



Clubs & Societies NEWS

Aontas na Mac Léinn University of Limerick
Ollscoil Luimnigh Students Union



Welcome to the Wolf Pack



The Academic Year 2011 begins with a landmark in UL Clubs & Societies development. We are introducing something exciting, new and shiny that your predecessors have spent years creating. An image make-over to be precise, and no it's not Gok Wan or Irelands Next Top Model or even Father Ted's Lovely Girls competition. It's the launch of the new Wolves

brand and image for the UL Clubs & Societies. A brand we expect to infuse like a fine cup of Mrs Doyle's tea, a brand that you over time will know and identify as being distinctly associated with UL and its Clubs & Societies; the Students Union, and you as an individual member of one of our more than 60 Clubs & Societies.

This branding process really started back in 1999 within a year of my appointment. The idea of a Clubs & Societies Logo was suggested from the Clubs & Society Council. Back then it included a suggestion of a cave man with a club in hand and a pair of socks on! Eventually the idea of the Vikings because of their association with Limerick was agreed. This concept never took off as it was too early in the developmental stage of Clubs & Societies in the Students Union. At that time the new start-up UL American Football Club adopted the brand in anticipation of wider support and to this day they are still the UL Vikings!

10 years later in 2009 I reignited this discussion with the Clubs & Societies Executive, the elected advisory body for C&S Council. Máirtín Lally, the then Skydiver representative and a Business & Marketing student (since graduated), ran a campaign on behalf of the Council through An focal, the student newspaper, with the support of the Computer Society. The images generated by UL students created a high level of awareness and discussion but none were strong enough to realise the ambitions being set out. In the summer of 2009 at a conference for the Association of Student Unions Administrators (ASUA) in Maynooth I took part in a video conference with the University of Lowell in Massachusetts and listened intently to the process by which they developed their "Riverhawk" brand. They spoke about the average numbers attending college games increasing due to the student buy-in and involvement in the development of this brand. That November I attended a World Students Union Conference in Connecticut (Association of College Unions International) and had a 2 day intensive whistle stop tour of 5 US campuses (Boston University, Curry College, Eastern Connecticut, Southern Connecticut and University of Connecticut) where I saw more successful branding for student organisations. Armed with all this information I came back to C&S Council for more discussion to further develop the initiative. However despite numerous discussions and the input of a graphic designer the results were disappointing and uninspired. In May 2010 we formed a focus group and by March 2011 we had a much more focused approach to make the brand a reality. 8 graphic design companies were shortlisted to 2 working with a Students Union

committee and another grouping of Clubs & Societies members to develop some brand concepts. The award winning Spark Marketing (composed of UL graduates) were given the contract and the rest we expect is history in the making

When picking a graphic to represent yourself with you want it to reflect the best qualities in yourself, your Club, your Society, your friends and all the associations it conjures up. We ran a Facebook campaign with the 2 finalised brand concepts - Chieftains V Wolves - in conjunction with Spark Marketing. The characteristics of the Wolf certainly reverberated loudly with the members of UL Clubs & Societies throughout the campaign as it received 73% of the votes polled.

The Wolf is a highly intelligent and social animal it gets its strength from its sheer weight of numbers in the wolf pack. It is a formidable, powerful and fearless animal in nature and can overpower prey many times its size through its natural cooperative instinct. It is strong and but also capable of being supportive and caring in equal measure within the intimacy of the pack, a fact that might surprise many. All of these characteristics easily ebb and flow within the dynamic of Clubs & Societies life in UL.

Welcome to the Wolf Pack...
ARROOOOOOOOOOOOOOO

Paul.Lee@ul.ie
Clubs & Societies Development Officer
University of Limerick Students Union



REBELS.
Finish the sentence:
The UL _____

We are looking for an ORIGINAL common brand which could be adopted by ALL ULSU Clubs and Societies. You don't need to be a genius on Photoshop or anything, we just want your idea and a short paragraph outlining why your brand idea should win.

Deadline
Friday of week 2 (February 5th)

Full Terms and conditions available on competition.skynet.com

1st Place - €300
2nd Place - €150
3rd Place - €50

Hints
- The brand should preferably have a regional association, with a possible local history slant.
- It should be reflective of the positive traits of UL Clubs and Societies.
- An digital image is not required for entry, but is favourable

ULSU Clubs and Societies Branding Competition

What is it?
A competition to create a common brand which can represent ALL Clubs and Societies under one entity

Be in with a chance to win

1st Place	€300
2nd Place	€150
3rd Place	€50

Bonus Prize
Skynet's Selections Win Vouchers for HMV

Where can I get More Information?
All details including terms and conditions available on <http://competition.skynet.ie>

Deadline - 5pm Thur Week 10 (November 12th '09)

Welcome

Welcome to the University of Limerick

if it's your first time here, and welcome back again to our familiar faces. I hope the summer has treated you all very well and that you are rarin' to go for another brand spanking new term. It has been a very busy summer as you will see from the front page news the Branding of Clubs & Societies has been delivered as requested and mandated at the end of last semester. Beavering away all summer long on the nearly €600,000 worth of budget requests, is our ever dependable Clubs & Societies Liaison Officer, Liz Gabbett so everything appears primed and ready for another exciting academic year.

There has been a lot more activity besides, with the final delivery of the North Campus "Field of Dreams", as a member of the Arena Board of Directors on behalf of the Students Union, this project has been on the Boards agenda for a long time. Congratulations to the other members of the Board of Directors and in particular

our Director of Sport, Mr. David Mahedy, the Buildings & Estates Department, Mr. John Field Director of Finance in UL and all involved in making that a reality. This is certainly a very exciting prospect and its ability to complement the student aspect of club development on campus, notwithstanding its commercial targets, should be very interesting and beneficial over the coming months and years.

Also the demolition of the centre of the old Physical Education and Sports Science (PESS) Building has taken place, once home to the Clubs & Societies Office over 10 years ago. This demolition has directly affected two of our student Clubs namely the Outdoor Pursuits Club (OPC) and our Sub Aqua Club both of whom have lost traditional facilities i.e. the former Diving Pit and the Climbing wall. Huge efforts are being made to re-house the OPC and their committee have been in regular contact throughout the last

number of months with the Buildings & Estates Dept, with a view to occupying a section of the old joinery building across from the UL Sports Arena. On behalf of the Clubs & Societies a sincere thanks to Robert Reidy, Ger Hallinan and their team for all their support to date and hopefully their new temporary home is up and running very shortly, as time is of paramount concern to the student club.

At the time of writing the Sub Aqua are still awaiting confirmation of their fate and accommodation within the UL Sports Arena's 50metre pool but hopefully that will be successfully resolved in the coming days ahead of the recruitment drive.

Another positive story that will resonate with the UL Ladies Hockey in particular will be the re-development of their primary venue the old Astro Turf pitches. The pitch surface looks excellent and the very welcome perimeter fence too.

Once again well done to all involved from the Sports Dept and Buildings & Estates.

Finally all 60+ Clubs & Societies wish to invite you to join this fabulous social network of real people - new experiences and friends guaranteed. You MUST pre-register for membership on line at www.registercs.ul.ie and pay the individual Club or Society on the night of the Recruitment Drive to complete your membership. (7th September - 4pm to 9pm - UL Arena). Even if you miss the Drive, you can still join a Club or Society whenever you like. Just call in to us in your Students Union! For further information www.cs.ul.ie

Paul Lee
Clubs and Societies
Development Officer
Oifigeach Forbartha Clubanna
agus na Cumann



University of Limerick
Students' Union
061 213477 | 086 0435307
paul.lee@ul.ie
www.ulsu.ie
www.facebook.com/ulstudentsunion



Hello!

My name is Liz Gabbett and I am your Clubs and Societies Liaison Officer. I work with Paul Lee in the Clubs and Societies office on the 1st floor of the Students Union building.

If you're beginning your University life, welcome to UL! I encourage you to join a club or society or two! Being an active member of a club or society in UL can help make your University life all the richer in terms of

friendship, fun, skill and that sense of belonging with a group of people that share your interests and passions. Make sure you get to the UL recruitment fair! If you can't make it, don't worry, you can join any club or society throughout the year. Just contact me or Paul and we'll point you in the right direction!

My position is new within the Students Union structure. I am here to provide you with administrative assistance to your clubs and societies.

I assist in processing your cheque requisitions; I look after the C&S minibus, sprinter and Landcruiser in terms of insurance, bookings and servicing; I liaise with student affairs on your behalf for room bookings in the University buildings; I liaise with our insurance broker for personal accident claims; I look after the post; I attend meetings and take minutes; I evaluate your budget submissions and everything else that crops up!

I'm here to help you and your club or

society, so please drop in, email me or phone if you need any assistance. I'm looking forward to meeting you!

Regards,

Liz Gabbett
Clubs and Societies Liaison Officer
Oifigeach Idirchaidrimh gClubanna
agus na gCumann

061 234891 | 086 0435308
liz.gabbett@ul.ie



Clubs & Societies Network

Congratulations to two of our former Clubs & Society Executive members, Mr. Diarmuid Haugh (UL Vikings) and Dympna Nolan (UL Vikings & UL Volleyball) on their UL Clubs &

Society inspired relationship which blossomed into marriage over the summer. Both Diarmuid & Dympna graduated from UL back in 2006

Calling all Athletes

If you are in a Club or Society then you are potentially going to be training in Europe's finest sporting facility, The University Arena ... For all up to date information on the Arena , Check out the Arena Facebook page ... <https://www.facebook.com/#!/pages/University-Arena/158650584173431> ...

Also if you are an aspiring athlete and you regularly compete , why not

tell us about it and we will publish it on the UL Sports Achievements Facebook page <https://www.facebook.com/#!/pages/UL-Sports-Achievements/196633483723581>

If you are an individual or part of a team , a current or past student / member of staff we want to know

UL Sports Department

Welcome to the Next Generation of Sports Facilities.



The University of Limerick Sports Department is pleased to unveil its latest state of the art sports facility on the North Campus, This multi purpose fully floodlit sports facility contains 2 full size 3rd Generation (3G) Soccer Pitches, 1 full size 3G Rugby Pitch and 1 full size 3G GAA Pitch, making this the largest artificial grass development in Ireland to date. This 3G all weather surface plays like natural grass and is designed for full contact. Each respective pitch can be sub-divided to create smaller sized playing areas for various sports. In addition to the state of the art playing fields, this spectacular new development will also include a Sports Pavilion with Reception Area, 8 changing rooms, 2 squad meeting rooms and a Sports Cafe & Bar. The entire facility will be surrounded by a 2 kilometre walkway, perfect for that lunch time stroll or jog.

The sports pitches are now open with the Sports Pavilion expected to be ready for opening in November. Bookings are now being taken for this facility with special rates available to students of the University. Enquiries are now being received by Debbie Mahedy at (061) 233711 or Debbie.Mahedy@ul.ie and we invite all students to come on down to the North Campus for a look at another Jewel in our Sports Crown.

Please note that pitches are only available on a Pre-Booking Basis. There is no unauthorised access to these pitches. Only moulded boots or rubber blades are allowed on the surface. No Steel Studs.

UL Sports Department



This multi-purpose fully floodlit synthetic grass park contains 2 full size 3rd Generation soccer pitches, 1 full size 3rd Generation rugby pitch and a full size 3rd Generation GAA pitch. This is the largest artificial grass development in Ireland to date designed to IRB, GAA and FIFA specifications. The 3G All Weather surface plays like natural grass and is designed for full contact. Each full size pitch can be sub-divided to create smaller sized playing areas. Player comfort is a priority and this synthetic surface is unlike most others as it eliminates carpet burn and reduces the risk of injuries caused by the other hard or uneven surfaces. In addition to the state of the art playing fields, a Sports Pavilion will contain a Reception Area, 8 changing rooms, 2 squad rooms and a Sports Bar & Café. The playing pitches open in July 2011 with the Sports Pavilion expected to open in November 2011.

For bookings please contact
Debbie.Mahedy@ul.ie
Tel : (061) 233711
www.universityarena.com



Archery Club Newsletter

By Eoin Murray / ULAC P.R.O

During the summer period UL Archery Club have taken part in many activities, competitions, workshops and of course training. ULAC's very own Margaret Carey won the David Clarke Cup at a competition in Cork. Medals were also picked up at this competition by Michael Curtin and Colm Glynn. We had archers competing in an outdoor Olympic round shoot in Galway over the summer. The Club has been having regular training periods at least two to three times a week.

ULAC will be sending some of our archers to an Archery Workshop on 7th August. This workshop will be run by the National Coach and members of the National Squad. It is designed to be a knowledge sharing event to help club archers. Archers attending this event will be shown such things as bow tuning, bow set up, equipment maintenance, basic technique and training. This coming September ULAC

will be hosting the Nationals Championships, which will begin at the start of the month. This is the first time in ULAC history that the Club will be hosting them. The event will be taking place in the Bowl, which is the sacred training ground of Munster Rugby. This years Nationals will see archers from all across Ireland travelling to UL to compete, each of them hoping to win the illustrious titles in their relevant categories. The competition will be a two day event, starting on September 3rd. The shooting will be starting at approximately 10 a.m. The National Championships is a chance to see archery at its highest level and anyone interested in seeing it is more than welcome to come down over the weekend. A great weekend of shooting will be hopefully had by all.

If you think that you would like to be involved in a Club that trains hard, and plays hard then ULAC would like to encourage

you to join the Club. Everything you need to become a top class archer is provided. Our archers are never pressured to compete in competitions. So if you are the type of person who shies away from competition, don't worry because you can just shoot for fun and meet new people in the process.

Any people wishing to join UL Archery Club can do so by joining at the C&S Recruitment Fair or you can call into our training sessions in the Main Hall of the P.E.S.S Building.

Our training times are from 20:15 to 22:30 on Monday, and from 19:30 to 22:30 on Wednesday nights in the Main Hall of the P.E.S.S Building and can be accessed through the C&S website, www.registercs.ul.ie.

If you need any extra info about UL Archery Club you can check out our website, ww.ulac.tk, or you can e-mail us on ularchery@gmail.com



UL Badminton Summer Activities and Plans for the Coming Year.

The UL Badminton Club has remained active throughout the summer season. Training sessions were run every Wednesday night in the University Arena from 21:00 - 23:00 with a 10% attendance rate. Training was relocated to the Delta Centre on the Ballysimon road for the month of August while refurbishments took place at the University Arena.

This year for the first time the UL Badminton Club was represented at the Badminton Ireland Awards. A group of members, including the Captain Colm Cunniffe (UL Staff) and Chairperson Rachel Harrison (4th year, Mathematical Sciences), represented the Club at the Badminton Ireland Awards in Dublin. The Club was nominated in the categories 'Website of the Year', 'Club of the Year' and 'Volunteer of the Year'. The Club was up against strong competition from local clubs throughout the country. Damian Hehir (Graduate, Physiotherapy) was nominated for 'Volunteer of the Year' for all his work in the successful organising of the Badminton Inter-varsities held in UL in March. While the Club unfortunately missed out on the overall award and website award, Damian Hehir won the regional Volunteer of the Year award for Connaught. Badminton Ireland praised his contributions to what they saw as a wonderful and successful event held in UL. Damian was overwhelmed and delighted to be presented with the award. Natalie Brown (2nd year, Arts (Joint Honours)) was nominated

for 'Junior Volunteer of the Year' for her work with her home club and her committee work with the UL Badminton Club.

On the June Bank Holiday weekend, a group from the Club travelled down to Dingle, Co. Kerry to take part in an International Student Badminton Tournament. This was held over two days with singles, mixed and doubles all being played. Bridget Welsh (4th year, Mechanical Engineering) and Roisin Flynn (2nd year, Applied Languages) came away with the Ladies Doubles title.

Member Damian Hehir is taking part in the Irish Mens Super Singles Championships on the weekend of the 20th August in Dublin. He's been training hard all summer and we wish him the best of luck!

The Committee is meeting in a few weeks time to plan the next year ahead. We have a busy year with International Student Badminton Tournaments first in

UL then onto Enschede in The Netherlands, Aberdeen in Scotland, Dingle in Ireland again and Tønsberg in Norway. We have training plans set for the team playing in the inter-varsities held in Galway in March. We will also be looking out for new members to join the league teams where we compete amongst other teams in Limerick in the hope of winning and carrying on to the Munsters and All Irelands. We have numerous championship events throughout the year which we compete in including the Limerick Championships and Munster Championships. We also have a lot of social events planned though out the year so don't miss out on them, its guaranteed fun!

For further information on joining the Club and to keep updated on Club activities visit our website at <http://badminton.csn.ul.ie/> and find us on Facebook by searching for "UL Badminton Club". Rachel Harrison.



Photo: Badminton Ireland Awards, left to right:- Jenny Critchley Grad., Mathematical Sciences), Rachel Harrison (4th year, Mathematical Sciences), Eoin Walsh (2nd year Physical Education), Colm Cunniffe (UL Staff), Natalie Brown (2nd year Arts (Joint Honours)).

Anyone for TENNIS?

The Tennis Club have and will be forming "Teams" to represent the University in a number of events this Year - Intervarsities, Munster Cup etc. Last year we did very well finishing as runner ups in the Munster Cup and this year we hope to form a stronger team and hopefully bring home the "Cup", Players or interested members of the Club can contact ULTC@Live.ie



UL Chess

Monday: EGO10, 6pm - 10pm

Thursday: Students' Union Room 3, 6pm - 8pm

Our members range from absolute beginners to advanced players. All are welcome. Members get the chance to play against other players and training is also available.

As well as our weekly meetings, we also organise social events such as pizza nights so people can get to know each other.

Last year we went to Belgium and the year before that we went to Amsterdam. We hope to have another foreign trip again this year. We also went paintballing and had an end of year barbeque with other Clubs and Societies.

Website: ulchess.com

Contact us: ulchessclub@gmail.com

Lorna Ryan
President, Chess Club



UL Basketball Club

Noreen O Connell
President UL Basketball Club
Noreen.oconnell@ul.ie

The Name "UL" is nationally known in college basketball. We are regarded as the trend setters; we set the bar, leaving other colleges to follow.

The Basketball club is a "Family" club where we pride ourselves on looking out for each other. Our club, which caters for men's and women's teams, is seeking interest from players of all levels and abilities; we would also welcome individuals who are interested in participating or working behind the scenes to improve the club.

Currently we are working toward our 2012 plan, which you should not miss out on being part of. We are hosting the Intervarsities this year and that is a weekend in April not to be missed... It

is going to be a year to remember. Our motto is one of performance & excellence through this we believe that all our goals are attainable. Don't miss your chance to be part of something special that doesn't come along every day.

Come and chat to us at the Clubs and Societies night on Wednesday September 7th from 16:00 - 21:00 where we will provide you with all the information you require. For further information contact us through our website; www.ulbasketball.skynet.ie

Congratulations on achieving your first goal of getting to UL, now you should join the UL Basketball Club and help us to achieve our Goals ☺



UL Boarders Club

Love strapping into your board and shredding all the way down the mountain? How about catching a great wave and just letting go? Then UL Boarders is for you. We provide a number of activities such as surfing, wakeboarding, mountain boarding, snowboarding, and kite surfing. Basically if it involves a board we're involved!

We have many weekend trips planned throughout the year including surfing throughout the country, wakeboarding, mountain boarding in county Down, and kite surfing in Lahinch and Castlegregory. Also we will have weekday skateboarding and long boarding sessions around Limerick.

Over the past two years we have had two very successful snowboarding trips to Passo Tonalé, Italy and the only thing that has changed is we are planning a new location and you'll have to join the Club to find out!

So, if you're looking for a great group of people to go have some good times with, or if you want to learn a new board sport, come join the UL Boarders! Beginners are most definitely welcome (we have plenty of instructors)! Membership costs €5 for undergrad & postgrad students! More information can be found on our Facebook page (<http://bit.ly/aXkobr>) or on ULBoarders.com.



UL Fencing Club

What is it?

Modern fencing originates from the 18th century; it involves two competitors challenging each other in not only a battle of swords, but one of mind and body. It's easy to start learning it, but it takes a lifetime to master - at least it doesn't hurt! At the UL Fencing Club, you will learn the sport of fencing and have the chance to compete in competitions across Ireland with a fighting chance, even in your first year! These events include UL's Team Championships, the Irish Fencing Intervarsities and the Dublin Open Épée!

When, where and how?

Come along to one or both of the weekly training sessions at the PESS building. Training times are Tuesdays from 7pm to 9pm and Thursdays from 7pm to 8:15pm. The membership fee is €5 every 4 weeks, or €15 for the semester. These fees provide unlimited access to all gear, swords and tutoring in training and during competitions!

Hold on, I still have questions!

Check us out online on Facebook (search "UL Fencing") or on our website - ulfencing.com. Contact Dara at ulfencing@gmail.com or 086-2186200 for more information and any questions you may have!



UL Handball Club

GAA Handball has gone from strength to strength in recent years, helped in no small measure by the upsurge in participation in Intersivity events as over 20 educational institutes are now represented. 'The perfect game', it improves cardiovascular fitness, strength, agility, flexibility and balance. With four different codes of handball, there's a style of play suitable for everyone and plans are currently afoot

for one-wall handball to be included in the Olympics.

Tournaments provide opportunities to socialise with players from colleges around Ireland and become part of the handball community, with friendship and enjoyment as important as the competitions themselves. Training takes place Mondays between 19:00 and 20:15pm and Thursdays between 20:15

and 22:30pm in the PESS building on campus or in alleys in the city on other evenings.

Tournaments take place throughout the year in venues around the country, with the World Collegiate Championships to be hosted by Missouri State University in the US next February. U.L. will host its annual one-wall tournament late in semester two.

Membership fee is €5 and all players from beginners to seasoned campaigners are welcome. Further information is available at the University of Limerick Handball Club page on Facebook, or by emailing ulhandball@gmail.com

John Hurley, PRO



UL Trampolining and Gymnastics Club:- World Records, Trips Away & Savage Craic....



The UL Trampolining does not do things by halves; we go on trips to the best training facilities in the UK. We go to Scotland for a competition every year, Belfast is also on the cards this year and of course, we will be hosting our own competitions so if going away isn't for you it soon will be.....

Below is a little synopsis of things

we got up to including beating and Official Guinness World Record!!!!

On the 15th and 16th of June a Guinness World Record was broken by 20 Trampoline Gymnasts, the majority from the University of Limerick, University College Cork and a collection of other Irish and Scottish Universities. The record was 70,000 somersaults with 24 hours and only 20 bouncers allowed in the attempt to beat the target.

With around an hour or two to go it became apparent that the record was going to be broken and in the end it was beaten by over 5,000 somersaults, the final count being 75,312.

While the record setters were either bouncing or catching some well earned sleep the rest of the team were busy, counting the somersaults, recording the somersaults and looking after the niggling injuries of the record breakers (Everyone helps to do

everything in our club – we're quite a close knit group, it takes special types of people to get up on a trampoline, and there are lots of us)!!!

As the night went on there was a real team and community effort with members of neighbouring clubs coming into to show their support, parents of team members dropping in for an hour at a time to help with the event and general members of the public who called in for ten minutes continuing to gaze in awe at the trampolines an hour later.

Not only was there a record on, but there was 2 other trampolines and a tumbling track that members of the public were able to use with other members of the team giving them the beginners guide to Trampolining and Tumbling (This is where the fun really starts). Anyhow, at the end of the 24 hours when we got the record, as you can see from the picture – it was kind of a big

deal!!!

In addition to the World Record attempt, UL Trampolinists of all levels, Beginners to Elites went on the annual pilgrimage to Loughborough University as part of the Irish Invasion . Anyone who is free over the summer from the Irish clubs go to Loughborough, because it is awesome, and we haven't got facilities that even near match them in this country. Loughborough University has World Class Gym Training Facilities including everything you would expect to find in an Olympic Gym. So to put this all in perspective, if you like to have fun, spend a little bit of time in the air come down and have a look. If you're really interested and you stick with us we actually send our own members on training courses to become Qualified Coaches and Judges.... Yes you could have the power to judge your fellow competitors – nice for the CV too.

However, our number one priority in the Club isn't that you come back with loads of medals (god knows I'm in my third year of Trampolining now and all I've won is critical acclaim for actually finishing a routine never mind having the winning routine), it's that you come in, have a good time, learn new stuff and go as far as you want to go.

To find us is pretty easy – when you walk into the Clubs and Socs Recruitment Drive... look up, there will generally be one of us in the air. If you can't make it, we train in the PESS Building every Tuesday and Thursday, for exact times see our website:- www.csn.ul.ie/~trampoline/ Oh and to join, just like every other Club and Soc you can find us on the C&S website – under (surprise, surprise) Trampoline Club!!!

Yours in Bouncing,
David Ryan ULTGC Secretary



Parkour is a non competitive discipline of French origin. It is an art of movement, a discipline that enables the practitioner (aka a traceur) to travel freely through and over any terrain he or she may encounter. Parkour focuses on developing the fundamental attributes required for movement, as well as training and mastering basic skills and combining these to overcome any and all obstacles in one's path. A traceur always strives to improve physically and mentally in order to have a body and mind capable of achieving freedom of movement and fluid motion.

Interested?

Parkour is for everyone, it is about perfecting one's own movement and walking your own path. For anyone new to Parkour or sport in general you can look forward to the exciting discovery of what your body is capable of! For those of you who are already involved in sport, Parkour is an excellent supplementary activity, as it is holistic in training the entire body and mind. There is a high cross over of skills used in Parkour and other sports.

Whether you want something new, different or challenging Parkour has something for everyone! All you have to do is take the first step and give it a go.



We offer indoor and outdoor classes, trips away and a chance to meet new people. Parkour is about knowing yourself and walking your own path but it is also about the people you train with and meet along the way.

The Parkour community is an exciting, friendly and welcoming group. We start together and finish together in the spirit of Parkour. Come see for yourself.

Training in the PESS GYM:
Tuesday 2100hrs-2230hrs
Wednesday 1900hrs-2100hrs

Be prepared to train indoors or outdoors and bring water!

Those interested please contact us at:
www.ulparkour@gmail.com

Find us on Facebook group Parkour UL or on the Clubs and Socs page of the UL website where you can pre register for membership.

See you at the Recruitment Drive!

Conor Hurley
Chairperson Parkour UL



UL ROWING CLUB

Just weeks after a successful trip to the London Metropolitan Regatta at Dorney Lake, UL Rowing Club headed to Cork to take part in the National Rowing Championships. The weekend saw some great races from the rowers, who weren't deterred by the strong winds and rain.

The Senior 4- consisting of James Brinn, Conor Doorley, Stephen Penny and Niall Kenny finished third to UCD and NUIG on Thursday. The same crew

competed in the Senior Quad the following day, an event which they won in London a few weeks previously, and after a very close race finished third, only four seconds behind the winners, a composite crew from Lee Valley RC and Skibbereen RC.

Three novice men competed in Single Sculls, with Jamie Dougherty and Shane Haugh finishing fourth in their heats, narrowly missing out on a place in the final. This was a great

achievement for them as both are only first year novices. Also competing was Niall Mitchell, who finished sixth in his heat.

Alice O' Sullivan, the only female competitor from UL rowed a composite Senior 8 with St. Micheal's RC, who finished third in the final. She also competed in the Senior Scull.

Neil Prendiville, first year Business Studies Student, won the Junior 18 Scull. He is also recently competed in

the Junior European Championships, finishing in 8th place overall.

In the picture, the U.L senior 4- of Conor Doorley, Stephen Penny, Niall Kenny and James Brinn are shown racing over in London Metropolitan Regatta.

Overall, it was a good weekend of racing for the UL rowers, who are now taking an extremely well deserved break from training. The Committee members are now preparing for the

upcoming semester and are looking forward to another successful year.

If you are interested in becoming a part of UL Rowing Club then e-mail irow.ul@gmail.com or come along to the Recruitment Night during Week 1. You don't need to have experience to join, everyone is welcome! Any questions can be sent to the above email address or search for University of Limerick Rowing Club on Facebook.

SUMMER CYCLING

I joined MBUL last September and had a very busy and eventful year. It got particularly exciting during the summer months after the spring semester finished. We started it off with our annual trip to the Alps on the France/Switzerland border. This year we went for a total of ten days instead of the usual seven days, which proved to be a very good decision as it allowed new members to get used to the new setting. By the end of the trip the newbies were getting very good including myself. It is very likely that this ten day format will continue in the future. The chalet we stayed in was luxurious and located very near the centre of Les Gets, the ski/mountain bike resort we were based in. This meant that all we had to do was get on our bikes, cycle up the street a little bit, get on a ski lift and head up the mountain. Once we were up there the fun began - there are plenty of jumps along the various runs that you can get huge air on. The jumps are graduated so you can start off small and work your way up. After you successfully complete a run hitting most of the jumps on it you feel like a downhill

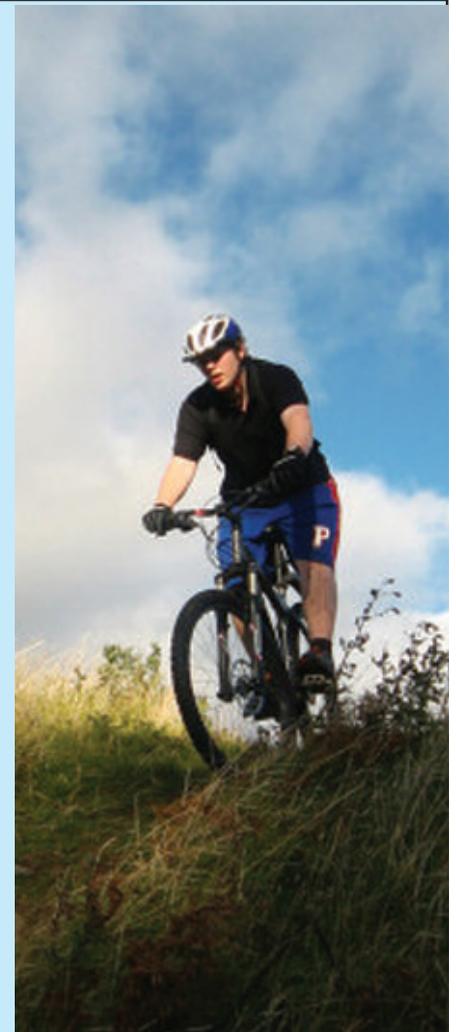
god. I will definitely be going again next year and it influenced me enough that I have now bought myself a downhill bike so it'll be even better next year. The Club has a downhill bike that all new members can share and use for a day and for the other days there are Club hardtails that you can have almost as much fun on.

As well as the trip to Les Alps, we also have participated in a twenty-four hour race situated in England, for a number of years. This year it took place in Plymouth and it turned out to be an excellent event. We entered the team category and arrived in sixteenth place, out of twenty-eight teams. I was one of the participants and we had four others on the team as well. The atmosphere at the event is amazing, for the day or so before the race starts everyone is relaxed and sets up their tents. We went for a couple of practice laps of the course and found it to be pretty enjoyable. The was a fair bit of cycling uphill to do but luckily for us the usual Sunday spins we go on during semester really built up our fitness and made it enjoyable. During the actual race we were taking turns doing a lap at a time

while the rest of the team relaxed or messed about on our bikes. The other competitors are very friendly and you can often have a good chat with them about the course or your bikes or what you're doing in university. So as I said it's a thoroughly enjoyable and upbeat event. My favourite part of the race was when I was doing a night lap about four or five o'clock in the morning and I got to see the sun rise and it went from being pitch black to bright in a matter of minutes. It really lifts your spirits to see that and encourages you to push on.

So to summarise, we had a really great summer with our ten day long trip to the sunny and hot France and our entry and successful completion of the twentyfour12 race in Plymouth. I really enjoyed it and will be continuing to cycle in the club and I look forward to welcoming new members on the same trips in the upcoming year.

<http://www.csn.ul.ie/~mtbclub/>
Thomas Torode, P.R.O.



UL Athletics: *Raising the Barr* PRO Kevin Moore

What a summer it has been for UL Athletics, it all kick started back in June with the meeting of Harvard and Yale in the UL Bowl. This event showcased some of our best athletes and that they are a match for any Ivy League College. This event which was the brainchild of our very own Prof. Michael H. B. Hayes whose many years in athletics and contacts that he has built up have made this sort of event a regular occurrence. To quote Michael "Harvard/Yale have travelled to England every four years since 1895, war years excepted, to compete against the combined teams of Oxford and Cambridge, making it the oldest regularly scheduled athletics meeting. During this tour, UL has been chosen as one of only two university meetings. It is testament to the

talent of our athletes here at the University of Limerick."

During the summer we had many athletes competing in National, European and World events. We had the Barr siblings Thomas and Jessie who won their respective National 400m hurdle titles. With Thomas setting an Irish Junior and Under 23 record in the process. Also at these games we had Niamh Whelan who came 2nd in the 100m and 200m. Timmy Crowe came 3rd in the Mens 400 Hurdles and Denis Finnegan took 2nd in the Mens Triple Jump. Jessie also represented UL with great honour at the World University Games. If I was to mention every athlete, every PB, every competition, every record and every

medal I think we would need our very own publication! We look forward to this year with renewed optimism that a successful year of athletics is in the pipeline and the club would like to extend a huge welcome to our new first years. With the calibre of athletes and coaches (such as Drew, Michael and Peter) that are now in the club we will be expecting big things at the Irish University Championships later this academic year. For current and new athletes the Clubs and Societies Evening is a great chance to meet and get to know your athletic club. Check out our facebook page and our soon to be published website for updates.

The UL versus Harvard and Yale meet of last June.

ULKC on another whirlwater adventure.



"An Alpine traffic jam"
taken in a gorge in Slovenia.

This summer saw the UL Kayak Club travel across Europe on their annual Alpine tour. Our 3 week adventure began in May with 10 of our more advanced members travelling to the small town of Campertogno in the Sesia Valley in the North West Italian Alps. Here we completed 5 days of training, skills development and safety awareness to prepare ourselves for leading the following week with the full group. This was crucial as the majority of our group had only been to the Alps once before, and so taking on the responsibility of leader may have been frightening. The week was amazing, we learned a lot with two great paddlers Dave Carroll and Jakub... We became confident in our own paddling as we learned about the shapes and the movement of the bigger volume Alpine waters. In addition we worked a lot on dry land scenarios, we were faced with situations in which we would have to work as a team to find a solution. We fully understood the importance of communication, something we developed in the following week with questionable hand signals, even between our convoy of vehicles for necessary stops like fuel and the toilet. We paddled rivers such as the classic raft run, with some of the group getting in above our usual get in and paddling the Little Canada rapid, the Sermenza and the Home Run that runs directly behind the campsite. After our week of ideal conditions in the Sesia Valley we were very

excited to pick up the rest of the group in Milian and head towards Slovenia for the main part of the tour.

The second group of 14 were collected straight after they landed into the roasting city of Bergamo. With an extra van rented we set off in a convoy to Slovenia through some of the most beautiful areas in the world. After 7 hours of being in vehicles everyone was glad to be out of the confined space and into the open air of the Slovenian countryside. After setting up in camp Lazar we had a visit to the camp pub/restaurant/fireplace for the opening meeting/banter-session along with a few of the world's finest pancakes. The first day on the river was a mind blowing experience; the Soca River was a flow of ice cold liquid turquoise which could be perfectly flat and lazy or a torrent of white-water frantic paddling nirvana. The kayakers were split up into 3 groups for safety and learning reasons, so over the length of a river section people learnt a lot from each other along with a few swims or 'technical exits'. We completed 2 river sections a day and the stop in between each section was used for lunch, which

could only be described as Bear Grylls meets Cuisine de France with big barbed river knives being used to delicately butter rolls. When the time came to go to another river area although we had a choice between France or Italy since both were supposed to be flooding we decided to take our chances with Italy. However when we got to Campertogno the only river that was runnable was the Sesia. This is a river that only runs when everything else is flooding so you can imagine it was interesting. It was an exhilarating experience going down a river with huge wave-trains that were almost 2 metres high. Many swims were taken on this river but it was well worth it for the experience. The end came all too quickly when we had to pack up tents at 5 in the morning and head back to Bergamo to head home with fond memories of the 2011 ULKC holiday.

By Eoin O'Brien and Lily Carroll (Captain)
Visit our website www.ulkayak.com or email us at ulkayak@gmail.com

Photo Caption: "an Alpine traffic jam" taken in a gorge in Slovenia.



WATERPOLO

The UL Water Polo team is based at the University Arena National 50m Swimming Pool. We operate both a Men's and Ladies team. The Men's team play in the National League Division 3, while the Ladies play in the National League Division 2. Our most recent successes have seen the Men crowned Intersvarsity Champions in 2010, while the Ladies blitzed their way through the League in 2009. The Club has also won the Swim Lifesaving Intersvarsity Championships on numerous occasions.

Water polo is a great game and a great way of keeping fit. We have a very sociable Club, and due to the fixtures in the National League, we play games all over the country - which means weekends away!

So, whether you're an expert or a beginner, come down to the National 50m Swimming Pool at the University of Limerick and check us out! It will be great to see you there!

Training: Monday 21.45 – 22.45 (Water polo)
Wednesday 21.00 – 21.45 (Swimming)
21.45 – 22.45 (Water polo)

Contact us: Email: ulwaterpolo@gmail.com
Website: www.ulwaterpolo.webs.com

Catherine Long Chairperson UL Water Polo



UL Sailing Club

Following on from their largely successful sailing season, during which ULSC won their third consecutive Intersvarsity Championship in March, members of the ULSC team have qualified to represent Ireland at the ISAF Team Racing World Championship.

The Championship will take place in Schull Co.Cork from the 27th of August until the 4th of September. UL will have 6 team members sailing in total. They combine to form the team who took home the Varsity title back in March. Patrick Hegarty, Billy Clarke and Conor Martin will be helming with Elspeth Keating, Rachel Cronin and Robbie English as crew.

ULSC qualified as the third entry to represent Ireland at the Worlds which is a huge achievement in itself. The team are currently participating in intensive training in Schull to ensure they have the best chance at securing what could be Ireland's first World championship win. USA 1 currently holds the world title. Watch this space for information on how ULSC progress!

Lauren Joslin ULSC PRO, laurenjoslin@gmail.com



UL's Pa Hegarty and Elspeth Keating
Celebrate after crossing the finish
line taking their third consecutive
intersvarsity title.

THE SUMMER WINDSURFING SLALOM

Our final trip before the summer break took place from the 20th to the 22nd of May. What a weekend we had. There was a huge slalom competition on the same weekend so we got to see a great deal of windsurfing talent as well as practising our own moves.

The next morning the windsurfing got underway bright and early. We arrived at the slalom competition to check out the talent. With windsurfers from all over Ireland and England joining in there was no shortage of entertainment. In the afternoon it was our turn to practice and it was great to see how far along everyone had come since the first trip. The countless hours of effort really paid off for some people as we could see that weekend. Along with winning the Intersiversity's and our foreign trip to Egypt we had a lot of experience at this stage.

The following evening we met up with the UCD Windsurfing Club after a long day of being better than them in the water. It was a good night of socialising and banter between the two clubs which was cool because a few members from both clubs were

familiar with each other already. The following day we were up early again but due to strong winds even some of our most experienced members were unable to go out on the water. We instead spent the day honing our skills at one of the most important parts of windsurfing. Taking care of gear and rigging because of how expensive it is. Towards the end of the day we packed up our windsurfing gear for the summer and said our final goodbyes to Castlegregory. Another great year was had with the winning of the Intersivities and meeting some great new people from all around the world. Last year's membership saw people from Japan, Austria, America and Spain join our Club.

For prospective new members you are welcome to email us at ulwc.committee@gmail.com with any questions you might have for the coming year or look us up on Facebook as our new website is currently under construction. Just search ULWC.

Brian Stewart
Public Relations Officer



UL SUBAQUA CLUB

Instructor Kate Lawlor enjoys the colorful fish of the Red Sea.
by Paddy Finn

Learning to dive is an empowering and thrilling experience. University of Limerick Sub Aqua Club (ULSAC) offers comprehensive training and diving opportunities throughout Ireland and abroad. ULSAC training and trips provide a great way to meet new people, make lasting friendships, and create lifelong memories.

ULSAC provides incredible opportunities for dive travel in both warm and cold water. In the past, we've dived with dolphins in the Red Sea, taken trainees for their first dives off the coast of Spain, explored WWI and WWII wrecks in Scotland and Malta, and taken

in the colourful sea life of South France. The destinations we choose for training are constantly changing and expanding, and our members have gone on to dive together in places like the Maldives, Mexico, the Caribbean, Australia, Turkey, Thailand, the Arctic Circle and even ice diving in the French Alps!

As UL is so close to the Atlantic coast, we have easy access to many of the best dive sites in Ireland. With our RHIB (rigid-hulled inflatable boat), the Plassey Bird, purchased in the Spring of 2010, we have unprecedented freedom to explore the waters off the coast of Ireland.

At ULSAC, training and continued diving education are top priorities. Therefore, our training courses are of the highest standard, provided at a fraction of the cost of commercial courses and qualifications.

For further information about joining ULSAC, please visit www.facebook.com/ULSAC or contact: ulsac.secretary@gmail.com

PRO Leah O'Brien Bernini
ulsac.pro@gmail.com



Cathal Mullane and Chris Byrne explore the underwater caves of Doolin.
by Leah O'Brien Bernini

No Rest for The Ninjas



For the fifth year in succession, The UL Ninjas competed in the annual Windmill Windup Ultimate Frisbee Tournament in Amsterdam. In contrast to 2010, the team brought a squad of 24 determined young players, a team more than 3 times the size of the previous year. NUIG and UL have had a long standing comradery regarding Frisbee, and This year's troop consisted of a mixture of UL, NUIG and UL's comrades in arms Spot, Enda and Graham. We Departed from Dublin Airport on Thursday the 16th of June in high spirits and triumphantly pitched our tents at the pitches of the "Nationaal Rugby Centrum Amsterdam" later that Afternoon. The team rose ready for action on the Friday morning, each player eager to see what the tournaments "Swiss draw" would bring us. This eagerness turned to readiness once we discovered our first match was against the renowned team "Gentle". The first match is always the hardest we discovered, as the opposing team was anything BUT gentle and after a defeat, our mood was grim. The squad was left feeling unfulfilled, knowing we hadn't played our best, we set our sights towards our next match. Our form improved over the afternoon and we fought hard against "Barbastreji" and the "Funatics", just failing to claim a win on the former by a 2 point gap at, beaten only by the clock. Despite failing to clinch the win, a lay-out point by the club's own Conor Carey left both teams speechless and bursting into a round of applause. Despite the unfruitful Friday, we were in high spirits and approached Saturday's matches with a battle ready mindset: we hadn't been "bagelled" yet. The team reported at the pitches Saturday morning, ready for duty. The morning started out much like the previous one with a defeat against "tsunami vintage", however things were looking up as we secured our first victory, against the amiable "Soimii Patriei" in a remarkably well spirited game. The Game also saw Amy Clancy score her first point at international level. We had a new determination within us, this was clipped soon after however, by "Ultimate DeLux" when they beat us in an epic encounter in the afternoon. We picked up after hearing that our final match of the day was to be against our old friends "Soimii Patriei"; we'd be able to win two matches at least. Soimii Patriei didn't make it easy the second time however, taking an early lead, but the Ninjas pulled back by scoring an astounding 10 points in a row, steamrolling their way to victory. The final team huddle saw Niall McCarthy walking away with MVP having earned MGP the previous year. After a hard day of Ultimate there was nothing left to do except play the customary gigantic game of "Mingle-Mingle" and join in the tournament's traditional Saturday night festivities. We gathered the next

morning for what can only be described as a truly incredible tournament final the next day. All round the trip was a success, with this year's Club President and Team Captain Barry Walsh stating "It was a real honour to captain UL at windmill windup. It was a great tournament and we really did ourselves proud with some of our performances. It was a great learning curve and we gained a lot of experience from it, which will hopefully help us improve for next year. Thanks also to the NUIG Panteras, Enda Spot and Graham for joining us and playing out of their skin" The UL ninjas have remained busy during the break and we encourage all of our players to join a tournament over the summer. With several tournaments lined up, we are planning our own International Tournament in the spring semester of this year to come. Some have even gone as far as starting their own clubs in their local area. Should you wish to learn more about training times and events planned for the future, Please do not hesitate to contact us on our website: www.ulninjas.com



THE OUTDOOR PURSUITS CLUB

By Katherine Davis, PRO

Have a love for the outdoors? Or simply want to see some amazing places in Ireland and abroad? In the Outdoor Pursuits Club you can do just that! The OPC is one of the largest Clubs on campus, and with over 600 active members last year there are always new people to meet and something to do.

So what exactly is the Outdoor Pursuits Club? Well, unlike other Clubs we offer five different activities: caving, rock climbing, hill walking, orienteering and mountaineering. Feel free to pick just one or give them all a try! To find out when and where we're going every week, join our mailing list by checking out ulopc.com or just become a member!

If you want just a nice day trip, we run trips every Sunday throughout the semester. These trips usually involve hill walking or rock climbing for the day with a big friendly group of us OPC-ers. Or want to try out some caving? Whether you're an expert or have never even tried on wellies, you're welcome to join us Wednesday evenings on our trips down into different caving systems. Orienteering trips also run throughout the semester, and with either training trips or competition ones, there's something in it for everyone. It's also a great way to

see some fantastic landscapes around the country.

A day long trip with the OPC is pretty awesome, but if you want to spend even more time with us sign up for one of our weekend long trips, we run two or three every semester. The first weekend trip of the year will be climbing and hill walking in the Burren and Cliffs of Moher, leaving Friday, 16 September. Be sure to look for our sign up date to secure a spot, they fill up fast!

International trips throughout last year included mountaineering for a week in Scotland, where we summited the highest peak in the British Isles, caving in England for a week for April break, and sport climbing in sunny Spain for a week, also in April. The trips this year have a lot to live up to, but don't worry, every year is better than the last.

For 20 years the OPC has found its home at the Climbing Wall, where members can come to climb or just get away from the stress of college and see some friends. This past summer the building housing our Climbing Wall was torn down; marking the "end of an era" says Paul Lowndes, current OPC President. But fear not! A new wall is currently under construction and should be up and running midway through the semester. Be sure to come

find us when we welcome our new home into our Club.

To meet up with us this semester you can usually find a few members haunting the Clubs and Socs office, upstairs in the Students Union, or a few doors down in The Scholars Club, where we're always open for a friendly hot chocolate and a chat. So come meet us at the Clubs and Socs Recruitment Drive and sign up as a member, student membership fees are only €5 for the year and you'll be added to our weekly mailing list keeping you up to date on Club trips and activities. You can also visit our message boards at ulopc.com or join our group 'Outdoor Pursuits Club' on Facebook where we post trip details and information.

The OPC is big on outdoor activity, but we also love to meet new people and have fun. Come meet some new friends and have a bit of craic on our first Club night out of the semester, Thursday of week 2. The bus will be leaving from outside of Scholars at 9! There's no reason not to come, so see you there!

Website: www.ulopc.com
Email info@ulopc.com
Or on Facebook, join our group 'Outdoor Pursuits Club'

Tae Kwon Do

Welcome to the University of Limerick TaeKwonDo Club. TaeKwonDo is a Korean Martial Art-comprising kicking, boxing, grappling, ground fighting and self defense among other aspects. It's a great way to get in shape, keep fit and learn something new and fun. UL TarKwonDo Club train 3 times a week:- Monday at 19:00, Wednesday at 21:00 and Thursday at 19:00. Membership is €5 for students, €10 for postgrads and €20 for external members. You can contact the club at ul.taekwondo@gmail.com, or search for UL TaeKwonDo Club on Facebook. Cheers, Mike Johnson



UL Airsoft Society

This is a new Society in UL and new members are always welcome. Airsoft is a new sport to Ireland and has been growing over the last five years. It is a team sport similar to paintball and uses imitation firearms which are 100% legal and safe to use. Games such as Team Deathmatch and Capture the Flag from popular videogames are played. Anyone can play Airsoft and it is a great way to make new friends and to enjoy yourself. Join an ever-expanding Irish community where members help and learn from each other all the time. Have the opportunity to play against other college teams such as; CIT, IT Tralee, UCC, etc. We play matches once to twice a month depending on member interest. We meet up weekly in the SU to discuss Society matters and to chat amongst ourselves. We also run our own equipment rental hire service. The membership fee is €5 for a UL student to join.

If you wish to contact us; you can email us @ ULairsoftSoc.2011@gmail.com or visit us on Facebook @ www.facebook.com/pages/UL-Airsoft-society/122346804493489



UL VIKINGS CONSTANTLY GETTING BETTER

After a defeat in the 2010 Shamrock Bowl the UL Vikings started the 2011 season with a simple motto ALWAYS ROOM FOR IMPROVEMENT. The Vikings started this season anew with coaches in new positions, a new offence and an injection of some of the most promising rookies in years, as well as returning veterans to teach and pass their knowledge onto the newest members.

The UL Vikings had an exciting year living up to what they are known for - smash-mount football. The Vikings began there year with their annual pre-season game in Dingle against Division rivals the Cork Admirals at the Paidi O Se Sports Festival. The Vikings were victorious in regaining the title and from there the season began. The UL Vikings had never won the League title before but this year that would change as they succeed in having a perfect 8-0 regular season. None of which could have been achieved if not for the hard work and determination on the practice field.

The Vikings could now add League champions to their already impressive resumé which includes 3 time Shamrock Bowl Champions, EFAF Atlantic Cup Champions 2010 and the 18th ranked team in Europe in June 2010.

The newly acquired rookies of 2010 excited veterans as competition for positions returned with a heavy team of 37 men. Ian Cahill and Sean Goldrick (Rookie and Player of the year) made their presence known on the field as they became key players in the Vikings new offence. Craig Switzer (Special Team's Player of the year) was as equally impressive on the defence side as he bought more speed to the all ready quick defence back position led by Liam Ryan and Michael Guinane. These new additions as well as powerful veterans like Glen Carr, James Twomney and Brendan McCarthy all helped in bringing the UL Vikings to their 6th Shamrock Bowl in a row.

Unfortunately the UL Vikings were defeated in a stellar Shamrock Bowl final against their rivals the Dublin Rebels 14-13. It was an exciting game that truly showed that American Football is a growing sport and is gaining much interest.

The Vikings worked hard on getting exposure not just for them but for the sport in general so that it can grow. Recently a team from "Celebrity Bainisteor" joined us for an endurance training session. We have also secured sponsorship and appearances in newspapers. The UL Vikings show that both on and off the field they are always improving.

For more information on the UL Vikings log on to www.ulvikings.ie or email ulvikings@gmail.com.



Vikings and Mr. Tayto at Paidi O'Sé Festival in Dingle.



ULLR Aim High for coming season

UL Ladies Rugby once again is recruiting new players to bring you on an unforgettable journey which you will remember for life. We strive for success on and off the pitch but love to have the maximum amount of fun while doing everything. We are a very successful team and our records show that for the past 12 years our team had dominated college women's rugby in Ireland. Last season was an absolutely remarkable one for us; we retained the league and varsities trophies and also added 2 all Ireland 7's titles to the silverware. All work and no play you may ask? Definitely not!!!

We are a very social club who caters for everybody from the beginner to the seasoned player, we have something for

everyone. We have social events each week from Cinema and DVD nights to nights out and much more. There is a great camaraderie amongst all our members which shines though always. We also have team bonding and training trips to different parts of Ireland and hope to organize a tour to a European competition next summer. This is an action packed club which you will love if you give it a go so come sign up today on the C&S Website, our Facebook page (UL Ladies Rugby) or email us ulladiesrugby@hotmail.com. Alternatively come to our training on the new Rugby Pitch on the North Campus on Tuesdays and Thursdays at 6 -7.30 pm from week 1.

UL Men's Rugby Club

Whether you're a beginner or an inter-pro star, UL Men's Rugby Club has something to offer you. We like to get our members involved in everything from top class competition to charity work and team bonding sessions. The last few seasons have seen both the Fresher & Senior Squads coached by Mike Storey (Auckland Blues, Saracens, Munster) assisted by Aidan McNulty and Aidan Ryan, two UL Bohs players of very high regard, playing colleges throughout Ireland in the All Ireland League Division One and the O'Boyle Cup. The Club organises social events during the year and aspires to be one of the higher ranking clubs in the University of Limerick in coming years as it's numbers

and popularity Grows.

Many, many students get confused when they hear about us, so let's clear it up now; you CAN play for us as well as your own club, which can only improve your game by training with players from other clubs, while keeping our 'rugby for fun' ethos. Our matches take place on Wednesday afternoons so your timetable should be kind and you might have it off! Training is on Monday & Wednesday at 6pm on Maguire's Pitches but be sure to check with us in case we have a special session planned, such as indoor or Astroturf sessions.

We offer the chance to get personalised training programmes and much more, so sign up and be part of our mailing list. It's only €5 and

the benefits are great, look out for paintballing, Kukri tracksuits and other discounts, not to mention trips to far off sunny places! The Annual Colours Match is the Club's showpiece event. The match is contested with LIT in commemoration of the two O'Brien brothers who died tragically in the 1980's and is traditionally held in Thomond Park Stadium. Last year we were victorious over rival Limerick I.T. on the home of Muster Rugby, Thomond Park, so read on if you'd like a piece of that this year!

Any Questions? Visit www.ulrugby.com, search UL Men's Rugby on Facebook or drop us an email on ullawsociety@gmail.com

Adam Moursy



KRAV MAGA CLUB

2010/11 has been a busy time for the University of Limerick Krav Maga club. Now in its third year ULKM has gone from 30 members in year one to over 190 this year and continues to grow.

Last summer the club piloted the idea of keeping regular classes going over the May to Sept period which normally would be a hiatus period due to the student body largely gone home/off-campus for the summer, however it proved to be successful and it was decided to let it run again this summer. This proved to be a good move for ULKM with class numbers often exceeding 25 to 30 members training regularly over this period.

With the new college year fast approaching on us ULKM is gearing up once again for what is expected to be an even busier year as KM continues to grow in popularity.

The club president in his second term is Sergio who over saw a hugely successful preceding year along with the assistance of the clubs committee and tells me has some hot things in the pipe line for this year, a hard one to top considering the club hosted training courses with some of the top Krav Maga instructors worldwide right here in UL.

The high light for the club thought had to be when 15 members went to train and tour in Israel, this proved to be an awesome experience, training with top KM instructors, these were serious dudes who could convince you as to the effectiveness of KM in seconds, additionally Israel itself is a beautiful country great memories of training on the beaches of Tel Aviv or King David's gate at the walls of Jerusalem was experienced by club members during their stay.

The club continues to be instructed by Mr Oliver Sweeney of Tralee Krav Maga who himself passed his instructor G4 level this summer in Israel. Oliver is A fully qualified instructor with Krav Maga Global (KMG) the leading authority for KM.

ULKM welcomes back old and new members to training in September, for details of class times check out the UL clubs and Soc's website.



Is singing your thing?

We've got you covered! UL Choral Society stands to promote choral music throughout the UL Campus and to give all those interested a chance to perform with a choir. With classical pieces, songs from musicals and the occasional pop/rock song, our ever-growing repertoire won't bore you! As its first year as an official Society, the Choral Society has high hopes of performing and competing at the Sligo Choral Festival and with other performances scattered throughout the year, it's going to be busy! We will also be hosting vocal and performance workshops taught by professionals in order to train our members and continuously improve!

Membership fees are 5 euro's and rehearsal times are 6pm - 7.30pm every Wednesday evening. If we've got you interested, you can find us on Facebook, the Clubs&Socs Website or e-mail us at ulchoralsociety@gmail.com! Hope to see you all there.



Interested in technology? Join the Computer Society!

We run talks with speakers from various companies, the most recent being a Google engineer. We've also previously had Microsoft, Daft.ie, AIB people give talks to mention a few. There are trips to technology conferences, hands on activities, guest speakers, and maybe a game of paintball in between.

Members also get access to a large computing cluster, with services including web hosting, email, databases, the list goes on. There are opportunities to help administrate the cluster too which can look great on a C.V. and might give you the added edge for Co Op. If you're interested in technology, doing a computing related degree, want to try something new, or just want to find out what we're all about then feel free to join! €4 undergraduate membership fee
For more information visit us at www.facebook.com/ulcomputersoc



email us at compsoc@skynet.ie, or come see us at the Clubs and Societies signup day.
Mark Brennan
PRO

The University of Limerick Debating Union



The Deb U is among the oldest and most active Societies in the University and will enter its 40th year this September. The Society is dedicated to the promotion of debate and discourse on our campus. The Debating Union holds in-house debates on issues of public interest and current affairs as well as private members motions on lighter issues. The Society holds many public debates during the academic year, which include high profile speakers and guests. In the past year, public figures such as Éamon Ó Cuív, Senator David Norris and the late Dr. Garrett FitzGerald were among our guest speakers at our in-house debates on topics such as

"Faith in the Government" and the "Civil Partnership Bill".

Each week, the Society holds "Speaker Development Workshops" where members get the opportunity to practice debating and public speaking. At these classes, members are given instruction on how to speak in public, argue motions and participate in debates. There are also Private Members Motions on Thursday nights, where members can speak for five minutes on any subject matter of their choosing. Generally, these are light-hearted, fun events and are among the top social events held by the Society each semester.

Aside from organising public debates, the main activity for members is participation in competitive debate. Each year the Society holds two internal competitions: The Freshers' Mace and the Ciaran Treacy debating competitions. The Freshers' Mace is open to all first time members of the Society. Members participate individually and trophies are awarded to

the winner and runner up of this competition. The Ciaran Treacy competition is held annually and all members are welcome to participate. Our Society competes regularly at Intervarsities all over the world! During the college year, we participate in competitions across Ireland and the UK. These take place at weekends during both semesters and the Society sends competitors and judges to these events. This is a great way to meet, befriend and network with people from other Universities. There are also competitions held specifically for first time speakers such as the UCD Novice Competition which is held each October. Last year the Debating Union's Niamh Ward and Elaine Kennedy were finalists in this competition. There is also the National Maidens Competition held in Semester 2 for first year competitors from all over Ireland. Here, competitors speak as individuals and first year speakers Michelle Coyle and Lorna Bogue were both Semi-finalists at this competition last year. Our competitive success

continued this year as speakers David Hartery and Stephen Egan were semi-finalists at competitions in UCC, Trinity and Galway and also in the prestigious Irish Mace Competition. David Hartery won the Glasgow Ancients Competition and also Stephen Egan was a semi-finalist in the Irish Times Debating Competition. This summer, the Society has represented UL at competitions such as the UCD Earlsfort Open (where our speakers David Hartery and Stephen Egan were semi-finalists), the School of Oriental and African Studies (SOAS) Open and the SOAS Invitational competition, the Bristol Open 2011 and the Durham Open 2011. Also the European University Debating Championships 2011 were hosted by N.U.I. Galway this August and the Debating Union sent 8 delegates to the event in which over 350 University students from across Europe competed. The Society will be competing in many competitions over the coming year, including the World University Debating

Champions which will be held in Manila in December. The Debating Union hopes to send a delegation of up to 5 members of the society. The past year has been extremely successful for the Society, both competitively and in terms of active membership. The Society has increased its active membership by two thirds and we hope to see this growth continue in the coming year. We are also delighted to announce McMahon O'Brien Solicitors as our sponsor for the Society's delegation at the World University Debating Championships this year and look forward to a prosperous and successful relationship with their firm. The UL Arts and Sports Fund have also provide support for this trip. Find the "UL Debating Union" on Facebook or check out our website at www.uldebating.com or contact us at uldebu@gmail.com.

Sarah Hardiman
Communications Officer
UL Debating Union



Are you excited about Fairtrade bananas?

Do you believe that shelter is a human right? Do you think that microfinance can alleviate poverty? If you answered with 'yes' three times, then you are most definitely the right member for our Development Society at UL.

Among other things, we partner with Amnesty International, lend money on www.kiva.org and organise raffles for

the Fairtrade Fortnight. We meet up once a week for discussions about current affairs, to plan fundraising events for charities, to organise interesting presentations about development issues and to have a lot of craic. We highly welcome any new motivated and creative members who like to engage in this philanthropic undertaking.

There is a lot to change in the world, let's get ready for action! Please check out our Facebook group or our website www.devsoc.weebly.com for updates, group meetings and events!



The Hallowe'en Shindig,
a by-now legendary night in
Music Society's calendar

Music Soc.

HOW TO BECOME A ROCKSTAR:

Join UL Music Society. Learn an instrument. Watch bands play. Form your own. Battle it out against other aspiring groups in The UL Music Soc Battle of the Bands... Yup, if you have dreams of playing some college gigs during your time in Limerick, then make sure to sign up to UL Music Soc, we'll help you get there. But Music Soc is about more than just playing shows - it's about loving the music, getting the most out of college life and the camaraderie within a group of chilled out music-loving friends. We run Open Mics on Monday nights, which are open to anyone to play a few songs in a relaxed atmosphere. We'll be running a number of gigs throughout the semester, both in UL and in Limerick itself, so watch out for those - there will be a chance for new bands formed this semester to play! We have access to fully kitted-out music rooms for bands to rehearse in and we provide lessons on a number of instruments for people just eager to learn! Membership costs just €3!

Check us out at www.facebook.com/astralgardens or email at ulmusicsoc@gmail.com

Owen Hickie Music Society PRO

UL Photo Soc head to the Saltees



It was an early morning start and, hopefully, the beginning of a great day. We got up at 05:30 to meet up in the car park of the University for 06:20. We loaded up the mini bus with the gang that were heading off to the Saltee Islands, Wexford. We left UL at 06:30. The Saltee Islands, consisting of the Great and Little Saltee, St. Georges Channel are situated approximately 5 kilometres off the coast of Kilmore Quay Co. Wexford. The larger island Great Saltee is the most famous bird sanctuary in Ireland and is very popular with both day-trippers and birdwatchers. These Islands are privately owned and are one of the world's major bird sanctuaries. The Saltees are a haven for sea birds, nurturing an impressive array of birds, from Gannets and Gulls to Puffins and Manx Shearwaters. They also lie on an important migratory route and a popular stopping-off place for spring and autumn migrants. The Great Saltee also has a breeding population of Grey Seals, one of the very few in eastern Ireland. Up to 120 animals are present in Autumn and up to 20 pups are produced annually. We were hoping to have some nice weather for the day and capture some atmospheric images of the Islands.

We stopped in New Ross around 09:00 to get some breakfast and take a break to stretch the legs. After a hearty breakfast at Sid's Diner, we loaded up again and headed on towards Kilmore Quay. It took us another 45 minutes to get there. We headed out on the boat at 10:30. It took us approximately 35-40 minutes to get out to the Island even though it looks a lot closer when viewed from the mainland. We arrived on the island at approximately 11:20 and were told that we would be collected at 16:30 from the same location.

The above image is of a pair of gannets from the main colony of the island. The gannets are located in a huge colony on the southern most point on the island. The image depicts the gannets in a sort of mating ritual as a lot of pairs are on eggs or have

chicks at this time of the year. Below is a pull back shot of the same image.

Once on the island we walked up towards the north end and looked around for gannets and puffins. They were not hard to find. There are several gannet colonies on the island - the main one being located on the southern side of the island. We were lucky for the day that was in it - the sun was shining and there was some cloud cover as we walked from one end of the island to the other. It is best to bring some food or snacks to consume when you are out there for the few hours.

We noticed several small groups of puffins as we walked along the edge of the cliff towards the gannet colony. One of the members, who had visited the island in previous years, noted that there was a definite decline in the number of puffins located on the island. This was a little bit worrying as it would be a shame to lose such a magnificent and colourful little bird from the islands eco system.

Above is a picture of a puffin readying itself to head out to see to hunt for some sand eels to bring back to the nest for its hungry chicks.

We left the island at 16:30 and got back to the mini bus around 17:30 and departed Kilmore Quay. We stopped in Carrick-On-Suir for a bite to eat on the way home and got back to UL around 21:30. It was a long day but it was well worth it now. Some of the members got to snooze on the bus on the way back. We were lucky with the weather and the sightings on the island, and all in all I think that everyone enjoyed the day. Roll on next year!

Author: Kevin Johnson - Photo Soc Treasurer
Email: photoul@gmail.com
Website : <http://www.photo.ul.ie>

UL DJ Soc

The University of Limerick DJ Society was setup in 2004 by 4 students who shared an obsession with music. They setup decks in the SU courtyard one afternoon and started banging out tunes in the hope that some of their fellow students also shared their passion for music. Since then the Society has changed enormously, and grown quite a lot.

We now have roughly thirty members and DJ regularly at gigs in town, as well as organizing our own events.

The general idea is to get people DJing as much as possible, whether it's through our "Deck Sessions", a bi-weekly workshop and practice session where we can teach newer members how to DJ, or through our gigs in venues and nightclubs such as Dolan's, Trinity Rooms, Molly's etc.

You don't need to have any experience in DJing to join the Society, in fact many, if not most, of our members knew nothing other than that they were interested in music before joining. A passion for music is the one quality that every one of our members has and if you're the same - why not join us? It only costs a fiver, and you can find out more on our website: www.ULDJSoc.com

The University of Limerick Fashion Society:

In Fashion we Trust.

First of all we would like to welcome back everybody from the summer holidays and for those who are new to UL, welcome to the best experience of your life here at the University of Limerick. The UL Fashion Society is an on campus organisation for all fashion enthusiasts in UL. Even if you have the fashion sense of a wall but you actually love banter, Fashion Soc is the Society to join. You won't only do what you love, you will also make friends with whom you share the same interest and this will make an even better experience for you during your time in UL.

Fashion Society is a brand new society having started in February 2011 and therefore we have so many ideas and plans for our very first full semester as a Society. We have spent a lot of time during the summer planning all these ideas and believe me, we are more than excited to put them in action. One of our biggest projects this semester is The UL Model Search in Association with The Hillary Thompson Agency. The aim of this competition is to give an opportunity to that one person that has all the potential of being a model but has never known how to go about it. All the contestants in the competition will gain an awful lot as it's not just a competition, it is a learning and confidence building journey as Limerick model agent Hillary will train the contestants in beauty and deportment classes.

The winner of the competition will get a contract with The Hillary Thompson agency and also a photo shoot spread in the covers of The Limerick Now Magazine. The final of the competition will be in The Strand on the 19th of October 2011 and shops such as Awear, Sedhuzca, Diesel, Camicie 7, House of Solo and many more will participate in the ground breaking Fashion show that night which will be modelled by the final contestants. Our sponsors so far are all the shops above, The Red Onion Brassiere Restaurant, Medicare Pharmacy and a few more to be confirmed.

So, If you think you have what it takes as long as you are 5'7 and over for girls and 5'11 and over for boys drop us an email at Ulfashionsoc@hotmail.com or search Facebook for "University of Limerick Fashion Society (make sure to write it in full) to find out more info and to enter the competition. Do not forget to include your measurements and size, age, one head shot and one full length photo. We will also be holding castings during Orientation Week and also Freshers Week so watch out for us on campus.

We hope to see ye all during the recruitment drive, our membership fee is only €3 and we promise you will be getting value for your money. Welcome to UL, sit tight and enjoy the ride.

Love and hugs from the UL Fashion Society
Tina Nsubuga
Chairperson
UL Fashion Society



The entire world's a stage!



The world famous Godfather star James Caan once whispered, 'There is nothing more boring than actors talking about acting'. While this may be true when in relation to Tom Cruise, please don't turn away just yet future members, for here at UL Drama we are not actors, but simply people who love to act. In better terms, we cage overgrown children with wild imaginations. UL Drama is a society really like no other, with members stretching from all sides of the academic world, and all sides of the actual world.

First year can be an extremely testing time, stressful, exciting and nerve-racking. The Drama society here at UL ensures a warm, welcoming home for anyone interested in acting, sound, lighting, writing, singing, dancing and all things theatrical! Experience is wonderful but by no means a

requirement. Our hope is that all society members will bring their own unique back-ground, whatever that may be. This past year UL drama has provided entertainment in the form of two musically infused shows, a Shakespearean-esq valentine's performance and has held a host of dramatic skills and improvisation workshops. Additionally, members had the opportunity to avail of many well organised group trips to witness and enjoy plays and productions held in venues across Limerick city.

To kick off the year we opened with 'Raise the Roof', a fun and exciting musical variety show that mixed the lesser known musicals such as The Wild Party and Miss Saigon in with the classics of Rent and Chicago. With a fantastic cast and very pleasing reviews UL Drama jumped into semester two

Out in UL- Big Plans for 2011!!!

Hello there! Hope you're all well and ready for a new year at UL. For those entering First year, hope you enjoy settling in and meeting loads of new people! Let me tell you a bit about Out in UL and the benefits that membership brings:

- Out in UL is the LGBTQ (Lesbian, Gay, Bisexual, Transgender, Questioning) Society at UL. Or if that's too much of a mouthful, the Queer Soc. Out in UL has 4 main aims:

- Supporting queer students. Out in UL provides support to LGBTQ students through informational workshops, one-on-one talks with the committee, and a close relationship with UL's LGBTQ counsellor, Ger Hanly.

- Providing education on queer issues. It's our job as an LGBTQ Society to make sure our members are kept up to date on queer issues, such as marriage equality and queer rights movements. We also seek to educate members on topics such as homophobia, coming out, safe sex, and provide information in these areas that may not be available in the wider community. We do this through workshops and information seminars throughout the year.

- Showcasing the queer community. Through our events, we seek to showcase the talent and uniqueness of the LGBTQ community of Limerick and further afield. We give a platform to forms of talent which may not be as widely recognised in the wider community. We do this through events such as Alternative Miss UL, Queerbash and various other events we host throughout the year. This allows all the students of UL to experience the entertainment that queer talent can provide.

- Bringing the queer and wider communities together. Out in UL's main aim is the eradicate homophobia on campus, and make UL a fun, safe environment for all students, no matter how they identify sexually. We do this by inviting straight students to our information seminars and events, so they can be educated on queer issues and experience the queer community for all it has to offer. We welcome straight members who want to support their queer friends or who want to get involved with all the Society has to offer.

- The 2010/2011 academic year brought great things for Out in UL. In conjunction with the LGBT liaison officer, Ger Hanly, we started a weekly chat forum where members can go just to chill out and relax in a safe environment. We also organised coffee nights so that new members could get to know each other and wouldn't feel nervous about joining. We hosted the first ever Alternative Miss UL, which was won by the amazing Miss Barb Wyre. This event took place in Scholars' Club, and drew a great crowd of both queer and straight spectators.

Our annual event, Queerbash, celebrated its 8th successful year in March 2011. With a gothic theme, the event drew a huge crowd from UL and Limerick, with performances from amazing local talent.

We ended the year with our annual series of workshops, Sparkles, which included workshops on homophobia, sexual health, sexual empowerment, and drag. This was followed by a trip to Dublin Pride 2011, which was an amazing weekend and an amazing experience to be a part of the biggest celebration of Pride in the country

- We have a lot planned for the coming year. We're hosting an event for Limerick Pride on September 6th, which will include a FREE event at Bentley's where we will be revealing a mural designed for Out in UL. Then we'll be heading to the roller derby in City East Business Park, with busses provided. Tickets available at Students' Union. We also have UL's very first Rainbow Week planned for November 7th- 11th. The week will be packed full of events you won't want to miss. Also, we'll be hosting our 2nd annual Alternative Miss UL, our 9th annual Queerbash, and our 5th annual Sparkles, with trips and workshops happening throughout the year! If you're interested in joining, contact us on outinul@gmail.com, or come to the recruitment drive on September 7th. More information available on our website outinul.wordpress.com and on our Facebook page www.facebook.com/outinul. See you all soon!!

*Niall Russell-Richardson,
President, Out in UL Society.*

with a wonderfully arranged valentine's inspired piece filled with poems and prose from Shakespeare's library of love. After the success of this production we took part in the Irish Student Drama Association's (ISDA) annual festival which this year was hosted by NUI Galway. A fantastic week of plays and fun it's a great opportunity to mix with other Drama societies across the country and with this year's celebrations taking place in UCD, we expect it to be no different. Towards the end of the year the society mixed drama with music and a great cast performed 'Don't tell Mama'. A superb production that brought the wonders of darkness to light, each sketch and song focusing on tantalizing taboo topics ensured to cause some raised eyebrows! We are the Drama society after all. Taking part in productions is a

great way to meet new people, create unforgettable experiences and make friends for life. Wonderfully designed workshops, free with membership, run all year long and cater for all levels from beginner to advanced. The main aim is to guide students through the basics of the theatre as well improve confidence and comfort on stage in a relaxed and fun environment.

The most important thing UL Drama wants to create is memories to last a life time, and that it does. With the right attitude and enthusiasm Drama society will give you back everything you put in and much more. We are always open to new ideas and suggestions and we strive to make every voice heard. With passion, desire, time and a good sense of humour, Drama Soc has the ability to create wonderful long lasting memories, on and off the stage. As the

beautiful starlet Bette Davis remarked 'Without wonder and insight, acting is just a trade. With it, it becomes creation.' Come join Drama, and help us create some magic! Drama Soc will be at the recruitment drive Wednesday 7th of Sept in the Arena Sports Hall 5-9pm with everyone else, do come talk to us. If you wish to contact us with enquiries, to submit scripts or anything of the sort e-mail info@uldrama.ie

By Jennifer Armstrong

GSoc & BroCon 2011



About GSoc (Games Society)

Do you like games? You do? Then you're reading the right article. The Games Society plays many different kinds of games: Board games (popular and obscure), PlayStation, Xbox, Wii, PC, older consoles like the SNES, N64 and Sega Mega Drive, tabletop, Collectible Card Games (CCGs) and tabletop Role-Playing Games (RPGs). You don't even have to play games, you can just sit around and watch other people play games if you want. And if you get bored of sitting around, join us on one of the paintball trips, or take part in Assassin - a week-long, campus-wide hunt of your fellow GSoc members with spoons and silly string!

Weekly meetings:

Monday 6pm-11pm: Board Games: Location: EG0 (go through the big glass front of the Main Building and turn left, (don't go up the stairs), past the Jean Monnet Lecture Theatre)

Wednesday 12pm-6pm: Console Day: Location: Room 3 upstairs in the Students' Union Building (beside Spar and across from the Bookshop)

Contact details for GSoc

Email: ulgsoc@gmail.com

Website: <http://skynet.ie/~ulgsoc>

If you have any questions you can talk to one of our members at the Recruitment Drive on Wednesday of Week 1 (7th of September), or at any of our regular weekly meetings. GSoc was busy over the summer, organising BroCon, a successful Gaming and Anime and Manga convention with the Anime & Manga Society.

BroCon 2011

UL BroCon is UL's first Games, Anime and Manga convention. After the roaring success of BroCon 1 in 2010, people were clamouring for the second instalment, and we don't think anyone was disappointed. Organised jointly by the UL Games Society and the Anime and Manga Society, BroCon took a year to plan and organise and emerged a massive success for both Societies.

Holding this convention again reinforced our image as a dedicated and active society. It's always good to collaborate with Anime and Manga Society, and we think we really worked well together this year. Once again BroCon provided us with a means to connect with similar societies from around the country. Visitors and guest staff could not fail to be impressed by our attractive, modern and spacious campus, and everyone agreed that the EG0 rooms were well suited to the convention layout. We were able to spread out a little more into the C block for additional space required by console gaming and tabletop role-playing, and our staff handled all the running around very well!

The convention offered a great number of activities for visitors. There were console games, anime screenings, tabletop wargaming, tabletop role-playing games, card games, board games, an anime- manga-and-games-themed table quiz and a cosplay competition. Additionally, there were two well-known guests who gave panels and judged competitions over the weekend. The first was Chris Cason, an accomplished voice actor and director in animated films (including Dragonball Z). The second was Benjamin Daniel, better known as Benzaie, a content producer for the popular website ThatGuyWithTheGlasses.com

Between all the events and panels, convention attendees could enjoy some quality shopping thanks to various vendors selling games, merchandise and manga during

the convention.

The Charity Auction was held on Saturday Night at the Stables to raise money and awareness for Suicide Awareness Ireland. Items sold at the auction included the Book of Answers, a signed Red vs Blue poster (hotly contested and involved a trip to the ATM) and a "mystery" Sega Genesis game. The last item was the subject of a fierce bidding war before selling for €35 - only for it to be revealed as the legendarily awful fighting game Shaq-Fu. (It was donated back to the con and ended up in the console room the next day.)

Overall, BroCon 2011 can definitely be remembered as a massive success and all the staff from both Societies had huge fun running it. Our sincere thanks to Plassey Campus Centre for their assistance and the UL Arts and Sports Fund for their generous funding. This year paves the way for making the convention even larger in 2012 and hopefully for many more years to come.

By: Michelle Mercier, James Heslin and Ciaran Curley.

Pictures by: Daniel Owen Photography. (all photographs taken at BroCon 2011)



Join UL's Traditional Music Society!

UL's Traditional Music Society is all about bringing Irish Traditional Music to your student life. Whether you play, dance, enjoy listening to Irish Music or having the craic then this is the society for you! Ireland has one of the strongest music traditions in the world with a large percentage of young people heavily involved in keeping it alive and helping it to grow.

Our committee is dedicated to providing fun, sociable events where you can have a good time and meet with other people who share a common interest in Irish Music. The friends you make with Irish Music are friends from all over Ireland and the world.

Last year we provided events including ceillis, free gigs on campus with Socks in the Frying Pan and Éalú, a mystery session, trad disco and weekly sessions on campus and we have plans to provide more this student year. We will work hard to make sure you have the opportunity to make Irish Traditional Music a part of your life in UL.

Come join UL's Traditional Music Society and join the wider Irish Music Community. You can email us for more information at tradsoc@gmail.com or search UL Traditional Music Society on facebook and contact us there!

Michael Perigoe
Communications Officer



ギガドリルブレカー!

Hey guys! Well, the summer's been absolutely jam packed what with our trip to Q-con and of course our joint convention Bro-Con with the Games Society! But first, a bit of background info. We are 2 and a half years old at present, having been set up in February 2009 by a determined group of Anime and Manga fans across all the disciplines in the college. We have since blossomed into a fun-loving, vibrant society filled with people from all walks of life!

Last semester was a time of trying new things and upgrading the Society. We increased the length of our screening time and bought loads of new art supplies and other awesome additions (such as a printer and scanner) so that our art classes are second to none! We did quite a bit of fundraising too, gaining a reputation for some of the best bake-sales on campus. As well as all this, we upgraded our zippies too, opting for a sleek black number with our colours inverted on the back. Looks pretty cool, even if we do say so ourselves!

On a more sombre note, the absolutely terrible earthquake and tsunami disaster in Japan brought our whole Society together in order to help raise funds for those areas affected. Members made and sold paper cranes, and we organised a Japanese cinema night (complete with raffle and mandatory bake-sale) with two of Japan's most highly acclaimed films, Spirited Away and Ran. The head of the Japanese Department in UL, Barbara Geraghty, opened the night for us with a few words on the impact of the tsunami and problems the country was and is now facing. This turned out to be hugely successful, as we managed to raise over €800 in just over a week.

As for this summer, we took our first trip out of the country to Belfast (it totally counts) to attend Q-Con, the island's biggest and most successful Anime and Gaming convention. 12 of us went up, and a weekend of fun and games was had by all. We hope to make this an annual event.

Bro-Con was up next, and boy, did G-Soc and us outdo ourselves here. With more people attending and a great line-up of guests (Benzaie from "That Guy with the Glasses" and Fullmetal Alchemist voice actor Chris Cason 'Gluttony'), traders, and cosplayers, everyone who attended had a fabulous time, and we're all set to out-do ourselves again next year! Speaking of which, we must of course give a big shout out to our partners the Games Society for a job very well done on both our parts!

For the future, we do eventually hope to get to that elusive place which we all adore, Nihon! So hopefully planning for that will begin this year, and some fundraising too! We also hope to improve every aspect of the Society even more and gain a bigger profile throughout the college.

So come along to the Recruitment Drive, and have a look! We're a big happy family and always ready to make new friends!

How to contact us:
<http://anime.skynet.ie> (website)
ulanimesoc@gmail.com (email)
registercs.ul.ie/
 (general C&S registration)

By Jennifer Allen PRO

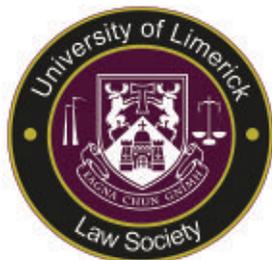


The Law Society

The Law Society of the University of Limerick is one of the largest societies at UL and boasts some of the top social events held at the University each year. This year, the first annual Law Week will be held in Week 2 which will include amazing social events such as a tag rugby tournament, a round of assassin and a "lock and key" game night as well as many other events and our AGM for the coming year where new committee positions will be elected and it promises to be a great opportunity for the members of the society to socialise.

Also the society will hold Competitive Mooting competitions within UL. The first UL Competitive Mooting Inter-varsity will be held later this year as well as a Schools Mooting Competition for second level students. The society is also running a Schools Essay Competition this year in which secondary school students can participate by submitting essays from a variety of law related titles. The Mooting Competitions and the Schools Essay Competition are sponsored by Matheson Ormsby Prentice. Check us out on facebook under "University of Limerick Law Society" and also our website www.ullawsociety.com.

Sarah Hardiman
 Public Relations Officer
 UL LawSoc



UL INTERNATIONAL SOCIETY

The main aim of the UL International Society is the integration of international students into campus life at the University of Limerick and Ireland in general. The idea behind the Society was to break down the boundaries between Irish and international students in UL, and there's lots of ways for everybody to get involved! Every Friday night is International Party Night in the Stables, where there's always plenty of craic to be had! We have many trips all over Ireland planned for this semester, there's a weekly sports club, book club, film nights, Mentor Dinners (UL's own version of Come Dine With Me!!) and much, much more! So come along, get involved and meet people from all over the world!

Membership for the year is only €3. We'll be around campus and signing people up from week 0, and of course at Recruitment in week 1.

If you're interested in a place on the Committee or if you have any questions or suggestions just drop us a line at ulinternationalsociety@gmail.com or on Facebook: www.facebook.com/ulinternationalsociety.

Take a look at our website and Twitter too: www.ulinternationalsociety.com

www.twitter.com/ulinternationalsociety

UL Medical Society

UL Medical Society is a student society for those with an interest in health in medicine.

We have many different ways that we support students' interests:

Medical charity work including fund-raising and health promotion activities e.g. Irish Heart Foundation, Movember, Irish Cancer Society.

Guest speakers on a variety of topics including current medical research and the experiences of medical professionals.

Social events e.g. Table quizzes, bowling nights, showcase nights.

Tag Rugby allows students to relieve stress and also enables connections with other medical societies through participation in the Medical Societies Intersvarsity Event.

Journal club twice monthly allows students a chance to present to their peers and discuss research.

Annual Medical Ball in February with proceeds going to the MWRH Paediatric Oncology fund.

Sponsoring Medical Conferences/Courses to expand the experiences of our members and to bring back information to the Society.

The membership fee is €5. We as a Society are constantly looking for new ways to develop and support our members' interests. The MedSoc Committee meets every second week and will be appointing "Minis" in September.

Contact Laura Slattery - ulmedsoc@gmail.com check out the UL Medsoc Facebook Page or website <http://www.ulmedsoc.com/>



UL Poker Soc

Weekly games held in the Sports Bar check www.ulpoker.ie

A free game of poker in the Sports Bar on the 8th of September is open to all members of the Poker Society (€2 to become a member for the year). The Poker Championship occurs once a semester, attracting 100 players who compete for the ULPC Bracelet for 1st and 2nd. No rake is taken at the Poker Championship, with free finger food offered to all participants and a refreshments voucher to the first ten people knocked out. Poker Society members have competed in the Student Masters (and won!), the UKIPT (and came 4th) and the Irish Open. We try to cater for all levels with coaching offered to those wanting to further their poker abilities.

Website: www.ulpoker.ie
 Find us on Facebook under UL Poker
 Contact us at ulpokersoc@gmail.com





University of Limerick Ógra Fianna Fáil

“Politics while having the craic”

by Damian Kelly PRO.

-Are you new to UL or are you just looking for something to do on a particular evening and want to meet new friends? Are you deciding what society to join? Well read on and see what you think:

“If you are looking for a way to meet new friends and also experience a great mixture of politics and also fun, you have come to the right place. My own personal regret is that I didn't join sooner than when I did. The lads are an absolute group of legends, the nicest group of people you will ever meet.”

“I only joined this semester and I regret not doing so earlier. Biggest bunch of legends I've met so far in UL. Its very active both within society terms and outside it. I've made a great bunch of friends from it.”

“Yep we hold meetings every week to discuss everything from what's going on in the world to issues facing us in University to what our next event will be. Meetings are very open and everyone's opinion is listened to. We also get in guest speakers sometimes to give insights on particular topics. Afterwards, we end up in Java's for a few drinks and have a laugh”

So that's what some of our members think of UL Ógra Fianna Fáil, the Con Colbert Cumann. We are an active Society. During the summer break we have continued to be active both locally within our home Cumann branches and also collectively. In June we joined up with members of North Tipperary Ógra, Longford Ógra and Westmeath Ógra for a very enjoyable Dáil trip. We got a tour of the Dáil; saw the Seanad and learned about the history of the Oireachtas. We also got to experience a live debate between members of the Oireachtas from the public gallery. The Dáil trip is one of the most important events of the Cumann year as members are able to see the work TD's do when in the Dáil they are not in their constituency offices. We were also invited to a Fianna Fáil barbeque afterwards where we met with more members and TD's. A great day was had by all who attended. Getting up after less than three hours sleep for work was hard!

Also during June we also had the opportunity to meet Úachtarán Fianna Fáil Micheál Martin in Limerick as part of the reformation process that Fianna Fáil is undertaking. Throughout July we were preparing for the Ógra Summer School and Ógra Luau BBQ which was held Dublin on the 6th of August. An important part of the Ógra calendar from both a political and social aspect, members got to share their views in three different workshops in relation to political reform, the economy. All our members found this to be very engaging and worthwhile. At the Summer School Ógra launched the “Your President Your Voice” campaign, where during a thirty day period we aimed to send 10,000 emails using an email tool on ogra.ie to Government ministers voicing our disapproval of proposing the date of the Presidential Election and referenda for a Thursday. This date will affect thousands of students as many of them are registered at their local school in their hometowns to vote.

The Luau BBQ was the highlight of the day. UL Ógra outshone the rest of the Cumann in attendance, winning prizes for our Hawaii themed costumes and hula hoop skills. Our circle of friends grew as we got to meet with new Ógra members and got reacquainted with old circles. We are a close group of friends who enjoy every moment of fun we have with each other.

Yes we do politics but we also like to have our fun. Often a simple text message could mean a get together in one of the member's houses and end up in an epic night to remember. Every Monday at 6pm we discuss issues that are facing students such as fees, grants, health to name but a few. We keep an open agenda as every member's contribution is important, no matter how big or small. We frequently have guest speakers who tell us about what they do and what difference makes to people in their local communities. We also have upcoming the National Youth Conference (a weekend of madness with Ógra members from all over Ireland), Presidents dinner (Cairde Fáil), fundraisers (continuing on from the €5,000 we raised for the Cian Cleary Benefit Fund last semester) and lots of other brilliant events this semester and this year. Believe me you won't regret joining Ógra. It is one of the best things I did while during my time in UL.

If you are interested in joining please drop us a message on Facebook and add us www.facebook.com/ulogra or email: ulogra@gmail.com.

Enterprise & Finance Society

Enterprise & Finance Society is one of a kind in UL. We connect creative, business minded students, and give them the opportunity to show initiative, help make valuable connections, get experience organising joint events with other societies or just have a good time with fellow students. We offer trading floor training exclusively to members of our society as well as a chance to win “Kemmy Cup” and a bit of cash while learning. Last semester we organised two trips, one to Deloitte (where in a competition our guys won 1st place) and Google (after this meeting one of the members was offered a position). If you think you can bring something more, I would like to assure that all new ideas are welcome, because this society is all about you, because you are most important person.

Marius Pranskunas
Development Officer



4 Reasons not to join the UL Socialist Students

By Captain Capitalism

- 1) You like giving money to the super rich
The crisis was caused by the greed of bankers, speculators and the rich. So, obviously, the logical thing to do is spend €70bn plus bailing them out, bankrupting the state, and bringing in savage cutbacks to 'balance the books' on the backs of ordinary people.
- 2) The crisis will sort itself out if we just let the politicians take care of it
Four years of cut backs, and every year the deficit has gotten worse, and the number of unemployed has risen. So obviously the problem is the cuts haven't been big enough. But don't worry, the honourable politicians are on the job, you can go back to watching Strictly Come Dine With Brit-Factor's Talent, Celebrity Special.
- 3) Environmental destruction? Pfft... the planet is fine
So, there's crazy levels of CO2 way up in the sky, and temperatures and seas are rising. Sure, who doesn't like warm weather and oceans. I say: live life on the edge: more nuclear reactors!
- 4) And, sure, change is impossible, even if you wanted it
Nothing has ever changed. Capitalism is as old as the hills. Well, the 200 year old hills at least. Ya, it was brought into existence by revolutions, but they don't happen anymore. Except, maybe, Egypt. Oh, and Tunisia. But not Europe. Bar Greece. And Spain. And maybe France. And.. Well, never mind that, read 1 to 3, why would you want to change anything anyway?

Disagree?

Join the Socialists, meetings every Wednesday 6pm in UL Students Union room 3.
cian@socialistparty.net



NEW CLUBS & SOCIETIES

COMEDY

THE NEW UL Comedy Society takes great pleasure in welcoming anybody and everybody to join the new Soc on the block, make new friends, have a laugh and enjoy the atmosphere. We have something for everybody: cartoon/caricature classes and workshops, weekly comedy film nights and appreciation nights (e.g. Father Ted Appreciation Night), monthly video competitions, open mic nights, battle of the comedians, comedy festivals, comedy shows and much more. UL Comedy Soc is an underground comedy club for up-and-coming comedians as well as people who just want to have a good time and more than a few laughs. The membership fee is just €3 for the year. If you want more information, just send us an email at "mailto:ulcomedysociety@gmail.com" ulcomedysociety@gmail.com and you can also check out our YouTube Channel at: "http://www.youtube.com/ulcomedysociety" \t " _blank" http://www.youtube.com/ulcomedysociety or find us on Facebook.

THE FORUM SOCIETY



Ever get called a geek?

Find yourself laughing along to The Big Bang Theory? Think you know the ultimate question to the universe and everything in it? Is Luke's father really the man with the shiny, glowing stick? Been for a walk to Mordor lately? Borrow any Type-40 Tardis lately? Or while holding a chopstick exclaim the words: Expelliarmus!

Then the Forum Society here in UL is the one for you, with weekly "Gatherings" to swap books, comics, movies, etc. or just to meet up and have a laugh about the latest episode of Doctor Who (Every Thursday @ 5 O'clock -The Scholars).

Weekly movie nights (Coming Soon).

Fresher's Night: Thursday, 8th September, with a Society meeting, a trip to the local UniGolf and then a night out in Costello's.

Also don't forget the Zombie Outbreak, paintballing with the Game Soc and our London trip to the Doctor Who Experience, as well as numerous guest speakers throughout the year.

Forum Soc is new at UL and we are for everyone who has an active interest in Sci-Fi, Fantasy, Fiction and we're always game for some fun!

Check us out on Facebook; our webpage: www.ulforumsoc.ie; or email us at: ulforumsoc@gmail.com

UL BOXING CLUB

Ireland's most successful Olympic sport comes to UL. Open to all students, whether you are a novice looking for a way to exercise and get fit, or an experienced boxer hoping to compete in 3rd level intervarsity's, UL Boxing Club has something for you.

Training focuses mainly on fitness and agility, as well as practising the skills of boxing. A full body workout will consist of circuit training, skipping and core exercises. Members will have access to everything from boxing pads, bags and gloves to sparring fights and one-to-one training with coaches.

An excellent way to meet people who share a common interest in boxing, as well as an enjoyable activity away from stress of college studies, UL Boxing Club is welcoming members to join this semester.

Training times: Monday 9-10 pm, Wednesday 9.30-10.30pm (UL arena)

Planned activities: Training will consist of cardio fitness, circuit training, strength and conditioning training, boxing technique and more.

Membership fee: €10

Find us on facebook: UL Boxing Club

Contact: James
10118764@studentmail.ul.ie)

Peter
10130799@studentmail.ul.ie



UL Maths Society

UL Maths Society is one of the NEW Club's and Societies in UL this year. The Maths Society isn't just all about the BORING side of maths, our intention is to make maths FUN!! We plan to do this with a variety of fun events such as Countdown (just like the TV show), quizzes (of course with a maths round), talks from lectures on some Very Interesting maths topics and of course there will be a great chance to socialise and you will definitely get to meet some cool new people.



All details includes events, dates and times will be published on our Facebook page soon, so keep on eye on it!!

So if you think you'd enjoy a bit of mathsy fun without all the boredom of everyday maths, join the UL MATHS Soc this September.

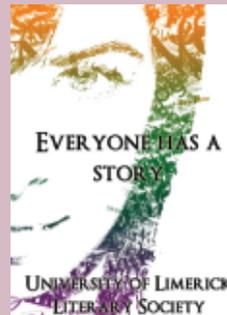
Membership Rates: Students €2
Alumni & Staff €4
Associates €6

If you want more info email us at ulmathssoc@gmail.com
Or Check us out on Facebook, just search UL Maths Society

LITERACY SOCIETY

"If I could always read, I should never feel the want of company."
Lord Byron, UL Literary Society

We are a NEW society in UL, formed in 2010. As a Literary Society, we offer a range of activities. We are planning to hold meetings every second Wednesday (7pm - 8pm) to discuss literature and related topics. Open mic nights will be held on the last Wednesday of every month, which will provide members with an opportunity to read their work or one of their favourite pieces by another writer. Our first trip in the year is going to be to the Discworld Convention in Co. Clare in November. Workshops will be arranged during the course of the year, and we will hopefully be going to Hay on Wye Literary Festival in Wales at the end of the second semester. We will have a wide range of books in English and other languages for our members to borrow. Our membership fee is €2.



If you wish to get in contact, feel free to e-mail us at: HYPERLINK "mailto:ullitsoc@hotmail.com" ullitsoc@hotmail.com or find us on the C&S website."

Sinead Fahy, Vice President

JOURNALISM SOCIETY

The NEW Journalism Society is looking for members and everyone is welcome. So, what are we going to do for our members?

For a yearly rate of €5 euros:

We will provide educational trips to media outlets both print and broadcast in Ireland and abroad. We will host seminars with leading journalists and use the skills of our members to interact and critically analyse all forms media content using new media formats and equipment.

We will publish an annual magazine designed by our members with a broad ranging content that will give those who contribute a working knowledge of the experience involved in designing a print publication. We will also record regular podcasts in which our members will be encouraged to participate.

We will provide workshops on creative writing that will be beneficial to all interested in journalistic writing.

The Journalism Society will not only encompass radio and print journalism but will look at new technologies in journalism and the media. The Society will also act as a forum for fellow writers to network and develop contacts. The UL Journalism Society can be found on Facebook and at www.journalismsocietyul.blogspot.c-om. Meet us at our stall at the Clubs and Societies drive.





UL GAA's NEWSLETTER

Welcome

It's with great pleasure, we welcome all new students to the University of Limerick and more specifically to UL GAA Club. UL GAA is one of the largest and most successful Clubs in UL, with over 14 teams participating competitively.

Coming off the back of Fitzgibbon Cup success, Sigerson qualification and semi-final placing in both Camogie and Ladies Football, the 2011/12 season looks bright and hopefully YOU will be part of it.

UL is lucky to have a number of Inter-county stars on the playing field. To name just a few: Tipp's Paddy Stapleton, Paul Kelly and Philip Austin, Kerry's David Moran, Aisling Leonard, Edith and Clare Carroll, Cork's Pa Cronin, Maria Walsh & Carolyn Motherway, and Clare's Eimear Considine.

Joining

All levels of participation are welcomed. We pride ourselves on having some of

the best coaching and managements in place so our teams can perform to their best. All codes have teams competing at Fresher, Junior, Intermediate and Senior grades, so there is a grade to suit you.

Membership: SIGN UP by registering your details and joining UL GAA at www.clubsandsocs.ul.ie. To fully activate your membership, you then must pay your €10 fee to the GAA office. This covers your insurance for the entire year and must be paid prior to any activity on the pitch, i.e. trials / training / games.

Also, Club AGM's will be held at the beginning of the semester, so go along and get involved in the running of your Club!

Trainings

Hurling Fresher Trials
12th / 13th September
Football Fresher Trials
19th / 20th September

Further details of trials, ladies football and camogie trainings will be posted on

the UL GAA notice board, Facebook page or emailed to you.

Teams usually train twice a week on the pitches or the new 3G pitch on North Campus.

In addition to your regular weekly training, it's our intention in 2011/12 to expose 1st year students to once a month High Profile Training with All-Ireland Winning Trainer, Dr. Cian O'Neill.

GAA Community

Off the field, the Club Social Committee work to create a 'Sense of Club' amongst all players. Social nights out for all members will be held throughout the year on Tuesday or Thursday nights and a great night out is guaranteed. The first of these will be held in the start of Semester, so keep an eye out for details on the Clubs and Societies Webpage, UL GAA facebook page and around the campus notice-boards!

Contact Us

Email: patsy.morrissey@ul.ie
Facebook: www.facebook.com/ulgae

Office: The GAA Office is open 5 days a week so feel free to drop in.

Our NEW office is alongside the dressing rooms under the Sports Bar building

ULSU CLUBS & SOCIETIES RECRUITMENT DRIVE
WEDNESDAY WEEK 1 - ARENA BUILDING
www.registercs.ul.ie
University Arena | ULartsoffice™

UL Ladies Soccer Club represent Ireland at EUC Futsal Championships

UL Ladies Rugby once again is recruiting new players to bring you on an unforgettable journey which you will remember for life. We strive for success on and off the pitch but love to have the maximum amount of fun while doing everything. We are a very successful team and our records show that for the past 12 years our team had dominated college women's rugby in Ireland. Last season was an absolutely remarkable one for us; we retained the league and varsities trophies and also added 2 all Ireland 7's titles to the silverware. All work and no play you may ask? Definitely not!!!

We are a very social club who caters for everybody from the beginner to the seasoned player, we have something for everyone. We have social events each week from Cinema and DVD nights to nights out and much more. There is a great camaraderie amongst all our members which shines though always. We also have team bonding and training trips to different parts of Ireland and hope to organize a tour to a European competition next summer. This is an action packed club which you will love if you give it a go so come sign up today on the C&S Website, our Facebook page (UL Ladies Rugby) or email us ulladiesrugby@hotmail.com. Alternatively come to our training on the new

Rugby Pitch on the North Campus on Tuesdays and Thursdays at 6 -7.30 pm from week 1.

