaigns. Improved sports facilities have been achieved in large part through student action

The Class Rep system caters for the educational rights of students and improvements in services over the years can be attested to their efforts.



The first organised event by a student Society was a production of Bryan Merriman's Midnight Court in the East Room of Plassey House which was then the main lecture theatre for the University and ULSU Societies have continued to entertain, inform and challenge the University population. Maverick Societies have been embraced although the proposed Ice Cream Society received a lukewarm reception to its application for funding. Ever innovative the "Sony Walkman or Cheap Imitations" disco aka a silent disco was first suggested as an idea by the Thrill kill Cult in a letter to An Focal's editor in 1994.

Notwithstanding the wide array of Societies on offer in the University of Limerick the campus has always been known for its high level of entertainment. A lively social scene has existed since its inception and over the decades the arts have been celebrated in Arts Days, SoUL and Greek Weeks, OddFests and Brocons. The unholy alliance of Ber Angley and John Hardigan produced many memorable nights and International and local acts have played what Oscar winning Glen Hansard described as the "f****ed up little room..." that is the Student Centre. The late Mike Sadlier was also key in creating a rich and varied cultural life in the early days of the Union. Early trips to Glastonbury were offered by the Union at the now unbelievable cost of £90 for bus, ferry and ticket.



"...Dear Sir, Please find enclosed photograph of dishwasher we bought with the £500 we got from your RAG Week. We are very grateful for this contribution and the Health Inspector was delighted to see it. All our delph is now sterilised to the delight of everyone, and thanks to you. Renewed Thanks Sr. M.Agnes, Cuan Mhuire, Bruree House, Bruree, Co. Limerick..."

A long tradition of volunteering has existed in UL and over the years students have participated in fundraising drives, sleep outs for the homeless, charitable support work through the St Vincent De Paul and outreach societies. Principal amongst organised fundraising is the annual R(aising) A(Nd) G(iving) Week, variously known as Kollege Week and now Charity Week. Although ostensibly a week of high octane behaviour it must not be forgotten that its principal aim is to raise funds for nominated charities and over the years tens of thousands have been raised.

Personal responsibility has also been fostered through the campaigns of the Students Union and issues around physical, mental and sexual health have been at the forefront. In the early days some students were disciplined for handing out free but illegal condoms in the Stables Courtyard.



Out of conflict comes resolution, out of discord accord and many of the University's major projects have arisen from collaborations with the student body via the mechanism of Student's Union Referenda. The current Student Centre was campaigned for by students and an agreement reached that "...UL students approve the introduction of a special capitation fee of £30.00 per annum to initiate and provide 50% of funding for the construction of a Student Centre..." and the Union finally moved into a purpose built home in 1999. This was followed by the opening of the University Arena in 2002, an internationally recognised sports facility where students are one of the major stakeholders. Parallel with these negotiations the water based Clubs on campus were literally desperate for a central home as their equipment was being consistently vandalised and by 2002 it was agreed that once the students funded the project and it didn't impact on the University's core budget and was built in accordance with the ongoing development of the University the project could go ahead. An 86% majority Yes vote in 2003 saw the mortgage of the Student Centre being extended by a further period of 8 years and in 2009 the UL Boathouse was officially opened. 2012 heralds the exciting prospect of another Referendum to extend the University Arena, develop Maguire's Fields and create a new Student Centre.

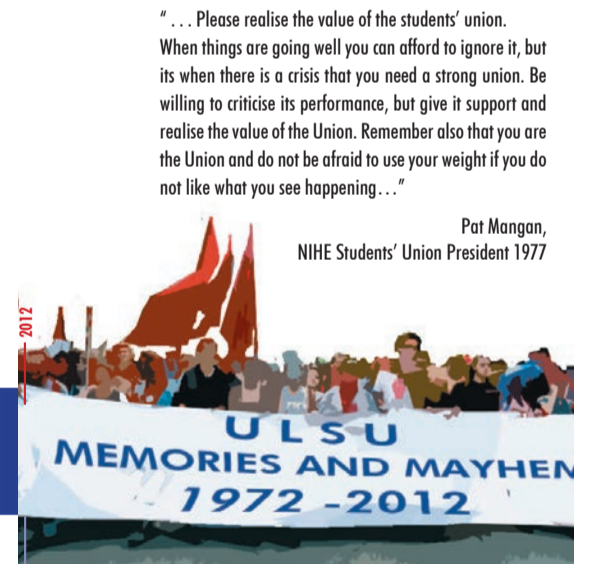
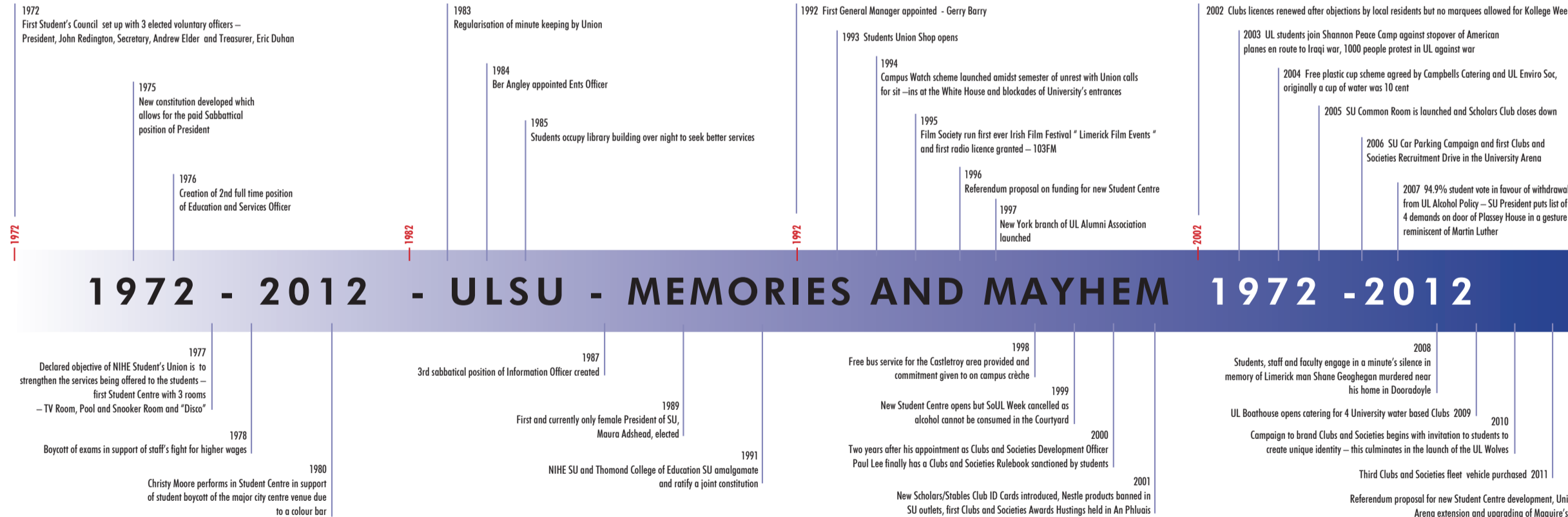


The clamour of student protest and the many debates that arise from it can have positive outcomes. When you use the pedestrian crossing at the Groody Roundabout you are experiencing a piece of recent Student Union history. Following an incident in 2007 where a student was knocked down a midnight campaign saw students painting white lines on the road resulting in their being disciplined by the University. Undeterred they lobbied until the Council installed a roundabout. Individual students have risked their own liberty in pursuit of the freedom of expression from the far north of Fasslane in Scotland to the car parks of the University. The Environmental Society brought a lengthy legal case against planning permission for Thomond Bridge, the Irish Peace Society have mobilised students to protest against war and injustice and a Minister's car had to turn back on Thomond Bridge at the official opening of the Irish Chamber Orchestra Building. Many UL students have used the practice ground of the Debating Union, Student Union Executive, Clubs and Societies Council and the Class Rep system to hone their skills of discourse and debate and improved the quality of the student experience.

CLUBS AND SOCIETIES

UL Clubs and Societies have formed the backbone of the Student's Union over its 40 year history. In 1972 there was one Sports Club and a fledgling Drama Society in operation but by 1984 this number had risen to 15 Clubs and 13 Societies receiving approximately £16,500.00. Although it took some time to reach a consensus in 1998 a full time Clubs and Societies Development Officer, Paul Lee, was appointed. Currently there are 72 Clubs and Societies receiving a budget of €600,000.00. The recruitment of new members has similarly progressed from the Canteen to the first purpose built Clubs and Societies Village in 2002 to the huge numbers attending the University Arena event in Week One, Semester One. An online recruitment system has seen numbers rise significantly and in 2011 the unifying brand of UL Wolves was created to capture the spirit and philosophy of C&S. The nature of these Clubs and Societies is as disparate as the student population and over the years UL has been ably represented on national and international stages and arenas. Student Union politics have been enhanced by the drive of its C&S members and many initiatives have come from its Council meetings.

YOU ARE THE MISSING LINK please post your memories to Facebook Group ULSU 40th Celebration (40 Years of Mayhem)



"... Please realise the value of the students' union. When things are going well you can afford to ignore it, but its when there is a crisis that you need a strong union. Be willing to criticise its performance, but give it support and realise the value of the Union. Remember also that you are the Union and do not be afraid to use your weight if you do not like what you see happening..."

Pat Mangon, NIHE Students' Union President 1977

For 40 years the elected representatives of the student body have supported students in their academic education and personal development. Here are a few memories created out of the mayhem.....

EVER BEEN CYCLING IN THE DARK?



Well how about cycling down a mountain in the dark! During the winter months during the week this is one of the Mountain Biking club's (MBUL) favourite pastimes. It is one of the most adrenaline pumping activities you will ever do and it is a must do for any cyclist. Obviously we have lights - pretty powerful ones at that - but it is still one of the best experiences you will ever have!

If that's not your thing then there is plenty more for you. On Monday nights is our weekly pizza night which is unreal craic. All members attend this and it's a great place to get to know the other club members and make some friends. We even have members who have simply joined for the pizza nights!

To burn off the pizza calories we have a weekly Sunday spin taking in many of the local trials such as Ballyhoura, Cratloe and Toinn Tuinne. It takes in some of the most breath-taking views of the surrounding Limerick counties and these are usual some of the better spins.

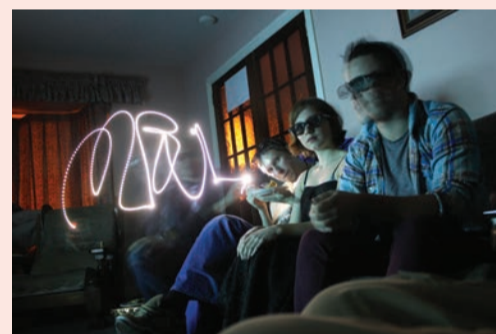
Every semester we try and at least go on about two weekend trips to different parts of the country. Last semester we went to Carlingford in Co. Louth and Wicklow in well, Wicklow!!! These were two brilliant weekends filled with a lot of biking and some of the best craic you could have. This semester we plan to go to Wicklow again and maybe another part of the country - possibly Killarney.

This summer we are heading to Les Gets in France for an eight day biking trip. This includes many

downhill slopes and cross-country adventures and is our big annual training trip abroad. The club competes and participates in many mountain biking disciplines from Downhill, to Cross Country, to Trials, so if you're already involved in these types of sports why and join the club and train and enjoy cycling with other people.

The club caters for all stages of cyclist and from of many different ages. The club owns an extensive range of top notch mountain and downhill bikes so if you don't have a bike, don't worry. Helmets and lights can also be provided. If anyone wishes to join the club then you can pre-register with us on ulwolves.ie and hop onto our forum www.mbul.skynet.ie. Any questions, simply post up onto the forum or get in contact with any MBUL member. All our activities are posted on our forum, and also on our Facebook page www.facebook.com/MountainBikingUL. See ye at the recruitment drive!

Pádraig Keenan PRO



Exciting Semester ahead...

By Órlaith Murphy, Law Society P.R.O

After an eventful first semester the Law Society would like to welcome you all back to college and we hope that this coming semester will be as fun as the first. The law society had a very successful first semester with several events taking place. The semester's events kicked off with a bang with the Annual Mystery Tour - this time the chosen location was Carlow and it was a roaring success with fun had by all. November was a busy month for us with Judge Tom O' Donnell doing us the honour of hosting a very insightful and interesting talk. November also saw the successful mooted workshop take place under the keen eyes of Bethan. Alongside these events were the frequent informative presentations

about internships, apprenticeships and competitions which were hosted by all the major law firms in the country.

This semester will be even more exciting with several events already in the pipelines! Law Week is just around the corner with a careers evening and a moot display already planned. Law Week will be culminating of course, with the highlight of the annual social calendar - The Law Ball which takes place on the 21st February and this, as every year, promises to be an amazing night! These events as well as talks from guest speakers will make sure that this coming semester is even more memorable than last and we hope to see you at all the coming events!

Students who wish to join the Law Society can contact us on ullawsociety@gmail.com



WE SWEAR IT'S SAFE...ISH

In fact skydiving is roughly at the same risk level as driving a car so there really is no reason to not give it a shot here at UL with the UL Skydiving Club. Skydive UL is one of only a few University skydiving clubs in Ireland and was actually the first university club for skydiving in Ireland. Club members jump most weekends (Irish weather can be cruel as we all know) and we have an annual trip to France for two weeks of pure skydiving. The France trip will probably be one of the best experiences you'll ever have if we're being honest here, it's likely to make a skydiving addict out of you and lead to into a sport you never thought you could do in your wildest dreams. The two weeks in France will bring you from zero experience to the level of a licensed skydiver (yes,

we need licences to be this badass) and show you a great time in between. Jump tickets are currently €5 for static line and freefall jumps with us, which is by FAR the lowest price a student jumper is likely to ever see. First time jumpers do have to pay for a first jump course before they complete their first jump however, this is usually in and around €50 and covers the jump cost too. However, the price is subject to change and could be higher by the time you sign up for your course so hurry if you want to get it cheap! During this course you are taught how to exit an aircraft safely and "fall" safely, you will also be taught the basics of how a parachute works, how to control the parachute once open, and how to land safely. After you finish the course you are geared up



and brought to the plane, hopefully all in the same day but if not it will be the day after, and asked (very politely) to jump out. Skydiving is a fantastic way to see the ground beneath your feet (albeit from very high up!) and meet some really cool people in the process. Skydive UL is

actually hosting this year's skydiving intervarsity's so it's shaping up to be a good year for jumping already. Trying to cram all of Skydive UL's info in to a tiny paragraph has not been easy but I think if you come and talk to us at the recruitment drive you might get more information, or

just if you spot one of us around don't be afraid to ask us all the silly questions you want! SKYDIVING WOOOO!!!
Blue Skies,
Skydive UL
Facebook: Skydive UL |
Email: skydiveu@gmail.com

TaekwonDo

-the world's most popular martial art...

TaekwonDo is famous for its spectacular range of kicks and punches. It's a great way to get in shape, keep fit and learn something new and fun. The U.L TaekwonDo Club is the longest-running martial arts club here at the University of Limerick, catering for both beginner and practised members. The club has been running now for 20 years, and in that time has seen many of its members achieve the rank of black belt over the course of their time here in college. So what is TaekwonDo? It's a Korean Martial Art, one of only two such recognised

by the Olympic council, and literally means "The Art of Hand and Foot". TaekwonDo is renowned for its kicking and leg techniques, and here at U.L TaekwonDo we like to think that we provide a well-rounded, fun and rewarding training experience to all our members, new and returning. The club trains 3 times a week, Mondays at 18:00, Wednesday at 21:00 and Thursdays at 18:50. All training sessions take place on campus, in the PESS (Old Sports) Building. Membership for the club starts at just € for undergraduates for the entire



academic year - that's a year's training sessions for the price of a pint! The club organises a grading every term for members, where you can test for your next belt (grade) in TaekwonDo and advance from white belt towards that much-vaunted black belt. As well as training, the club has a lively and active social life, with regular social outings to give people a chance to relax

and get to know one another outside of the dojang. Regular nights out in the Scholars Bar, training weekend(s) away and invited seminars are just some of the events we try to organise for people outside of the regular training hours. The club is remarkably flexible and is always willing to listen and entertain the suggestions of any of its members. So have an idea for something fun? Then

by all means, let us know about it!
To join the club, you can email us at ul.taekwondo@gmail.com, visit our page on the U.L C&S Wolves site, or simply drop down to training any night and sign up. We'll have a stand at the C&S Recruitment Drive Wednesday Week 2 as well, if you're around and see us, feel free to call on over!

UL Fan Forum Society: The Place Where Everyone Knows Your Name

When I sat down to write this article I looked to our online community of over 100 members for inspiration about how to relay what we do to those of you who we can tempt into joining. Straight away I see a fashion trend of t-shirts purchased from qwertee.com, excitement about who will be directing the new Star Wars movie as well as a parody video of Gandalf and Gollum singing Bohemian Rhapsody. Fan Forum Society is the only society of its kind in Ireland which caters for such a broad range of interests. We provide our members with a forum for discourse and appreciation for all things like TV Shows (Dr Who, Firefly, Game of Thrones, and The Big Bang Theory), Movies (Harry Potter, Lord of the Rings, Star Wars, Star Trek, and The Hunger Games) Sci-Fi, Graphic Novels as well as all the cool random stuff on the internet! Trust us, if it's out there, you can be sure our members will find it!

So far this year we hosted UL's First Harry Potter Week which included Wizard Chess (Yes, life size!) in the Student's Union Courtyard, a Tri-Wizard Tournament style Treasure Hunt held in various locations all around Campus

as well as a Quidditch tournament on the pitches. The week was rounded off with a Yule Ball hosted by the Society in UL's Sports Bar.

Several Movie Trips were made in large numbers to see Skyfall, The Hobbit and Total Recall. In conjunction with the release of The Hobbit the Society hosted a 'Second Breakfast' in honour of Bilbo Baggins.

We hold regular quizzes in conjunction with other societies which provide the chance for laughs, winning some great prizes (past prizes have included a Wii, Vouchers and other lovely prizes!) as well as an excuse to be extremely competitive! In December of 2012 the 'Nerd Ball' was held for the members of Fan Forum, Anime & Manga, Chess, Games and Literary Society. A Wonderful night was had by all and plans are already in motion for 2013.

A jewel in the Fan Forum crown in the annual charity Zombie Walk held on campus. Inspired by Limericks Outbreak 2011 Festival this walk has become a tradition for the society and in the process has enabled us to support two great charities (The Cliona Ring Foundation and the Mid-Western Rape Crisis Centre) with funds donated



by our members and passers-by. In October 2012 we were assisted by Dance, Drama and Music Socs in raising over €100 for charity. Free food was provided by the Sports Bar. Weekly Meetings are held in Red

Raisins at 6PM on Thursdays as well as additional events. AGM to be held Thursday Week 2 (for those of you reading this at the recruitment drive, tomorrow!!). With membership only €4, Why

Wouldn't You Be Interested In What We Do? Contact Us: ulforumsoc@gmail.com or search Facebook for UL Fan Forum Soc. Sarah Dowd, PRO

New Life for UL Men's Hockey

By Daryl Cody (Vice-President)



After the Intersities semi-final in Cork

UL Men's hockey is back to life after 8 years of extinction. We managed to find some unknown talent throughout the University during the recruitment drive in September. A week later we had our first taste of competitive hockey, with a match against UCC in a pre-season game. As a new club we have had to start in the lowest division, but, un-expectantly we have surprised the whole of Munster Hockey by winning our opening 4

league games and taking the top spot in the league. It might be too early to think about the end of the season, but, promotion and expansion of the club being our main aims this year. In November we took part in the Intersarsity tournament, in Cork. We were up against some Irish Internationals and still ended up in the semi-final of the Plate. The team caught the Irish University coach's eye, and two players got trials for the

Irish University's squad. With a trip to Barcelona up for grabs, Trevor Gray (club founder and captain) took his opportunity and won a place in the side and represented his country in Barcelona in January 2013. In the upcoming semester the club plan on continuing their league form until the end of the season. UL hockey are playing host to the upcoming mixed intersarsity tournament

in February, with opportunities for new players to take to the field. As a club we have a couple of fundraisers in the pipeline and will be looking to other UL students to take part. In semester 1 we have formed a strong relationship with the UL Ladies Hockey club and plan for this to continue with some social nights coming up in this semester. We train on Wednesday, 7-8.30 and Thursday, 8-9. Hockey pitches located at the side of

the Sports Arena. All level of sporting ability and interest welcome. If you plan to come to training, bring a friend...or two! Find us on Facebook, UL Men's Hockey. Follow us on Twitter, @ULHockey. Email us, ulmenshockey@gmail.com. Text or call Trevor Gray, 0894786536. Any questions don't hesitate to get in contact.

UL BOXING CLUB LOOK TO DELIVER ANOTHER KO IN 2013

Writes UL Amateur Boxing Club's Fionnbar Thompson (P.R.O.)

THE act of becoming truly great has been, and always will be, defined as one's ability to build upon past successes. This is entirely true when we consider the endeavours of UL Amateur Boxing Club over the past twelve months. What is largely still a fledgling club has continued to punch well above its weight in competition and display some of the greatest emerging sporting talent on offer in the University of Limerick at this current moment.

Under the tutelage of Mario Feliciello, a well travelled and vastly experienced professional boxing coach, the club has continued to go from strength to strength through learning his unique style of a complete boxing system, taking what has in the past been wrongfully considered as a traumatic pass time and turned it into something of a

sweet sporting science. This was blatantly evident when UL was represented by no fewer than five students in the 2012 IATBA intersvarsities. These students have become pioneers for the sport within the college and continue to promote the growth of their club to the expanding alumni of UL along with others who have sought to become part of this boxing revelation in our very own University. This unique, unprecedented style did not go unnoticed at national level either with coaches from other third level institutions commenting on the smooth, unorthodox fluidity of the UL students' movements.

In what was seen as a year for baby steps, UL Boxing Club instead decided to take strides. This was clear to see when student and club secretary James McDowell (pictured) delivered the first ever IATBA



National Title to UL back in February of 2012 at the aforementioned intersvarsities. The ultimate goal is to once again take this competition by storm and deliver yet more success to a city already famed for its sporting and in particular boxing prowess by strengthening further the

abilities of the increasing number of students that enrol into the programme. To date, the club has over sixty members with an average attendance of forty people at training each night, which serves only to prove the level of commitment and displays the vast amount of students this club reaches.

For all intensive purposes, the rise of UL Amateur Boxing Club has been nothing short of meteoric. The only thing that remains to be seen is just how far this club can go when it has already proven so much in such a short space of time.

Fáilte agus Sláinte!

By Muireann Murtagh PRO International Society

Where to start?! Firstly, if you're not sure who we are or what we do, then this society caters to both Irish students and students from other countries who are either studying here full time or for a semester or two on Study Abroad placements or Erasmus. If you'd like to learn more about Irish culture, explore the country and meet new people from all over Ireland and all over the world, then this is definitely a society you should join! Secondly, what have we been up to?

The International Society spent Semester 1 going all over Ireland (in buses), all over campus (in onesies) and all over the Stables (sometimes with glitter)! Some of our TGIF nights shall surely go down in UL history - 90s night, Halloween, Funk Night, Country Colours to name but a few - and they'll be on this semester too! While you don't have to be a member to attend,

you do have to be a UL student - or have a friend who is, who can sign you in if needed. We also run loads of other events too, such as table quizzes and Movie Nights!

We also ran trips all over the country to lots of different places, including Glendalough, Belfast, Dublin and the Cliffs of Moher. One of the highlights of the Autumn Semester was the trip to Belfast, which was held over the October Bank Holiday. Last semester as part of the celebrations for U.L.'s 40th anniversary, in conjunction with IED we organised a number of events, including an International Food Fair. As International Week falls in Week 3 of this semester (Monday 11th February - Friday 15th February), we will be running another food fair as well as several other events, such as a Movie Night, themed parties and more.

In conjunction with Kemmy Business School, we held a photography competition for



all members, past and present. The winning photographs were made into a beautiful calendar for 2013. There are still some available if you'd like to give your year a UL theme!

No matter what you're interested in, the International Society can look after you. Last semester we ran Book Club, Music Club, Sports Club on Fridays and Mentor Meals, all

of which we plan to continue this semester. In Mentor Meals, members form a group with three or four other students. They spend a few weeks going to dinner in each other's houses and trying out different cuisines. Our radio show 'International Power Hour', every Friday, is a great way to get unwind before the weekend to come, no matter what your plans are!

This semester we plan to do as much as last semester and even more! Joining the society is a brilliant way to make friends and have a blast. Find us on Facebook, follow us on Twitter (@ULIntSociety), check out our website, listen to the radio show and keep an eye out for our posters around campus!

Members at Stormont on the trip to Belfast

UL Flying Club

“By the way, is there anyone on board who knows how to fly a plane?” (Airplane, 1980)



Photo taken over UL campus after taking off from Coonagh (Daniel Mortell)

Hello and welcome to our review of the previous semester with the UL Flying Club, and taking a look forward to the next few months. We have just finished our 2nd semester having established ourselves this time last year, and we currently have over 70 active members and looking forward to recruiting many more this semester. Our main activities, going for flying lessons with the Instructors and going for leisure flights with our qualified pilots have gone successfully again this semester. We regularly had students up on their first flights coming down and wondering when they can do it all again. We also started our simulator nights last semester. The simulator nights are run with our own qualified pilots on campus on a regular basis, where we give an introduction to techniques involved in taking off, steady flight and landing. This has helped increase the awareness of the mechanics of flight and

when a student then goes up for their real flying lesson they are already familiar with many of the concepts of flight and controls, meaning that they can get more out of the lesson. Our big event from the last Semester was the Simulator night in the Stables, where around 40 students showed up and really enjoyed the night. We ran the simulator flying competition on the projector in the Stables and students competed to try to set the fastest time on the mission we had set. It got very competitive in the end when strategies became more refined and eventually our winners, James Dwyer and Sean Gath, won themselves a leisure flight around Limerick city in a light training aircraft! Our biggest news for starting this new 2013 semester is that we have finished designing our website. This should help make it much easier for students to be informed as to

when flying time, pilots and airplanes are available, as well as highlighting upcoming club events. We're already planning this semester events and competitions, and have been in contact with the Irish Air Corps about arranging a visit to their headquarters in Baldonnel to have a look at their aircraft. A visit to the Irish Coast Guard Helicopter is also in the works, as well as the Shannon Air Traffic Control tower to get an insight into the systems put in place to keep everything operating safely in the air. Hopefully we will get plenty of flying done this semester with the Instructors in Coonagh, and we look forward to welcoming all the new members. Daniel Mortell (UL Flying Club President)

YFG: The Highlights!



Last semester has been as action packed as any semester for the society with us holding an event almost every week as well as committee meetings. We kicked off the semester with the recruitment drive and EGM and have been going strong since then. Our trip to the Dail proved a great day out with mostly first years travelling! Members got to see the Government at work and meet their local TD's afterwards. This was quickly followed by the Annual Mini-Golf tournament which separated the pros from the messers! Our local TD Kieran O'Donnell called in for a visit as well as a few local councillors. Oktoberfest loomed around the corner then

with members from all over Munster travelling to UCC for an interesting policy session followed up by a social with our fellow members! UCC YFG returned the visit at the end of November where we went head to head in a thrilling debate! One of the main political events of last semester was of course the children's

referendum which UL YFG supported fully, we held an information night which was attended by Simon Harris TD, Paddy Molloy President of YFG. These are just a few of our many events. The highlight of the semester of course was our trip to Berlin. After months of planning and hard work it was fantastic to be able to finally go in January and enjoy ourselves. While in Berlin we visited the Bundestag, the German house of Parliament, where we got an extensive tour of the building and experienced German politics first hand. We then visited the Brandenburg gate and of course the Berlin wall. We also visited the Headquarters of the CDU (Christian Democrat party), which is the party in Government at the moment. Later that evening we met up with members of the Junge Union, which is a youth political party in Germany and over dinner we discussed both Irish and German politics! It wasn't all work and no play however as in the evenings we experienced German culture, particularly the many nightclubs Berlin had to offer! Next semester we plan on improving once again and we are constantly coming up with new ideas and events to be planned and organised. Our first event of the semester was on Monday where we had our EGM, which will be followed quickly by a visit from MEP Sean Kelly in week 3, as well as many other events throughout the semester such as a debate with our counterparts in UCC, a second Dail trip and our UL YFG Alumni night to name a few. Get involved and I promise you will not regret it!

I MAY SPEAK SOFTLY BUT I CARRY A BIG STICK



UL krav Maga is back with a bang and a punch for semester two of 2013, things are going really well for the club with large numbers attending training. Last semester saw many of our members successfully pass their IKMF grading's with the help of Srdan. Our new president Matt along with Sergio have been busy making available some interesting specialized training seminars kicking off with Lior Offenbach in Dublin doing his VIP and weapons defence on the 26 and 27 of January. Lior is an extremely advanced and experienced KM instructor as many of the ULKM members can bare testimony to having

trained with him in Israel. Next month February 10 sees the IKMF in Cork under Tomasz Adamczyk hosting a bar fighting seminar which promises to be very realistic and exciting, the bar component part of the course taking place in a full equipped bar specially hired out for the day minus the drink of course. ULKM will continue to offer high quality Krav Maga training seminars into 2013 and will update its members as they become available. Training for the rest of the semester continues in the PESS building on campus and training times

are as follows Mondays at 8:15-10PM and Wednesdays at 7-9PM (always advisable to be 10 min early). Instruction continues this semester under Matt, Tom, Sergio and Darren. Old and new members are always welcome to join at any time/stage of the semester. For further details go to <http://ulwolves.ie/wolves>

EXCEPTIONAL EXPERIENCES, HOME AND ABROAD, FOR UL ARCHERY

Written by Sarah O'Sullivan (PRO)

Semester One proved to be a successful period for the UL Archery club, for both our experienced archers and our beginners, with a vast amount of hard work, dedication and training shown by all our active members.

To start the year off, two of our advanced members, Sean Curtin and Steffan Ashe attended an international archery competition called Face2Face. This was held in Amsterdam; huge numbers of highly skilled archers from around the world competed. Both members benefited hugely from the experience. They represented their club and country very well, and their qualifying for this event was an inspiration for other members, showing them what heights their dedication to training can take them.

UL Archery Club hosted the first event of the indoor archery season, the UL Halloween Shoot. This is a fun shoot organised to get everyone back into the swing of intersvarsities and to give the new beginners a chance to experience their first archery competition with a fun and relaxed atmosphere. Three of our new beginners attended this event and all three thrived and came away with medals. It was an enjoyable day for everyone, and a wide range of creative and wacky costumes were modelled, from Denis the Menace to Fred Flinstone! During the remainder of the month, the club attended two intersvarsities, the DCU IV and the DKIT IV. These were hugely successful for our club, in particular our beginners. Over these two events, five of our archers in the female and male beginner recurve categories broke their 400 score on a 60cm target face, earning them a white pin from the Irish Student Archery Association. This also means that they progress to shooting the smaller, and therefore more challenging 40cm target face. Our compound team, consisting of Niall Boland and Lorcan Crean, were also highly successful; coming in 1st place in the Compound Team category at both of these intersvarsities.

A large number of our other advanced members also went on to set their own personal best scores at these events.

On the first of December, a special shoot was

held by IT Carlow, hosted purely for beginners. This was a great opportunity for new members of all the student archery clubs to shoot together, have fun and make new friends. The UL Archery Club beginners were highly successful in this competition. Out of five members that competed on the day, four were awarded medals.

In January, we attended the first Irish & UK University Archery Cup, hosted by NUI Galway. This was the first international student event held in Ireland and due to our high success in the intersvarsity league last year, our club was given automatic qualification into this competition. The next day we also participated in a charity shoot, also hosted by NUI Galway, in aid of St. James Hospital's Burns Unit. In total, over €100 euro was raised for this worthy cause. If you would like to join our club and have the opportunity to participate in upcoming intersvarsities around Ireland this semester, then don't be shy in signing up at the upcoming recruitment drive. Our next six-week beginner courses will be starting after this event and anyone is welcome to join and learn how to shoot. Our beginner courses are a fun, enjoyable experience and also introduce participants to a skill which teaches the importance of both focus and patience. If you would like to contact us for more information we are also available at ularchery@gmail.com



Valteri Lehto shooting at the IT Carlow Beginner shoot.



OPC takes on the Scottish Highlands

As the spring semester rolls around, the OPC are recovering from our annual trip to the Highlands in Scotland. This year, 17 people went in the hopes of learning and improving our mountaineering skills. After ringing in the New Year in style, we set out on training. We had nine taking part in beginner training, two in Intermediate and two in advanced. Beginner training was two days long and was an introduction to winter mountaineering and snow/ice skills with intermediate and advanced training furthering these skills, bringing you to a level where you are more confident in lead climbing. All training levels included learning about weather and avalanche

reports (a critical skill to have in the outdoors), and also navigation and personal safety. On the third day of the intermediate and advanced training, some of our more experienced climbers split the beginners into groups and helped them to put their new found skills into practice on Ledge route, a classic winter mountaineering route on Ben Nevis, the UK's tallest mountain. Next came a well deserved rest day, a chance to visit Ice Factor, Europe's largest indoor ice climbing arena, which also has a state of the art indoor climbing wall. This was a great opportunity to work on particular climbing and rope skills which were greatly important to their later

achievements on the harder ridges and climbs. Over the next few days smaller groups were formed with leaders taking them up routes suitable to their skill levels. Everyone got the chance to push their own boundaries summiting routes in the Cairngorms, on Ben Nevis and Buachail Etive Beig, three stunning areas of the famed Scottish Highlands. The beginners got a chance to see what was involved in leading routes by going to a crag to learn how to place gear, set up anchors and lead the way on a climb. This is one of the most important skills to have perfected for lead climbing and a fantastic opportunity for our

"beginner" group. Off the back of this trip the OPC is relishing at the prospects of this semester. It will bring exciting new trips and climbing opportunities. No matter what your skill level, there will be plenty of chances to get out and enjoy the outdoors and learn more about it. The Outdoor Pursuits Club provides trips and training in Hill Walking, Climbing, Mountaineering, Caving and Orienteering. This is done on midweek, day and full weekend trips. These include Sunday trips to the Burren, Co. Clare to rock climb, or the Galtee Mountains, Co. Limerick for hillwalking. Our first weekend trip is to the beautiful Glendalough, Co

Wicklow on the 8th-10th February. "Glendo" has long been an area renowned for its natural beauty and history and is one of the most visited places in Ireland. Sign up for this will be in the Red Raisons on February 7th at 6pm. To see what the club is really about just get involved. You won't look back if you do. Contact info@ulopc.com or join us on Facebook: UL Outdoor Pursuits Club Orlagh Scanlon OPC PRO

UL ROWING CLUB GEARING UP FOR SEMESTER 2

It's been a tough winter training season for the UL rowers, but they are set to impress at their first competition of 2013 - St. Micks Head of River held locally in Castleconnell. Heading into the second semester with some good performances already under their belt, such as wins for the Ladies Inter Quad and Men's Inter Eight at Skibberreen Head of River and a notable performance by Stephen Penny in the National Trials, ULRC are hoping to continue to build on these. Both Men's and Ladies Novice crews have been working hard over the Christmas break, with the Men completing a week long training camp where they gained vital experience on the water. The ever-growing Novice Crews are always looking for new rowers and will be recruiting new members at the Recruitment Drive in Week 2. The Intersvarsity Regatta will be held in April of this year, and everyone is in with a chance of making a crew! No experience is required, so come along on Feb 6th to check it out and sign up! Hope to see you there! E-mail ulrowing.com with any questions or log on to the Facebook page.



FREEDOM OF MOVEMENT

By Daire Brickley Parkour UL PRO

Parkour is the French martial art of moving through one's environment. It's ethos include fluidity and expression of movement as well as self improvement. There are no competitions in Parkour the only person you have to beat is yourself. Overcome whatever obstacles are in your path and become better than you were yesterday.

This year's first semester was a busy one. Monday morning conditioning started back at 07:00 A.M, for all our members who really wanted to increase their physical strength and endurance. Our two other evening training sessions saw large groups attending each week, eager to practice on our new equipment. The first evening session is at 20:15 in the PESS, the second one is on at 18:00 on the sprint track. A new face would even show up every couple of weeks to give Parkour a go. We tell people not to be discouraged from joining late in the semester. We'll always have someone on hand to bring you up to speed on the basics.

The club organised two events last semester. The first one was our annual Zombie-Jam. Where we get all kitted out like zombies and run around doing Parkour. The second event was a challenge in which we decided to see could we complete 1,000 push-ups and 1,000 pull-ups in less than 24 hours.

We had several trips during our first semester, one to Dun Laoghaire, to meet and train with other practitioners of Parkour from the Dublin area. The other trip we had was to the annual Parkour event,



Winterval, in London England. This event is hosted by Parkour generations, who have some of the best Parkour instructors in the world. The coming semester will see host to even more trips and events. We will be hosting our annual fundraiser "The Slave Drive" in the stables mid semester. In which we auction off members of our club to the highest bidder. Slaves are then in the possession of the winner for a full 24 hours and must do as they say. The club will be having a trip to London during

the summer to attend another Parkour Generations event. A trip to Glendalough with the Outdoor Pursuits club will be happening mid semester too. This trip involves practicing Parkour Cave-man style (climbing boulders, scaling water-falls). You can see some of our footage on our Youtube channel ULParkour. You can contact us on our Facebook page, just search for Parkour UL or at our G-mail address ulparkour@gmail.com Looking forward to seeing you all later this semester.



TO BELFAST AND BEYOND!

Mollie O'Donnell PRO

The Ladies Rugby league is predominantly won and lost in the second semester, with the majority of points up for grabs in the latter half of the year. However it is important for us to start the season as we mean to finish. With only 2 games on our fixture list this semester it was vital that we took maximum points from both to give us every advantage going into the second semester. With this in mind we kicked off our league campaign on 7th November with an away match against Carlow IT, a close encounter for much of the first half but some well-worked team tries for UL pushed the game out of reach for Carlow. The game finished up with a score line of 15 -3. Our next fixture in the league was a home game against fierce rivals UCC. With UL eager to maintain their unbeaten run in the league for the last number of seasons, and a number of players unavailable through injury the pressure was on. The much-anticipated fixture proved to be an exciting game of rugby with UL prevailing in the finish – with a full time score of 12-7 to UL. Our success so far can be put down to the commitment and hard work shown by players and management alike, with an additional morning skills session added to the training schedule the benefits are clearly shown in our performances so far. These skills shall hopefully stand to us in the upcoming

hectic semester including the remainder of the All-Ireland League, Inter-varsities and Sevens Inter-varsities (which are both being held in Queens University Belfast) and the possibility of a trip abroad in the pipeline to compete against top European Universities.

A number of our players were recently selected to play for their province in the Women's Inter-Provincial Series. We had representatives playing for both Leinster (Sarah-Jane Cody) and Munster (Claire Keohane, Leah Barbour, Mollie O'Donnell, Anna Caplice along with our coach Gill Bourke), with Munster proving eventual winners in the final, congratulations to all involved. It is also noteworthy to mention club success, a number of our girls recently won the AIL Division 1 club title with UL Bohemians, their 11th title in 10 years. With the recent inclusion of Women's Sevens Rugby in the upcoming Rio Olympic Games (2016) the growth of the game has been rapid. Ireland 7's qualification for this summer's Sevens World Cup in Moscow means that a training squad is hard at work in preparation, with a number of our past and present players involved we wish them the best of luck!

In terms of fundraising we have been very active this semester, from bake sales to raffle cards – it's been all systems go!

A highly anticipated time

for ULLR is the Women's 6 Nations Competition. This year both our coaches, Gill Bourke and Niamh Briggs, will be representing Ireland. As

always there will be planned excursions to Ashbourne RFC to support our coaches and also former UL players. We would also like to wish

former ULLR Captain Mary Rose Flanagan the very best of luck in her travels to Australia as she seeks to further her rugby career down under!

ulwolves.ie

**CLUBS & SOCIETIES
RECRUITMENT DRIVE**

**“Wednesday 6th of February 2013
Foyer of University Concert Hall
5pm-7.30pm**