



# Clubs & Societies NEWS

Aontas na Mac Léinn University of Limerick  
Ollscoil Luimnigh Students Union



## Windsurfing with Wolves

By Annie Gaughan - Captain

Have you ever wondered what it would be like to be in the middle of a bay surrounded by some of the most amazing mountains in Ireland? Have you ever wondered how it would feel to glide across the water at a speed 30 knots (50 KPH) or more? Or have you ever wondered how you could make some of the best friends you'll ever meet? There's only one way for you to experience this. Join the UL Windsurfing Club. As a club, we give you the opportunity to try a thrilling new sport with top quality gear and professional instruction, as well as a chance to travel to the best windsurfing spots in Ireland and abroad.

The club is based in the southwest of the country, in the small, idyllic Kerry town, Castlegregory. Castlegregory is home to ex-pro windsurfer Jamie Knox who runs a watersports school and shop. Jamie, as most members will tell you, has a unique and entertaining method of teaching, and you can expect to hear him shouting "stick your bum in" down his megaphone at you while you're gliding across the crystal clear waters of Sandy Bay. There's no doubt that he'll have you ready to race in no time. As a club we form what we like

to call a family. We take any chance we can get to gather everyone together be it, family dinner night, movie night or even Pancake Tuesday! We encourage all our members to attend our fundraisers which include our infamous UV party in Costellos, our pyjama and beach parties in the Lodge or our Bar Boot Sale on campus. If we put all of this alongside the always unforgettable weekend of fun at intervarsities, you'll see that being a windsurfer is just as fun off the water as on.

Most of our training takes place every couple of weekends down in Castlegregory. It all starts Friday evening when we whizz by the SU in the UL Wolves bus, pick everyone up and venture down to Kerry. We get two solid days of windsurfing in, all to be back in Limerick Sunday evening. The trip usually costs €5 which includes your food, accommodation, transport, gear and tuition for the weekend. The hostel we stay in is located over Fitzmaurice's bar, so after a long day of windsurfing you can kick back and relax with a hearty dinner and a nice cold beverage. There are two big events in our calendar every year, the first being a foreign trip in January.

In the past the club has travelled to many windsurfing hot spots including Egypt, Tenerife, Fuerteventura, Tarifa and the Dominican Republic. The foreign trip gives us the opportunity to train even when it's too cold in Ireland to hold a sail in your hands! The Irish Windsurfing Intersvarsities is the other big event in our calendar, where the windsurfing clubs from all the universities in Ireland gather for one big competition. It is a weekend full of fun and you will

most certainly meet some very interesting characters! This year UL are hosting the intervarsities so we can ensure you that it will be the best one yet. (P.S. We're aiming to become champions for the sixth year in a row!)

So there's a brief summary of what life as a UL windsurfer has to offer. We welcome everyone, whether you've windsurfed before or whether you've never been in the sea before to come and join us. Our membership only costs € and we guarantee

you'll be hooked on the sport on your first try. You can contact us on Facebook if you type ULWC into the search bar, by email at: [ulwc.committee@gmail.com](mailto:ulwc.committee@gmail.com), or you can get our committee's contact details on the touch screens in the Students Union. Don't be afraid to drop by and say hello at the recruitment drive either. We look forward to seeing you all.



## ITS GOING TO GET LOUD

By Jonathan O'Connell  
President Music Society

After ending on a high last year with a very successful Battle of the Bands, UL Music Soc is going to push on this year with lots of events and activities planned. Throughout the year the Music Soc will be putting on events showcasing some of the best up and coming talent in Limerick and Ireland. This year the Battle of the Bands promises to be bigger than ever with great prizes and gig opportunities up for grabs. Registration for the Battle of the Bands is free and all that is required is that a member of your band is a member of Music Soc. Every Monday open mic nights are held in the Stables Club. These nights are open to

everyone to come along and play or sing whatever they want and there's even a complimentary beverage for anyone who takes part. So come along with some friends and enjoy a great night of wonderful music and fun without the hassle and cost of a night out. Sure what else is there to do on a Monday? We all know the difficulty with getting a band together to practice, especially if you're living on campus and you don't want the village manager or neighbours knocking on your door because you're drummer is banging on the bongos like a chimpanzee. The Music soc has their own music room to practice with all the equipment needed to

jam as well as a facility to record demos.

This year for the first time, UL Music will be providing lessons in sound engineering. The lessons will show how to setup and manage the Music Soc P.A for events held during the year and provide a great learning experience for everyone.

Weather you're the next Jimi Hendrix and want to help people to learn, a complete beginner picking up an instrument for the first time or just want to learn some new skills or instruments, the music soc can provide you with the opportunity to learn. [ulmusicsoc@gmail.com](mailto:ulmusicsoc@gmail.com)  
[www.facebook.com/ulmusicsoc](http://www.facebook.com/ulmusicsoc)





# Welcome



*Paul Lee*  
Clubs and Societies  
Development Manager

## Welcome to all our Newbie's

I would like to extend a big welcome to all our new arrivals to the University of Limerick from all here in Clubs & Societies Office. For the next four years while the majority of people reading this will be working towards your goal of obtaining a degree THE best way to maximise your non academic time with new people in fun, interesting and challenging ways is through the huge social network known affectionately as "Clubs & Socs", the UL Wolves.

The dynamic characteristics and qualities the wolf embodies typify all the best things about being a student in UL and this is especially evident within the Clubs & Societies pack. The wolf is an intelligent, organised and highly social animal, it possess immense energy and draws its strength from its collective weight of numbers in the pack and certainly in the last 12 months many of our sports clubs were the apex predators on the intercollegiate sports scene.

Clubs & Societies are very simply extra curricular activities, which are run voluntarily by the students (and some staff) for the students in between their academic endeavours. Of course the number 1 priority is the pursuit of academic excellence but that still leaves a lot of time for the more ambitious and creative individuals to really apply themselves to this campus. Don't base this experience solely around the pub scene, you can go a pub at any time at any hour of your life but your University time is a limited and time bound experience- maximise the experience.

I think Clubs and Societies can be best summed up by Ireland's great musician and songwriter Christy Moore in his famous song about Lisdoonvarna, and as of the time of writing I am still buzzed with the Banner County making it to the All Ireland final so here is a fitting homage



*Michelle Whyte*

Hi All,  
My name is Michelle Whyte and I am your Clubs and Societies Administrator A.K.A "The New Liz"!

If you are new to UL then "Welcome to the Wolf Pack". From personal

experience I would advise you to get involved in a club or society of your choice; you can be sure this affiliation will make your time at UL all the more enjoyable and memorable.

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

"Everybody needs a break, climb a mountain (Outdoor Pursuits Club-mountaineering) or jump in a lake (Sailing /Windsurfing/Surfing Clubs), some head off to exotic places (Sub Aqua Club – Lanzarote, Sofa – Budapest, YFG - Berlin) others go to the Galway races (Horse Racing Society –who else?), Mattie goes to the South of France (Kayak /Mountain/Skydiving Club Jim to the dogs (Psychology Societies night at the Limerick Dog track) And Peter to the dance (UL Dance), a cousin of mine goes pot holing (Outdoor Pursuits – Yorkshire) a cousin of hers loves Joe Dolan (Music Society...ok maybe not Joe Dolan). Summer comes around each year we go there and they go here some jet off to Frajhiliana (International Society) but I always go to Lisdoonvarna (Photographic Society – Well close enough it's the Burren)"

Once the balance is struck with academic life the possibilities of student creativity and initiative are limited only by the imagination of its members. Finally to all contemplating getting involved in clubs and societies it's far better to have tried and failed than never to try at all.

## Welcome back to the...Oldies?

As always when the exams end in May people scatter to the 4 corners of the globe and just as well as we tend to need to re-charge the batteries as well. However around the end of July you do miss the hive of activity so I'm looking forward to kicking off the new term and making new acquaintances and renewing old ones. As always things never stay still with Clubs & Societies for too long and since your collective departure's we have hired Michelle Whyte as our new Clubs & Society Administrator and working with Michelle over the summer I believe the quality of service and professionalism is well assured and I'd like to wish Michelle well on her first term here in UL.

I'd like to offer a word of thanks to Keith Young for his contribution in processing budgets in the hiatus between Liz Gabbett taking up her new post in the Students Union and Michelle arriving in July. This was crucial to be fair as we have never had as many Clubs & Societies successfully apply for a budget. There has been from what I can see almost a 30% increase in the demand for budgets to subsidise direct Clubs & Societies activities which places a big challenge on the budget line to make sure those "in-budget" for the first time can be accommodated without the traditional recipients suffering negatively on their volume of activities. With the budget alterations on the indirect Administrative side of the budget last year this might be a topic of debate at our first council meeting on Tuesday 24th of September after we run the figures. As each of the

societies, accolades and friendships have been developed and won over the past forty years in UL and this list is not only ever-growing but something to be proud of. This September we will be seeing some new faces at the recruitment fair with the 'Tea Society', 'Enactus Society' and the 'Threads Society' bringing a novel and diverse range of interests to the table.

Apart from accommodating these new clubs and societies I work with C+S Development Manager Paul Lee to maintain the presence, welfare and finance of existing committees. I assist in processing your student union cheque requisitions, credit card requests and special applications. I liaise with our insurers for personal accident, foreign trip and vehicle cover. I look after the C+S vehicles which include a land cruiser, sprinter van and mini-bus. The possession of vehicles in a student's union is unique to UL and has proven to be

60+ Clubs & Societies requested a budget this year is interdependent on each other financially, in that regard and it's not possible at the moment to gauge any possible impact.

The Administration Seminars are set for Thursday September 5th 6pm-8pm in the Jonathan Swift lecture theatre and it's the same time and venue for Part 2 on Tuesday 10th September, refreshments to follow as always. Our annual Recruitment Drive will take place too on Wednesday of Week 1 in the University Arena.

Other news in brief is that I have been busy with Integrated Risk Solutions and we expect all Clubs & Societies to have their safety statement's certified for the start of the term which would be an historic first.

My thanks to Keith O'Neill of Blue Chief Solutions for his Trojan work on the new format for the wolves' website.

Apart from all the over sea's trips which take place in the summer the most unusual summer event was where 3 of our Sub Aqua Club were involved with assisting the coastguard with the rescue of a delegation of international rowers as part of an event by their world governing body in Lough Derg this summer. Our Sub Aqua Club were using their high powered 210hph RHIB as a safety support vessel when the weather turned quite dramatically and that necessitated rescuing quite a lot of mature rowers and their boats from the Lough. It was splashed all over the newspaper but our members offered the positivity in terms of their role in this unfortunate event. Well done to all involved.

Finally for all those in C&S members around long enough to know the fun and prestige that goes with the Annual Clubs & Society Awards and the accompanying Clubs & Societies Ball I can announce that for the first time ever we will be Thomond Park on the 20th March 2014.

So its onwards and upwards – great to have you all back

Regards

Paul Lee

Clubs and Societies Development Manager  
Bannisteoir Forbartha Clubanna & Cumann

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an excellent asset for us whether being used to carry Kayaks to Wales, climbing gear to the Alps or our budding politicians to the Ard Fheis.

The biggest date in the C+S calendar, the recruitment fair, will take place this year on the 11th September. I look forward to meeting you there! Prior to this you can set-up or renew your personal C+S account on our newly revamped website: [www.ulwolves.ie](http://www.ulwolves.ie). My office is located on the first floor of the Student's Union building. Please don't hesitate to pop in, call or email with any queries or problems

Is Mise Le Meas,

Michelle Whyte

Clubs and Societies Administrator  
Riarthóir Clubanna agus Cumann

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# UL Vikings - A rookie's perspective

By Dylan Quigley.

My name is Dylan Quigley. I'm a 1st year student at the University of Limerick. I'm 19 years old and studying Sports & Exercise Science. Growing up, I spent several years in both Ireland and the United States. I was introduced to American Football during my time in Texas, and I've been following NFL and USA College Football ever since.

I heard about the UL Vikings near the end of the first semester from a friend who was interested in joining up. Although it sounded cool, it wasn't until I saw the team for myself that I realized, these guys mean business. Initially, it was the intensity, energy, passion, and a deep sense of dedication that caught my eye; but in time I would learn that being a Viking required much more. I was hooked; I wanted to be a Viking. I knew

it wouldn't be easy, only that it would be worth it. In hindsight, I could not have been more right. The training is hard; there is no two ways about it. In the gym its go hard or go home, and on the field it's all or nothing. Every session tougher than the last, and there is no room for whining. Yes, injuries happen; but pain goes away - lost games don't. Don't get me wrong, the Vikings aren't all work and no play. After all the puking, sweating and bleeding, there's always time for their social side which will test you on another level. Comradery and team cohesion are what the Vikings are all about. They define "Team" more perfectly than any other I've played on. After a season of lifting heavy, hitting hard and growing stronger on the inside and out - I've become part of something bigger than me and I can't wait to come back next

year. To be bigger and better, stronger and faster, smarter and more skilful than before - that's what it's all about. The Vikings made my first year in college unforgettable. I am proud to be part of the family. Once a Viking, Always a

Viking! It costs just € to join the club and don't worry we have you covered with the gear. We train twice a week and provide club gym sessions. Our first game will be in College Bowl VI in November so what are you waiting for.

If you would like to join the UL Vikings yourself and give it a go just contact [ulvikings@gmail.com](mailto:ulvikings@gmail.com) or find our website at [www.ulvikings.com](http://www.ulvikings.com). Be part of something bigger than yourself.



American Football Great Limerick Run

# Archery - The Ancient Art

Archery demands discipline, focus and consistency. It is therefore a sport that encourages you to build up skills in areas that will undoubtedly be necessary throughout life. It is a sport of mental strength and self-belief. It is also a sport that has captured the attention of many people in recent years; with publicity of the sport in the 2012 Olympic Games and in the media through movies such as Brave and The Hunger Games.

The past year has been a hugely successful period for the UL Archery Club. Each member took it upon themselves to work their hardest in order to continue the successes from previous years and also continue in the improvement and growth of the club. With all of this dedication and work input, it is no surprise that the Archery Club was one of the three nominees for Best Club in the C&S Awards.

UL Archery Club is a very social club. We believe in making our beginner archers feel comfortable with us from the beginning so that they may get the most out of our training. We start off with a six week beginner's course. Through this they learn how to do all of the basics of shooting safely and correctly in order to build up their accuracy on the target. Shortly following this, the Irish Student Archery Association's Intersarsity League will commence. Intersarities are held all around the country. For example, Dublin City University and the University of Ulster in

Belfast were among some of the venues the club visited. Intersarities are quite an experience and opportunity for any archer. They are great fun, and because everyone competing in the events is a student, it is an opportunity to meet with other archers and become friends with students from colleges around the country. UL Archery Club hosted the Intersarsity Finals in the UL Arena in April. This was the biggest Intersarsity Finals ever held in the history of the Irish Student Archery Association. Following this event, all of the archers attended the prize giving for the UL Intersarsity and for Irish Student Archery Association league prizes at the UL Pavilion. The UL Archers received medals and trophies from almost every category involved with everyone's efforts deservedly rewarded.

In July 2013, the UL Archery Club hosted the Munster Series of the All Ireland Archery. This is a two-day outdoor archery event, in which archers from all around the country attend. The second day of the even involves the head-to-head matches, where two archers are pitted against each other in a series of matches, this makes for some tense and often heart wrenching moments when it comes to a very closely matched head-to-head. The whole event was a huge success and his was all thanks to the hard work of the T.O., the Director of Shooting and his assistant Director, and to the field crew. The club has received many compliments and kind words

about how efficiently and well run the entire competition was.

UL Archery Club will be taking on new members for the six week beginner courses in September. If you would like to join UL Archery, don't hesitate to contact us [ularchery@gmail.com](mailto:ularchery@gmail.com) The membership for the full year is only €; covering the cost of the beginner courses, using the club's equipment and going to student archery events. The club will be present at the C&S Recruitment Drive and our members are more than happy to answer any of your questions.



UL Archery Club



# UL Boxing Still Packing a Punch

By Fionnbarr Thompson

THE University of Limerick's Boxing Club may yet only be considered a new comer to the Clubs & Societies family, but the 2012/2013 Season saw the club establish itself as one of the most promising and successful on campus. In only its second full year in existence, UL went from strength to strength in terms of training methods, competitions attended, titles won and of course our number of members.

As the new academic year rolled in, UL Boxing Club looked to build on the All-Ireland Title earned the previous February. Trainers Mario Feliciello, Peter Tully and James McDowell set about achieving this goal by incorporating high intensity circuit training drills along with precise boxing skills work to compliment conditioning sessions with focus pad sessions. The balance of both skill and fitness work had looked to be paying dividends as it was plain to see that not only were the novices boxers making progress on their journey to becoming fully fledged competitors, but the more seasoned campaigners also developed their knowledge of the sweet science of boxing. As any individual that has fought in the ring will tell you, it's the work that you put in beforehand that makes the difference. This past year UL Boxing Club is a perfect example of this with all of the members willing to put in the time not only during the

scheduled training regime, but also whenever additional sessions including sparring classes and seminars by guest coaches. This level of dedication was clearly evident throughout competitions this year with UL taking home two All-Ireland Titles in the IATBA Open. This was achieved by students Fionnbarr Thompson, who ended the season unbeaten after taking the win in four separate bouts on his way to glory, and Mark Kirwan who delivered the goods in his very first year in the UL ranks, claiming the Intermediate title. This coincided with the club having four members selected to box for an Irish Select Team against the Defence Forces. This representation was larger than any other University in Ireland and reflected the acknowledgment that the UL style of boxing had solidified its place amongst the best in the country.

The club has also been involved in social events during the past year, holding gatherings on campus after competing in various competitions and is always well represented at Clubs & Societies meetings during both semesters of the academic calendar. This helps to maintain the club's high standards right from the administration side of the sport to when the action takes place in the ring.

The University of Limerick Boxing Club would like to

extend an invitation to all students to come along and give it a try. The training is devised to cater for all levels, whether Novice, Senior or even a Keep-Fitter so there is something here for everybody.

Training resumes Monday Week 2 at 9PM-10:45PM and Wednesday at the same time in the University Arena. Any questions can be answered via the club's Facebook page: [www.facebook.com/ULBOXING](http://www.facebook.com/ULBOXING).



Victorious UL Boxing Team (L-R) Peter McCabe, Seosamb Ferry, Mark Kirwan, Fionnbarr Thompson, David Lewis, Mario Feliciello (Coach)



All-Ireland Champion Mark Kirwan on way to Victory

## UL Threads Society

A brand new society for crafts that have been around for years. The Threads Society is bringing thread crafts back to life. Does your bland student accommodation need some unique decorating? Want to be able to make those decorations yourself? Knitted clocks and original lampshades, not to mind quilts, blankets and pillows are all easy and cheaper to make than buy. Just let us show you how. Or maybe you just want to be able to wear a scarf or jumper this winter that you made yourself. We can help you with that too. UL Threads Society is the place to learn and upgrade your skills in knitting, crochet, embroidery, cross-stitch, quilting and sewing. If you've never picked

up a pair of needles, crochet hook or sewing needle don't worry there'll be classes to show you how. If you've been at it for years, why not enter our competitions in pattern design or craftsmanship? You might even pick up a few new tricks chatting to members at one of the weekly gatherings. Not only that, but the Threads Society is planning trips to craft fairs and other fun activities. It promises a great time to be had by all. So make sure to sign up at the recruitment drive and join us at the weekly gatherings.

## UL surf club – an evolutionan

So begins a new season of surfing, skating and all round craic. Its been a long flat summer and some withdrawal symptoms have been seen but now we're ready to get down to Lahinch again and finally see some proper swell! Following a major vote at last years AGM UL Boarders Club has been rebranded and now we're frothing to just get in the water and on

some boards again, beginning with a trip to the west coast surf club Longboarding comp in Lahinch on the 15th September. The club boasts a number of fully qualified, sometimes friendly and occasionally motivated surf instructors to bring kooks out for their first surfing experience. If you already consider yourself a pro don't worry, many members drive and

always have space to squeeze one more in whenever there's a few waves or sunny skies. Club members can be identified as the ones flying around annoying traffic on longboards, try flag us down if we don't run you over or just come along to any of our training sessions. We'll all be Kelly Slater come May.





# Higher, Faster, Stronger with UL Wolves

By PJ Galvin  
(UL athletics club PRO)

Athletics is pure competition, who can run the fastest, jump the highest, the longest, or throw the furthest? It's also the best sport to help improve your ability in other ventures, want to get faster on the pitch, get fitter, jump higher? You've found your place with UL Athletics Club. We have three main training groups, one for sprinters and jumpers, one for middle to long distance athletes, and a strong developing throws group. Training takes place from Monday to Thursday at 6:00 each evening encompassing technical, speed and strength work as part of the overall training model. We are a highly competitive club, with a history of dominating the athletics scene at Intervarsity level, although our arch-rivals DCU have overtaken

us in the last few years. Five of our athletes have competed internationally this season, Thomas Barr breaking his own national record in the 400m hurdles at the European u23s in Finland, Niamh Whelan (200m) impressing at the World University Games in Kazan, David Quilligan (long jump) in the European Team Championships in Dublin and also in the Irish vs. Scottish University match, which featured three other UL athletes; Clare Murphy (200m and 400m hurdles), Sorcha Murphy and PJ Galvin (both high jump). International competition made a return to the track in UL as a selection from Ivy League colleges Dartmouth and Brown arrived in Ireland to pit themselves against our athletes in a contest which finished with only a single point separating

the two teams. This was not a once-off occasion, just two years ago we hosted Harvard and Yale in the UL Bowl, and a trip to the USA could even be on the horizon in future, who knows? Besides the training and competitive aspect of athletics, we have a very strong social scene, with barbeques, nights out and events such as the charity leg wax and novelty relay events, which were crucial to our fundraising drive this year, leading to cheaper away trips and UL athletics training and competition apparel that doesn't cost an arm and a leg. Looking to be the next Usain Bolt or Sonia O'Sullivan? Or just want to get fit or improve your competitive edge in other sports such as GAA or Rugby? We expect to see you at the recruitment drive!

Find us on Facebook @ "UL Athletics Club" or on the UL Wolves clubs and Socs website. Club email - ulac01@gmail.com



*Athletics Dave*

## Sailing in U.L. at an All time high!

College sailing can bring you to all four corners of Ireland and is a great way of making new friends not just from U.L. but all different colleges across Ireland. I have met some of my good friends through sailing and I have met countless other friends through college sailing. This year U.L.S.C. plans on hosting beginners Wednesdays, even if you have minimal sailing experience we still strongly advise you to give it a go! We provide it all, transport, boats, gear if you need it and of course instructors of the highest level! All you need to bring is yourself. Last year we had great success with our beginners, who enjoyed a fantastic weekend down in Valentia, Kerry, at a sailing event. We plan on having another great weekend away this year too.

The history of U.L.S.C. is rich with success. The club has won the Varsity sailing championships a whopping 4 times in the last 5 years! Last Year University of Limerick Sailing Club achieved history by completing the Grand Slam on the Varsity sailing circuit, not losing a single event. This was never done before by any other college and U.L.S.C. is proud to say we did it first! It was an achievement made possible by everyone in the club and one that we plan not just to make a once off! The club also won the spot to represent Ireland at the British team racing nationals, a spot which is only awarded to the top sailing college in Ireland. Our training sessions happen mostly on weekends in Lough Derg but we often travel to other venues across Ireland to train against other colleges,

which is always great fun. Last year U.L.S.C. took on the task of hosting the Irish Sailing Varsity Championships. It took the whole club to pull together and organize but I can safely say it was a resounding success. We held the event in Fenit, Kerry, who were fantastic hosts. The racing happened over 3 days and even with tricky wind conditions we managed to keep on schedule and kept racing going. The social side of the event was electric as each night had a special theme. Our first themed night was "Superstars of the past" and some very interesting costumes came to the fore! The second theme night was "Thrift Shop" which was inspired by the Macklemore song at the time. Students had to go into their local charity store and buy the craziest assortment of clothing for the



night. It made for a great night and it was also nice to know that money was also going to great causes across Ireland. The whole event culminated in the Varsity Ball which happens on the final night of every Varsity. A good night was had by all and great memories were made. We managed to pull off a great event, not without a few hiccups along the way, but they can be expected really! What was perhaps the cherry on the top was that our own club

won the event to complete the "Grand Slam" and we are also very proud to say that our very own club member Ross Murray won the prestigious Sailor of the Year award. Joining our club only costs €5 for the whole year! So please if you have any interest in sailing then do contact us at our club e-mail. Any level of sailor is welcome and very much appreciated! Thanks for reading and I hope to hear from you soon.

# Making a Splash with UL SwimClub

By Anne O'Donoghue – PRO

Why did you come to The University of Limerick? Was it the stunning campus, the unique CO-OP placement or maybe the top class sporting facilities? If you answered yes to the last then read on because The University of Limerick Swim Club is the one for you.

As I am sure you are already aware UL is renowned for its amazing sporting facilities. Between rowing on the river flowing through campus, an Olympic sized 400m running track and pitches of every description there is certainly a lot to choose from here at UL, but the jewel in the crown is without doubt the swimming pool. Situated in the immense red brick structure of the UL Arena, the swimming pool is really quite a sight. The pool is Olympic sized, 50 meters long, 25 meters wide and ULSC are certainly the club that benefit most from this facility. ULSC are able to train both long course (50m) and short course (25m) without ever leaving the comfort of their own campus. This offers diversity to our training that other clubs can only dream about. ULSC's week starts on a Monday night when we all gather

Pool side to be put through our paces by Coach Greg Scanlon. In the few short minutes before training when we 'stretch' everyone is in a mad frenzy to catch up with each other after the antics of the weekend and the stretching goes to pot when we all begin to fall around laughing. After Training we are not so lively. The hysterical laughter has been replaced by the contented silence of a session well done as we all toddle red faced to the dressing rooms.

This process is repeated several times throughout the week and is only broken by the occasional post-training bonding session in the stables. Where the conversation flits from how best to tackle varsities to which one of us is going to be the next victim of the karaoke machine. ULSC prides its self on the philosophy of finding the balance between working hard and kicking back. We want our members to get the most out of their training while enjoying themselves and maybe even making a few friends along the way. This philosophy paid off for us last year when our members took home 15 medals from The Masters Long

Course Championship.

Want to join ULSC? I thought so. Membership to our club is only a €5. So like us on Facebook for all the latest news, by putting 'University of Limerick Swim Club (ULSC)' into the search bar or drop us an email at ULsc.swim@gmail.com and we will see you at the pool.



## Welcome to the University of Limerick Taekwondo Club

Taekwondo is a Korean Martial Art dating back to the 4th Century A.D. It comprises kicking, boxing, grappling, ground fighting and self defence among other aspects. In addition to learning self defence, doing something new, it's also a great way to get in shape, keep fit and have fun in the process. The club is one of the longest running martial arts clubs in the college, and new members are also welcome: - to attend sessions, to help out on the committee, to train and to party hard! UL Taekwondo Club train 3 times a week:- Monday at 18:00, Wednesday at

21:00 and Thursday at 18:50. Membership is €5 for students, €10 for post grads and €20 for external members. You can contact the club at "mailto:ul.taekwondo@gmail.com" or "mailto:ul.taekwondo@gmail.com" ul.taekwondo@gmail.com or on Facebook at www.facebook.com/ul.taekwondo or www.facebook.com/ul.taekwondo" http://www.facebook.com/ul.taekwondo. We regularly train with the NUIG Taekwondo club here in Ireland and clubs in Scotland and the Jersey Islands within our association. Members from all disciplines and

forms of Taekwondo are also welcome to train with the club. Look forward to seeing you around and getting to meet you soon!

Mike Johnson  
Web Admin





# Falling With Style

By Cian Lane,  
Skydive UL PRO

Much to our pride, during the summer, Skydive UL has been capitalizing on every patch of clear weather we can get our hands on. Punctuating the exams and a very successful semester of initiating well over 50 new members into the sport of skydiving (for bargain prices), the summer got off to a great start with nearly 20 of our club's members participating in our annual trip to France. Our annual French trip is our two week excuse, at the end of May, to enjoy the beautiful weather, food and people of France while skydiving all day, every day, for a price so low it's insane, thanks to our club subsidies. The trip was open to all members of the club, from those who had never jumped before, to experienced instructors with thousands of jumps. Its purpose is to both progress members in training as far as they can go in two weeks and letting them enjoy the benefits of the perfect sunny weather at the bottom of the Alps in Gap, Tallard. Accompanied by world class instruction our

members progress was phenomenal, with many achieving the ability to freefall solo for up to 60 seconds, several times a day, every day and this is speaking for people entirely new to the sport. For those more experienced it was an opportunity to relax and enjoy the freedom to jump out of a plane holding on to your buddies, having a mad laugh, follow it up with a dip in a pool, some food and the inevitable "Up for another, lads?"

Returning from such pure adrenalin-junky indulgence was made all the more bearable by our regular dropzone in The Irish Parachute Club in County Offaly, where our members, both France veterans and not, pursued every scrap of good weather on the weekends to continue jumping over the course of the summer.

With our club progressing ever more, both experience and number wise, we most recently capped it off with us becoming the first and only ever college team to enter a national 4way freefall championship in Ireland, hosted by the

Parachute Association of Ireland during August. What other club can say they had a "mile-high four-way" as a routine exercise? Technically we tend towards over two miles high, but that's beside the point. Come September we will be starting to take signups for "first jump courses" once more as well as the return to our weekly parachute packing classes in UL and regular jumping at the

weekends for those who weren't around during the summer.

If you are interested in finally getting a skydive off your bucket list, or just like the sound of falling out of planes as a past time, don't hesitate to find us at the upcoming recruitment drive in September or send us a email at skydiveu@gmail.com and we can fill you in about any and all details of our club and how to get involved.

Checking our Facebook page at facebook.com/SkydiveUL is also a great way to keep up with our latest goings on, such as club nights out, events and all other craic, as is usual. Once there you'll also be able to check out our clubs new videos of our latest forays into and out of the skies above.

Blue Skies,  
Skydive UL.



UL Skydiving Club - France

## UL Softball

The University of Limerick softball club in the University has been newly re-established and is looking forward to working in its first full academic year. Softball (for those unaware) is a game similar to baseball, but is unisex in its player base and the ball is bigger (but it is not soft!)

There are many exciting events upcoming this year, and the highlight last year was an Intervarsity we attended in Galway where mighty craic was had. This year there are 3 Intervarsity's to be competed in, this will send the club to Dublin, Cork and Galway!! Furthermore, this

year we plan to hold the historic Limerick leg of the Intervarsities, giving us a total of 4 major tournaments to play in along with challenge games, training session with Irish players/coach and much much more! The club trains every Wednesday 4pm - 7pm for out door sessions, this

year we're going to have an indoor training session for the winter and further details of this will be available as the recruitment drive approaches. We love to hear from all students old and new and we're very easily contactable, search UL Softball on Facebook or email us directly: ulsoft-

ball@gmail.com Welcome to UL, and if you are a returning student welcome back! We hope to see you at the recruitment drive, make sure you come and say hello! See you soon

Kieron Ryan  
President



# Raising the Bar



Photos by Paddy Molloy

By Brian Stewart Public Relations Officer

21 years later and the Outdoor Pursuits Club is an unstoppable force showing no signs of slowing down. With a new climbing wall that is open 3 nights a week, midweek caving trips, weekend hiking and climbing trips the OPC has managed to raise its activity level to give its members something to do 6 out of 7 nights in the week. This has only been achieved through the strength of our members and committee. With the clubs' membership reaching new heights last year the committee took on the challenge of catering to over 600 members. The club trained more members to help out with trips and the climbing wall, planned more trips and got involved on a huge scale in projects such as the referendum on the student levy and fundrais-

ing for Special Olympics Ireland by doing a charity abseil from Thomand park.

The OPC continued in the same fashion as before this summer as some of our members ventured out to conquer the French Alps. With months of training, months of planning and years of experience amongst some of our explorers, several of our members set out on the 3rd of August with the hopes of scaling Mont Blanc in Chamonix. This trip all began with a 20hr drive from the OPC climbing wall to Chamonix in the Rhône-Alpes region in south-eastern France. The routes covered in Chamonix Mont Blanc were Cosmique Arete, Tour du Mont Blanc, Glacier du Bossons, Aiguille L'Index. At the time of writing our OPC explorers are still up in the Alps conquering new heights for the club.

The charity abseil by the club earlier this year had over 100 people involved helping us to fundraise well over €5000 for Special Olympics Ireland. Things like this really show what the club is about and that is getting involved and helping people. The club would like to thank everyone who got involved and especially to David Connell (ex president) for spearheading this joint venture with Special Olympics Ireland. Also this summer the OPC has revealed a new online form of communication with its members via a Facebook like page. ( [www.facebook.com/ULOPC](http://www.facebook.com/ULOPC) ) The Facebook page along with the club weekly email will be the number 1 tools we have for communicating with our members. There is only so much that you can learn about the club on paper though. The best way to find out what the club is all about is by becoming a member. From the depths of the deepest darkest caves in Yorkshire, to the heights of the French Alps, to the unparalleled beauty of vistas the club can show you on our coveted weekend trips around Ireland, it is definitely well worth joining. Hopefully we will see you at the upcoming clubs and society's recruitment drive and we can tell you more in person. It's on the Wednesday of week 1 (11th of September) at the UL Arena.

We are only €5 to join Website::

[www.skynet.ie](http://www.skynet.ie)

<mailto:uloutdoorpursuits@gmail.com> [uloutdoorpursuits@gmail.com](mailto:uloutdoorpursuits@gmail.com)

Facebook: "<http://www.facebook.com/ULOPC>" [www.facebook.com/ULOPC](http://www.facebook.com/ULOPC)

## Paparazzi we ain't!

By Aram Morera Mesa, Secretary

But we may be taking pictures of you when you are not paying attention, especially if you are in one of the events we are covering, like last year's C&S ball and Psychology ball, where we took lots of photos and people looked just beautiful. We covered quite a few other events last year and we dare say, in the sports event people looked athletic and beautiful; in the nightlife events people looked beautiful and like they were fun, and in the one event where people were acting like zombies, well, you can check those pictures yourself at <https://www.facebook.com/photoul>. In case of doubt, let us tell you: they too looked beautiful. We also held studio sessions, you know, with professional quality cameras, lights, backdrops, champagne, DJs... OK, maybe not the last two things. In any case, people also looked fantastically beautiful in those pictures (you should be getting that there's a theme going on here). Now, maybe, only maybe, you prefer to be the one taking the

pictures? If that is the case, you should definitely join the photographic society. Maybe you know more than we do, but maybe you don't know that much and then you will enjoy a few talks about things like aperture, shutter speed and sensitivity. We also do more hands-on workshops where we do painting with light, custom bokeh photography and other not-your-serious-professor photographic stuff. If you are beyond all that, you will probably still enjoy it when we have people like Lette Moloney and Dave Hunt come over and tell us about how they took some of their amazing pics or what makes them love photography. You will also probably enjoy going to the Dublin Zoo and taking pictures of animals, like, for example a giraffe. Have you ever seen a giraffe in real life? Coolest looking animal around. Trust me. Or maybe you are more the type of person who goes to Glendalough and takes pictures of the lake and, if you are into that kind of thing,

of the tombstones in the old cemetery nearby. Those are some of the things we did last year and, although we would be happy to repeat, if you have a suggestion, just get involved

and we can try to make it happen... as long as it is photography related, of course.

Get in touch on facebook, or emailing us at [photoul@gmail.com](mailto:photoul@gmail.com). If you need to know, last year's fee to join was 10 euro. But as of now, we don't know yet if that is going up or down.



Andrew O'Hara - Kilkee from the long exposure competition



# A view from the Top – MBUL Takes Off!

By Sarah Jennings

The past year has seen some very memorable moments and events for MBUL. After an encouraging and record breaking number of new members signing up to the club, it was clear that the year was going to be eventful like no other.

Three successful weekend trips were held this year. The Carlingford mountaintop trails in Co. Louth did not disappoint as usual and luckily the weather held up quite well. We were also lucky enough to have the opportunity to experience the buzz, and practice skills in the lovely rocky and root filled Djouce mountain trails in Wicklow not once, but twice this year! Trip to the Alps Of course, the highlight of the whole year had to be our trip to Les Gets, in the Alps in France. Having packed up the van with all nineteen bikes in the back, excitement rose as the trip to Roscoff set off. The trip of a lifetime had finally begun - Ten entire

days of downhill Mountain-biking in the breathtaking French Alps. Excitement reached its peak as we ascended the winding roads along the mountain reaching 1800 meters – almost twice the height of Carrantuohill! After such a long journey, everyone was eager to hit the trails first thing the next morning, and this is exactly what we did. Some of us could not help but feel a little bit nervous as we watched the professionals tearing down the Chevanne trail at hair-raising speed from the ski lift. Despite this, the trails over the course of the trip were suited to a variety of levels. However, it can be said that multiple falls, grazes and minor crashes were half the fun of finding our feet in the beginning. With its berms, jumps and challenging table tops, everyone could appreciate the thrill of the Jump Park as well.

Of course, then there was no shortage of enjoyment in the

Chalet in the evenings, where fun and memorable moments were had. There was also plenty of choice in the day's activities, whether downhill, XC or long and testing spins be your thing, there was something for everyone. Ten days was just enough to have several runs on more technical trails such as Le Pleney we were certainly not limited in entertainment if a break from biking was needed, with the quaint town of Morzine a short bus ride away.

From technical and tricky to smooth and flowing, there was plenty of opportunity for members of all levels to practice skills. Everyone agreed that vast improvements could be seen in the space of only ten days and that everyone surprised themselves in terms of confidence and trying things outside of their comfort zones which was the aim of the trip. We are already looking forward to running the same trip or one in a similar location next year.

Competition MBUL experienced many successes competitively this year with Willie Bennett winning the Caveman Mountain bike event, and Daniel Kedney taking third overall in the Senior 3 category of the Irish NPS Series, winning a race along the way - which we were of course all very proud of. With new members getting involved and new exciting forms of racing, we can expect more success in the future!

In Store for the Coming Year For the next academic year, we hope to run two weekend trips within Ireland each semester, with likely locations including the stunning mountains and forests in Wicklow and Carlingford. We will still be organising our weekly Sunday spin to locations such as Cratloe, Ballyhoura, Killaloe and other areas as well as midweek Wednesday night spins and spins around UL. Of course, our weekly Monday pizza night is still

going strong and we look forward to welcoming yet more new members this coming semester and watching the club grow.

Check us out on Facebook at: [www.facebook.com/MountainBikingUL](http://www.facebook.com/MountainBikingUL) or you can find our forum through <http://mbul.skynet.ie/>

We look forward to seeing ye all at the recruitment drive and hopefully beyond, for what will be our most action packed year yet!



## A Need for Speed!!!

By Noel Galvin  
President of Racing/Motorsport Society

The Racing & Motorsport Society offers a great opportunity to have both fun and feed your competitive side. From regular visits to our local karting centre to attending motorsport events all over Ireland, we tend to get involved in anything that has an engine and wheels.

Last year we brought you regular karting sessions at an incredible discount. For the more competitive types we even brought 2 teams to compete in the karting Intervarsities. But as well as that we also attended round 1 of the National Car Championships in the Mondello Park Race Track, where we had the privilege of walking amongst the pits to get up close and personal with cars such as Formula Vee, Formula Sheane and ITCC to mention a few. If you're into drifting, we also attended Round 1 of

DriftFest, where we had the opportunity to see the up and coming driver's from around Ireland show their skills on the track.

This year, we're taking it up a notch. To start you off, we will be hosting an endurance race at the beginning of Semester 1, which will carry on over a few hours and give everyone a huge amount of track time as well as a chance to meet new people. And there will be karting every second Tuesday in NKC, Limerick, where people can have a bit of a laugh and also compete in our ULRM league. We will also be sending a team forward to compete in this year's karting Intervarsities. Along with that we have trips planned to go to Mondello Park to see other forms of racing that Ireland has to offer, go on weekend trips to some of the

rally stages in such locations as Cork and Galway, to name a few of our local day trips. Along with that, the highlight of our year will be to travel to Silverstone for the World Endurance Championships which is held in April. Membership for the society

costs €5, but with the discounts you receive from being a member it is a worthwhile investment.

You can check us out at our like page [www.facebook.com/ulracingandmotorsport](http://www.facebook.com/ulracingandmotorsport), our website [ulracingfs.wordpress.com](http://ulracingfs.wordpress.com) or email us at [\[ingfs@gmail.com\]\(mailto:ingfs@gmail.com\) if you have any questions.](mailto:ulrac-</a></p>
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Photo: Niall O Flynn (in the blue suit) fighting for First place at the 1st Round of the Karting Intervarsities 2012/13 held in Louth.





# The wait is over for UL Basketball

By Club PRO Avril Crosse

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.

We waited a while in setting the trend for men's basketball, but this past season we won the intervarsity title. After sixty one years we finally won the men's title by defeating NUIG in the Mardyke Arena, Cork. The same day the women were in the final however unfortunately they were beaten on the buzzer with a UCD three pointer. To win the double is the dream that UL basketball is chasing as no college has even done it.... You could play a part in this...

The Men's and women's team train twice a week and the Fresher's have a separate training slot as well. All college games are played mid week with the Intervarsities and Fresher tournament the only weekend competitions, so you can still play club.

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. If you love basketball this is the club you want to be involved in.

Currently we are working toward our 2013- 14 plan, which you should not miss out on being part of. The Intervarsities is the biggest three day competition of the college calendar and this year it's been hosted by DCU. The Fresher Tournament is for first year students only and this is a weekend in Carlow. 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 11th where we will provide you with all the information you require. We also have a Facebook page just search for UL College Basketball and you will find us. You can also contact us through the UL Wolves Clubs and Societies website page. 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, Cant wait to meet you!!!!



# University of Limerick dominate handball tournaments in Ireland and USA

Another year and further success secured by the University of Limerick GAA Handball club, marked by complete domination of women's grades both domestically and internationally and unprecedented success from the clubs new members. Catriona Casey provided a master class in handball as she captured not only the Irish and US Women's Open singles titles but also combined with Lisa Loughnane to retain the Irish and US Women's Open doubles titles. The wins in the US Collegiates by Casey and Loughnane, combined with John Hurley and with Kevin Mulligan's surprise run to the B Doubles final and strong displays in the singles from Colm O'Lúing and Seamus Casserley secured an overall 10th place finish for the team in Arizona out of over 50 teams competing. This was even more astonishing considering many universities had much larger squads at the Collegiates but were unable to match UL's success.

However, despite the success of Casey and the six-strong team in Arizona, the limelight was secured by one of the clubs beginners as a fairytale story unfolded in the

first semester of last year. Aidan Crimp, a native of a small town on the north island of New Zealand, arrived in Ireland in September to study environmental studies for six months in U.L. and thought GAA Handball would be a fun sport to take up. Crimp participated in two Intervarsities and has the proud distinction of being undefeated in competitive collegiate handball

(something which even Casey cannot boast) and now holds two All Ireland medals.

The New Zealander acclimated to the sport incredibly quickly and demonstrated awesome power to overpower his opponents. Even more astonishing is that one of the titles was secured in big alley handball, a form of handball which even many seasoned handballers struggle to adapt to

after years of practice. Expectations are high in the club that further success may be achieved not only by Casey and the senior players but also beginners that enter the club in the next year. Training of a new bunch of potential champions will take place in the PESS building on Mondays 19:00-20:15 and Thursdays 20:15-22:00. Events this year include trips to

Kilkenny in October, Wexford in November and Kingscourt in February. The highlight of the year is sure to be the trip to North Carolina for the US Collegiates in February. Membership for the year is €5.

Further info is available on Facebook – UL Handball Club, ulhandball.com or by emailing ulhandball@gmail.com



Photo L-R: John Hurley, Kevin Mulligan, Lisa Loughnane and Catriona Casey in Arizona, USA following their respective doubles finals.



# There's Art in the Dart you know

By Kevin Collins  
UL Darts Club PRO

The UL darts club was only formed in September 2012. However, they have made huge strides in only a few months and have now established themselves as one of the prominent University teams in Ireland. David O' Connor and Ronan Goodwin managed to recruit a healthy number of members at the UL Wolves recruitment drive before organising a structured and experienced committee who have been working vigorously to promote the branding of the club. We have been meeting every Wednesday at the UL sports bar at 7p.m. with a consistent turnout each week. We have had players of all ability turning out each week and each player has had improvement on some level. UL darts club heavily promote themselves as a mixed club and we have had female players consistently playing with us each week and they are under no pressure thanks to the welcoming and friendliness of the Darts club.

After only two months, we made huge progress by hosting NUIG darts club in a friendly

exhibition in November. NUIG darts club were one of the most prominent clubs in the country, sporting some of Ireland's best intervarsity darts players. It was a hotly contested event with NUIG just beating us 7-6. However we were immensely proud because we were missing some of our best players and still managed to put up a strong performance. As a token of appreciation, NUIG have invited us to Galway next year for a second leg. In turn we are hoping to make this a tradition between the two universities as it would be great for both clubs and build a strong relationship as well. We played a friendly match against a darts team from the city, The Office Bar, who are the reigning city league champions which was a huge success as well as we managed to carve out a well earned draw. We participated in an intervarsity tournament in WIT on February 7th which was the club's proudest moment to date as we managed to reach the final of our debut intervarsity tournament and have also worked with UCC in establishing a Munster league.

We also managed to book World No12 PDC pro Mervyn King for an exhibition last April. It was one of the most enjoyable nights of the year as Mervyn was a true gent on the night and UL darts were honoured to have hosted him. The UL sports arena bar was packed out on the night and was regarded as one of the most successful nights of any club or society in the past year. Since we managed to survive our

debut year, we are currently making big plans for the club for next year. We won't give anything away yet but we can assure next year looks set to be promising. We hope that our club will gain a positive reputation with other clubs and we will be a force to be reckoned with next year. Anyone that wants to join our club, simply contact us on [unioflimdarts@gmail.com](mailto:unioflimdarts@gmail.com)



## UL DJ Society - All Spin AND Substance!

UL DJ Society is not just for DJ's and you don't need to be in UL! It was founded in Oct 2005 to give all music lovers a place to converge and multiply and has since held successful DJ Competitions, Events in UL and Workshops covering many aspects of a wide variety of music genres.

We have also being involved in

many events outside of UL. Club nights such as D.I.E, Distraction, miXed, VYBE and HOUSEparty have seen some of UL's talented DJ's entertain the masses.

We now have quite a collection of top quality industry standard equipment for our budding new DJ's to use. This coupled with excellent training and of course plenty of laughs, will make your

workshop experience fun but will also have you walking away knowing that one trick or that one song that you really wanted to do or mix.

Everyone is welcome, so if you want to mix Katy Perry or Rihanna or some of the more serious stuff like underground techno...Don't worry, we have the knowledge to teach you

whatever genre you want to know. More info on workshops on our Facebook page: [facebook.com/uldjsoc](http://facebook.com/uldjsoc)

Over the coming year we will hopefully be organising a trip away for the society. This could be to a gig or event anywhere! We will also be attending some of the various DJ Competitions held all over the country so if

you got the "skillz" we wanna see them!

That's about it for now guys, see you behind the decks!  
[uldjsoc@live.ie](mailto:uldjsoc@live.ie)





# We're not all Drama Queens!



By Kyro Keown  
Drama Soc President

There's plenty happening on-stage here at Drama Soc – last year we had four fantastic plays as well as our now bi-annual One Act Festival. But what else can Drama Soc offer you?

It's easy to think Drama Soc is all about the actors, but we rely just as much on the fantastic directors, stage managers, set designers, costume designers, technical crew, and stage-hands, who really make everything possible. This year we are hoping to run Directorial, Technical, and Stage Management Workshops as well

as our weekly drama workshops.

Our weekly workshops cover everything from Comedy Improv to Stage Fighting. Held in the Jonathan Swift theatre every Wednesday, there's something for everyone's tastes, whether you want to improve your confidence, learn how to throw a good (fake) punch, or simply have some fun at an improvisation workshop.

Last year Semester 1 saw Terry Pratchett's Wyrld Sisters take to the stage, with its not-so-wicked witches, an evil Duke, and a surprising

flamboyant demon rising from a smoking cauldron. We also had great success with the talk-show parody The John Joe Brady Show where our technical team made fantastic use of cameras to display the whole thing live on an on-stage TV screen, for the real authentic talk-show look.

Second semester gave us the hugely popular Men In Tights musical, with a twist on the script giving us songs like "Bad Guys" from Bugsy Malone, and "Omigod You Guys" from Legally Blonde performed by our wonderfully diverse

cast, all complete with bright green tights! This was followed by a stage adaption of Stephen King's Misery, where a fantastic set was put together using incredibly limited materials, showing the ingenuity of our members, and the two-person cast delivered a chilling performance.

This year we're aiming even higher, with ideas such as Star Wars the Musical and Disney's Hercules being discussed, and look out for auditions for our gender-reversed production of Shakespeare's Hamlet,

which will be starting in the next few weeks!

We're also expanding our One-Act Festival into a One-Act Showcase, to display all the wonderful talent UL has to offer, so whether you're a singer, a dancer, an actor, a poet, an artist, or simply a lover of theatre, UL Drama Soc has something for you. Come and find us at the recruitment drive, be sure to have a fiver in your pocket, and come join the fun and madness – we'll make you feel right at home!

[www.uldrama.ie](http://www.uldrama.ie)



# Come Out With Out in UL

Out in UL is the University of Limerick's award winning LGBTQ society. In the 2012/2013 academic year we had much success in our events like Miss Alternative UL and The Secrets Party, as well Queerbash 10, following on from our award winning Queerbash history. We had the popular Dublin Drag Queen Davina Devine and Limerick's own Candy Warhol presenting. With acts from UL Dance, UL Drama Society, and Milk Baby it was a great success for all involved. During the two semesters we had many workshops, including ones on Homophobia, Bisexuality, Trans\* awareness and Coming Out. In our weekly meetings every Monday evening, we talked about

Slut Shaming, Queer representation in the Media and held a Queer Table Quiz which raised money for Rag Week just to name a few. In addition we all go to Scholars after every meeting for a more relaxed and less structured chat and some banter. This year we are officially launching our coming out website (comingoutinul.wordpress.com), and befriending service which we hope will be carried on in the future. Our second Annual Rainbow Week had an event every day of the week to raise awareness for our society and money to keep us running. On Monday we had a launch night in Stables with Milk Baby. Tuesday was "Sex in the Courtyard" where Billie from Red Ribbon

came and talked to us about Sexual Empowerment and we had our "The Big Night In" with a debate about the Relevance of Pride with Deb U, UL's Debate society. Wednesday was the "Trans\* Tea Party" where speakers came from TENI (Transgender Equality Network Ireland) and we had tea and biscuits in Stables. Thursday was a very busy day and many members have said it was the best event we had. We had a "Drag Day" where we raised over €100 for Limerick's Red Ribbon dressing up in drag on campus for the day. That night we had our "Big Night Out" where our very own Connie Liebe, and Miss Alternative UL Titfanni, made appearances and preformed for those



attending. That night we took over Bakers in Limerick and made many fun memories we will never forget. Friday was the last day of Rainbow week and we had a TGIF Glitter Party with International Society in Stables, which was so successful we repeated the event after high demand in semester two, I'm still finding glitter in my clothes!

We currently have 84 members in our society from every nationality and way of life, and we are really enthusiastic to provide resources for all LGBTQCISAP (Lesbian, Gay, Bisexual, Transgender, Queer, Curious, Intersex, Straight Ally, Asexual and Pansexual) people in UL. We charge a €3 membership fee per year

and we can be contacted on [outinul@gmail.com](mailto:outinul@gmail.com) with any type of inquiry about the society. We are very excited about the coming semester and hope to receive many new members.

Brian McCarthy  
VicePresident/Events  
Officer

## The Computer Society a.k.a Skynet

We cater for a wide range of technology related interests regardless of what course you're doing in University. We do all the things! Talks, conferences, workshops, system admin training, tutorials, weekend trips, as well as meeting up and grabbing some pizza. We also provide members with access to a range of services

on our server cluster located on campus. The society has a wide range of graduates working with several technology companies based both in Ireland and abroad who help out with questions and provide support, offering their experience. The society celebrated its 20th year during

2012 with a technology conference featuring Mark Shuttleworth from Ubuntu, Randall Munroe from the xkcd webcomic, as well speakers from Facebook, SAP, HP, IBM, Red Hat, and three Irish games studios, amongst others. The society hosts technology talks on campus from a range of companies

each semester, while also travelling to attend other conferences.

Whether you're interested in consumer technology, programming, web development, open source, mobile, games development, system administration, computer hardware, and more, then there's something for you in the

Computer Society. Find us at the clubs and societies recruitment fair on Wednesday week 1, or head along to one of our events and let us know what you're interested in. You can find us at:

[www.skynet.ie](http://www.skynet.ie) [www.skynet.ie](http://www.skynet.ie) or [facebook.com/ulcomputersoc](https://www.facebook.com/ulcomputersoc)



# Dance UL

## Life is better with a beat

Carol-Jane Shanley, Public Relations Officer

In the past few years dance has most certainly been on the rise, and this has largely been to the success of television shows like *Got to Dance*, and the genius that is *Diversity*. This has increased people's desire to learn how to dance, however there is a common misconception that only certain people can Dance. Dance UL has always maintained that anybody can learn how to dance, and that is exactly what its members did last semester. Whether you want to learn some new moves for the dance floor, or you want to be a part of a dance crew, our fabulous teachers create a fun and relaxed environment where you can strut your stuff, meet some truly amazing people and improve your confidence. Speaking from personal experience, it is not often that you meet such a group of talented, genuine and encouraging people. Dance UL offers its members a

variety of classes for all levels, including Street Dance for beginners and improvers, Jazz, Salsa, Ballet and Irish Dancing for beginners and improvers. For the small membership fee of five euro and two euro per class you can learn some fantastic routines, and feel great. People who have joined Dance UL in the past have stated that learning to dance has greatly improved their confidence. They have also said their ability

to concentrate in college has also improved as they work hard to concentrate on the dance moves. With a little hard work and dedication you can take part in the amazing flash-mobs and end of semester showcases that Dance UL puts on every year. In the past these have been extremely successful, last year, we even did our bit for charity, raising a massive four hundred and fifty euro for the Adult Learning centre

of Enable Ireland. These showcases demonstrate the massive amount of talent that Dance UL is bursting with! You could even join our Intervarsity squads, and continue our proud tradition of placing every year at the All-Ireland Intervarsities. Videos of routines Dance UL have performed can be viewed on our official Dance UL YouTube Channel. <http://www.youtube.com/user/OfficialDanceUL>.

Imagine how cool it would be to see you and your friends in one of these videos! SO if you want to have a lot of fun, and, meet some really interesting people, come on down to Drumroe village hall on a Tuesday, Wednesday or Thursday evening and join Dance UL. You can also contact us through the Wolves website or through our Facebook page. Hope to see you in September!!!! [uldance@gmail.com](mailto:uldance@gmail.com)



## Anime & Manga Review

By Niall Bromell, Anime and Manga PRO

This past year UL Anime and Manga Society arranged a number of trips to various conventions on the island of Ireland, starting with a weekend long trip to Dublin's Eirtakon in November, and also including trips to Akumacon in Galway, Anime Dublin, and Q-Con in Belfast. In addition to our trips around the country, the society held weekly workshops in Japanese language, as well as weekly drawing classes and continued the tradition of weekly anime screenings every Tuesday night. Numerous all-night events were held in the SU, incorporating a mix of movie screenings, games and general fun. The society also held an

extremely successful bake sale towards the end of the year in order to raise funds for future trips and extra activities.

This upcoming semester all of our weekly activities will be returning, with screenings every Tuesday night, drawing classes every Wednesday and Japanese workshops on Thursdays. Interested in becoming a member of Anime and Manga? Membership is just €3, and you can sign up at the recruitment drive, or send us an email at [ulanimesoc@gmail.com](mailto:ulanimesoc@gmail.com) for more information. We're always delighted to welcome new members to our society, which is one of UL's closest-knit and warmest.





# Debating, For Fun and Profit

Sean Duggan

DebU Public Relations Officer

UL Debating Union is one of UL's oldest societies, and there's a reason why we've been around for so long. DebU is the epitome of why society membership is such an important part of university life - You get to meet new people and visit new places, experience college social life the way it should be experienced, and all while picking up a few excellent skills that will set you apart from the rest, both inside university and beyond. What do we do? We debate, of course; but there's more to it than that. At our weekly Speaker Development Classes (Usually Mondays at 7 in Student Union Room 3, but check our Facebook page for updates!) we'll teach you how to master confident public speaking - something that every student should be able to do. Whether you want to practice for a class presentation, ace a job interview or merely impress random bystanders with moving speeches, our development officers will teach you how to be a master orator. Once you're comfortable speaking in front of strangers, then the real fun begins. We'll teach you how competitive (Parliamentary) debating works. You can learn how to think on your feet, structure your thoughts under pressure and wield logic

and reason like mighty battleaxes... Or, like most of us, use it as a chance to prepare for competing against fellow debaters at national and international intervarsity competitions.

While the Intervarsities are a big part of what we do, you're not obliged to take them too seriously. In fact, beginners are encouraged to come along with us just to have a laugh and socialise with all the other new debaters from all over the country. In the past few years, we've sent debating teams to every university

in Ireland as well as around the UK, Europe and even Malaysia. Even if you're not there to debate competitively, it's an amazing opportunity to see the world. The best part is you can do it all on a student budget, since Deb U covers most of your travel and accommodation expenses!

The membership fee is only €4, and you can sign up anytime you like during either semester just by coming along to one of our events or Speaker Development classes. If you want to get in touch or see more of what we do, check us out at [facebook.com/uldebating](https://facebook.com/uldebating).



*Sports journalist George Hook at one of our public debates last year*

## *SofA is the perfect place to build your inner creative spirit!*

Are you creative? Have you a love for design and architecture? You don't have to be studying architecture to want to be a part, once you have an interest you will enjoy yourself! SofA is the perfect place to build your inner creative spirit! SofA is a cultural organization, which is run by students of the School of Architecture at the University of Limerick (SAUL) established in 2005. The aim of the organization is to bring the wider debate on architecture and the associated arts to audiences in Limerick

and beyond, through evening lectures, site visits, exhibitions, debates, social events and trips within Ireland and abroad. Everybody is in everyday conversation with architecture and architectural spaces, whether it be through the medium of the built environment, landscaping or both. SofA, as a society wants to promote and engage a better understanding of how and why we use these designed spaces, to both non architects and architects. We hold lectures from leading

artists, architects, historians and others weekly. As the saying goes, knowledge is power. These lectures are about making you think, giving you your own ideas, making you question others and the world around you. Every year we travel to a different part of the world to gain a better understanding of architecture. Last year we visited Madrid in Spain to see some modern architecture from some of the worlds leading architects. We intend to build on this experience and visit another

location in 2014 also with a modern presence as we feel our members benefitted greatly from it last year! We also make an effort to engage with other architectural societies in Ireland and abroad if we can; paying visits to RIA talks from international figures in Dublin and the annual SoFA vs. ASA (DIT) soccer games. Another major social event in our calendar is the SoFA ball, where



we allow architecture enthusiasts to gather and have a good laugh!

[societyofarchitecture@gmail.com](mailto:societyofarchitecture@gmail.com)  
[societyofarchitecture.blogspot.com](http://societyofarchitecture.blogspot.com)



# Take to the Skies with UL Flying Club

Niamh Fitzgibbon – Incoming President

Last semester the Flying Club took to the skies with renewed enthusiasm, and we were indeed a very busy club. We had an action packed semester that involved many aviation related activities and trips. For those of you who do not know who we are and what we do, we are one of the newest (and most exciting!) clubs on in campus in UL. The aim of the club is to provide people with the opportunity to gain some flying experience and to provide a format for all like-minded aviation enthusiasts a means to discuss their passion. Whether it's commercial jets, fighter jets, small aircraft, microlights, helicopters or even models that captivate your imagination, this is the club for you! Currently the club is working closely with Limerick Flying Club out in Coonagh Airfield. Our members can avail of an introductory flight with a qualified instructor, with the aim

of encouraging people to carry on and attain a private pilot's licence.

The trip to the Irish Air Corps in Baldonnel was an overwhelming success. After a brief introductory presentation the tour commenced with a walk around the aerodrome. This included a quick visit to the PC-9M simulator, where everyone had the opportunity to see what it was like to fly a top-of-the-range fighter aeroplane. The tour also included the hangars, where we got an up-close view of the various aircraft currently in operation in the Air Corps. While everyone was running amok during Charity week, the Flying Club got together and decided to run our own event. And so in conjunction with UL Engineering Society and inspired by the Red Bull Paper Airplane throwing competition held in UL in the past, we arranged a paper airplane throwing competition. The competition had two categories, the furthest



distance and the longest airtime. The competition incited unexpected rivalry, which resulted in some very interesting and technical designs. The club then embarked on a trip out to Shannon, where we visited Shannon Air Traffic Control. We got to see the impressive radar equipment used by the air traffic controllers in order to monitor all aircraft movements. Our final trip for the year was to a private airstrip, owned by a pilot renowned throughout the flying community. I am of course referring to Gerry Humphreys,

known in particular for his famous RV-7 aerobatic plane, painted in the same colours as a Friesian cow! Gerry, and his son Harry, welcomed us into their hangar. Gerry shared with us his extensive knowledge, gained from his very active career in aviation. Possibly the highlight of the day was when Gerry took us for a flight in, 'Red Bird,' a very menacing looking Cessna Caravan! Due to popular demand, the flying club went ahead with another Microsoft Flight Simulator night, except with a slight change in venues,

from Stables to Scholars. Once again the night proved to be an enjoyable night out for all, with both members and interested by-standers getting involved. The night was spent battling it out trying to land an aeroplane on a moving bus. There are a few changes on the way for the flying club in September 2013. In particular there will be a reshuffle of the committee as we sadly say goodbye to some of our most dedicated members as they graduate. So don't be shy, come on over and have a chat with us at the recruitment drive [UL.flyingclub@gmail.com](mailto:UL.flyingclub@gmail.com)

## Calling all Mad Scientists, Evil Geniuses, and Lego Fans!

### ENGINEERING SOCIETY

By Kyro Keown – President

UL Eng Soc – that is the Engineering Society – has just completed its first semester here in UL. Set up in January by a group of Engineering Students, this society was created to focus on a much-neglected side of engineering – the fun side! Our aim is to support and encourage interest in the creative and fun side of engineering. We do this by giving our members the chance to take engineering out of the classroom and into the real world. Last semester

we held weekly challenges in Red Raisins. These workshops provided members with a task to accomplish and all the materials to do it with, and the competition to see who could come up with the best way of solving each challenge. These included K'nex catapults and rollercoasters, pressurised bottle rockets, and flying mechanical birds. Our members had a chance to apply their knowledge, experiment, and compare the results, and we even managed to learn a few things while having fun – what more could you ask for? We also visited the local hydro-electric power station, got a tour of Shannon Aerospace, and had a great day out go-karting to get to know each other! And this year we're making things bigger and better, with plans for robotics workshops, group challenges, competitions, pizza nights, and exciting trips. Challenges planned include robotic arms, artificial hearts, gliders, rockets, and remote controlled cars. Computer game and space

exploration fans will have the chance to take part in a Kerbal Space Program competition in a race to the stars. Engineering enthusiasts will be able to meet with fellow engineers and discuss all things great in the world of engineering and design, and Charity Week enthusiasts can join our plans for a Human Hungry Hippos game. Not just for engineering students – this society is for anyone with an interest in engineering, technology, or simply the way creativity has shaped the world around us! Whether you want to design a winning Formula 1 car, create a working mechanical heart, be the first Irish person to send a rocket to the moon, or simply hang out and build things with Lego, we have something for you here at Eng Soc. And the best part – you get all this for just €3 membership. Come and find us at the recruitment drive and let your inner mad scientist loose! [engsocul@gmail.com](mailto:engsocul@gmail.com)



# UL GAA looking to build on last year's successes



It's with great excitement and pleasure that the UL GAA Club welcomes all new students to the University of Limerick and more specifically, the University of Limerick GAA Club. UL GAA is one of the largest and most successful Clubs in the University with over 14 teams participating in Hurling, Football, Camogie and Ladies Football. UL GAA Club is coming off the back of a successful season across all four codes. The Hurlers were crowned Senior League Division 1 winners, All Ireland hurling Intermediate finalists and Munster winners, while the Fresher

2 Hurler won the All Ireland Championship and league winners. In Camogie the club were Ashbourne Cup Finalist and Division 1 league finalists, while the Freshers Camogie team recaptured the All Ireland 7s Blitz. The Ladies Football had another good year qualifying for the O'Connor Cup weekend for the 5th year in succession and were Division 1 league finalist. The Senior Footballers qualified for the Division 2 league final and the Fresher 2 team captured and Freshers 2 All Ireland title, the first men's football title in many years. In June of this year

the GAA club launched its very own book "Plassey Gaels", documenting the history of the GAA on the campus over the last 40 years. Building on last year's success the 2013/14 season looks bright and hopefully you will be part of it. UL is lucky to have a number of intercounty stars participating across all 4 codes and also pride ourselves on having some of the best coaching and managements in place to better aid our teams to perform to their best. You as a student have the opportunity to avail of the extensive on-campus facilities in which to develop your game and increase your training opportunities. Clubs AGM's will be held at the beginning of the semester, so go along and get involved in the running of your club. Sign up get playing and work hard for your new club. The personal benefits of joining UL GAA

Club are immeasurable as you will form lifelong friendships and camaraderie with people of similar sporting interests and passions.

## Who can join??

We support all levels of participation with a common aim of developing and improving performance. We pride ourselves on having some of the best coaching and managements in place to better aid our teams to perform to their best. All codes have teams competing at Fresher, Intermediate and Senior grades, so there is a grade to suit YOU.

For the serious player, those wishing to make their mark on prestigious and high profile competitions such as Fitzgibbon, Sigerson, Ashbourne and O'Connor Cups then UL GAA Club will provide you with the opportunity.

## So how do I get involved??

You can become a member of the club by registering your details and joining UL GAA Club Wednesday the 11th of September for all years or alternatively call into the GAA Office under the Sports Bar at any time. To fully activate your membership, you must pay your membership fee of €20 which covers your GAA Insurance Fee for the year and this must be paid prior to training or competing for the college. Teams usually train twice a week on the pitches or the 3G pitches on North Campus. More details will be made available on the clubs website [www.ulgaa.com](http://www.ulgaa.com) our Facebook page [www.facebook.com/ulgaa](http://www.facebook.com/ulgaa) and our Twitter account @ul\_gaa

## UL SOCCER REPRESENTED IN KAZAN, RUSSIA FOR WORLD UNIVERSITY GAMES

By Jamie Flynn PRO

UL soccer would like to welcome all its members back to college for the new academic year and also welcome any new students setting foot on campus for the first time. UL soccer club provides opportunities for members of all abilities and interest levels from high level competitive players to casual soccer fans.

For the 2013-14 year, UL will have 5 competitive teams along with futsal, super league, astro blitzes; casual kick-around's and club events. In semester one, there will be three league campaigns for Men's Premier, Men's Division 1 and Women's Premier teams along with a weekly Super League for fresher's. In the coming weeks, trials will take place for the 3 teams competing in league

campaigns in semester 1. The Super League will be open to all freshers interested in playing. Semester 2 will see preparation for the annual intervarsity cup competitions with UL entering teams in the Collingwood Cup (the premier men's cup competition), the Crowley Cup (the second's men's cup competition), the Harding Cup (men's competition open only to 1st year and Erasmus students) and the Women's Intersities (the premier women's cup competition). UL Soccer Club will also contest the annual Futsal Intersities. Along with these, astro blitzes, casual kick-around games and club events will take place throughout the year. The cost of membership

is €5 and the location of events will vary between Maguire's grass pitches (located behind Kilmurry student accommodation), the UL Arena and the state-of-the-art 3G astro-turf pitches located in the north campus (near Cappavilla student accommodation). In the 2012-13 season, the UL Soccer Club went from strength to strength. On the field, successes included the Premier team topping the CUFL East League table, finishing runners-up in the Spillane Cup and the Crowley team retaining the Crowley plate. Off the field, our flagship event – a Take Me Out night fundraiser at the Stables Bar – was a massive success with over 500 people in attendance. In more recent news, UL Soccer Club is

proud to announce that 3 of our players were selected on the Ireland squad for the World University Games held in Kazan, Russia. Garbhan Coughlan, Julie-Ann Russell and Karen Duggan were all selected to compete in the international competition. To keep up to date on all things UL Soccer including

training times, club details, club events etc. make sure to JOIN our Facebook page (search UL Soccer Club Official Page) or alternatively email us at [ULSoccerClub.mail@gmail.com](mailto:ULSoccerClub.mail@gmail.com), follow us on Twitter @UL\_Soccer or visit our website at [ULSoccerClub.webs.com](http://ULSoccerClub.webs.com). Hope to see you all at the recruitment drive!





## The Games Society, invite your friends along... then kill them

Hope you have all had a great summer and a big welcome to all the new first years. We have had another brilliant year here in the Games Society, there were many great LANs, paintball trips and other events that were bigger than ever. Lets not forget our two weekly events, Games Night and Console Day which were great successes and resulted in more fictional character's deaths than ever before.

There was a great mixture of gaming LANs for both consoles and PCs with Halo, Call of Duty, Minecraft, Starcraft and Team Fortress all getting a look in. And despite Ireland's reputation for miserable weather, we managed to get out for several unfor-

gettable paintballing trips. Our live action Zombies and Assassin events, which are run over several days and encompass the entire campus continue to grow. People are never quite sure how to react when a mob of zombies comes charging round the corner.

If you are interested in pen and paper roleplaying games the Games Society is place to join and run them. Some games last one session some run over the course of several years. Gaming systems used in the past included Dungeons & Dragons, Dark Heresy, Pathfinder, World of Darkness, d20 Star Wars and various home brew systems.

With each of the current

generation consoles to placate all fanboys (and girls) and a selection of retro consoles to bring you back to your childhood, we cater to all tastes. With a large collection of games, weekly Console Days is sure to have something for you.

Games Night is laid back with board games, card games, tabletop wargames and RPGs. Monopoly, Risk, Magic: the Gathering, Settlers of Catan, Twister, Apples to Apples and Munchkin are just a few of the games that make a regular appearance on Games Night. If you're looking to get into a particular games system or just want a game to pick up and play, swing by EG010 on Monday nights from 6pm to 11pm starting from week 2 after the AGM. Once again we

co-hosted Brocon with UL Anime and Manga this July and helped provide a weekend of games, screenings, cosplay, panels and guest speakers. Be sure to attend next years event or help make it the best one ever. More details at <https://www.facebook.com/ULBroCon?fref=ts>. Our aim is to provide all students who enjoy gaming, in all forms, a way to relax and enjoy their experience while a part

of the University of Limerick. Whether you're fully prestiged in COD or you don't even know where to find Mayfair on a Monopoly board, feel free to drop on by.

Join us at <http://ulwolves.ie/wolves/?p=clubsoc&id=19>. Once you're a member, you can communicate with other members on our forum [www.skynet.ie/~ulgsoc/forum](http://www.skynet.ie/~ulgsoc/forum) or our Facebook page <https://www.facebook.co->



## Try the Ultimate sport

By Cornelius Sheahan, President

Are you looking to take up a sport to get fit or meet new people? Then Ultimate Frisbee may just be for you.

### What is Ultimate?

Ultimate is a mixed, fast paced, quick thinking game, combining the best features of sports such as basketball, American football and netball to create a fascinating and demanding game.

It's played by two seven-aside teams on a rectangular pitch with two end-zones

The disc may only be moved by passing as the thrower is not allowed to take any steps. The disc must be thrown within 10 seconds

Anytime a pass is incomplete, intercepted or goes out-of-bounds, possession of the disc changes (a turnover)

Catching the disc in the opponent's end-zone indicates a score.

Don't worry if you've never played before; we're one of the few clubs that expect you to have never thrown a disc or played a game. We're ready to teach you everything from throwing and catching, to

making great plays and looking like a pro.

As a team we compete in nearly twenty Ultimate tournaments each year. Tournaments are where the real awesomeness comes from with a weekend full of Ultimate Frisbee and meeting great people from all over Ireland. Tournaments are spread throughout the year so there is always something on the horizon to get excited for. The UL Ninja's, attend many tournaments throughout

the academic year, including beginner tournaments, Intervarsities, mixed tournaments, overseas tournaments such as UK Nationals, and not to mention the highlight of the Irish Ultimate year; The Siege of Limerick which the UL Ninja's successfully host every year. During the summer there's the option to travel to Amsterdam to compete in Windmill Windup, the biggest European Ultimate tournament.

The UL Ultimate Frisbee Club

is a great way to make some of the best friends you'll ever meet, have the best banter and fun, all while playing the greatest sport mankind has invented. We encourage both guys and girls to join as there are Open, Ladies and Mixed divisions.

### Want to know more?

Come visit us at the recruitment drive or check out our website ( [HYPERLINK "https://sites.google.com/site/ulninja/"](https://sites.google.com/site/ulninja/) ) <https://sites.google.com/site/ulninja/> )

and our UL Wolves page for more information about trainings and upcoming tournaments.

Have we got you hooked? Why not pre-register and get our club email to keep up to date with all the goings-on of the club?

Membership fee €5





## UL Young Fine Gael

"I have come to the conclusion that politics are too serious a matter to be left to the politicians." - Charles De Gaulle Hello and welcome (or welcome back) to the University of Limerick. You have made a great decision in coming to the University of Limerick, consistently voted by its students as the most enjoyable university experience in the country, so while you are at it why not join Young Fine Gael, one of the most active societies on campus. Whether you are a political aficionado, or you just have a passing interest in the matter, you would be very welcome to join the branch. Why should I join Young Fine Gael, you might ask? Well, Young Fine Gael is the most active youth political wing in the country. Unlike other youth wings of political parties, we were established as autonomous from our senior party and we have never been afraid to take an independent stance on certain issues. During the 1980s, YFG championed the repeal of Ireland's homosexuality laws. More recently, the organisation has taken a neutral stance on the abolition of the Seanad, following a tied vote amongst the membership on the motion of abolition. The UL branch of YFG has grown to be one of the largest and most active societies on campus and within the national organisation. We hold meetings every week

on ranging from debates and questioning TDs to more informal get-togethers such as mini-golfing and bowling. In addition to this we take a trip to Dáil Éireann every semester, where last year we met the Taoiseach in Government Buildings and the Minister for Finance, in the Department of Finance. We also hold an annual foreign trip, which last year took us to Berlin, where we met with Junge Union, the youth wing of Angela Merkel's CDU. We also took in the sights of the Brandenburg Gate; the Bundestag; the remnants of the Berlin Wall; and of course... the Matrix Nightclub! This year we plan on building on our successful last semester and doing much more. We have an active first semester ahead, with two major events looming, the Fine Gael National Conference, being held in Limerick in October, where will be welcoming the wider Fine Gael membership to the Treaty City. In addition to this, the Young Fine Gael National Conference will be held in November, promising to be a weekend of fierce debate, tightly contested elections, and most importantly great craic all around! To conclude, if you wish to engage in real political debate and have a bit of banter along the way, then you should join Young Fine Gael!  
[ulyoungfinegael@gmail.com](mailto:ulyoungfinegael@gmail.com)  
<http://finegael.csn.ul.ie/nuke/index.php>

## Maths Society

The Maths Society has had a very enjoyable and eventful year! The society aims to bring together people who have some form of an interest in maths, be it slight or strong. We try to get involved in activities which incorporate this interest but most importantly have a fun and social element. The year the society took part in events such as 'Countdown' which when played against the Literary society proved to be quite competitive with plenty of friendly banter! The society organises social nights out for its members which allows them to get to know each other and make new friends in a more relaxed setting. We are always looking for new members and that can be difficult, given the negative feelings many students have towards maths, but we promise we don't sit for hours trying to solve equations or prove theorems. The committee members have worked hard this year to ensure that its members have an enjoyable time as well as include a maths element.



Areas which members of the society have had the opportunity to develop in are presentation skills and mathematics. James Gleeson gave us a talk on presentation skills and Stephen O'Brien also gave a talk on mathematics which members found quite interesting and relevant to their own courses and interests.

The society also organised a trip to attend the ISMA conference in Dublin which was thoroughly enjoyed by everyone who went. Competitions took place between UCD, UCC, Maynooth and Trinity on which college should give a talk on a maths topic. Of course it wasn't all work and no play though as we also managed to squeeze in some time to socialise with the students from other colleges!

Another aspect to the society which has recently developed and became quite helpful to members during assignments, midterms and exams were study groups among the members. Organised both formally and informally it allowed us to help each other out with different topics as well as form new friendships with the other students.

So if you enjoy maths...or even if you don't, the maths society is a great way to make new friends, have fun nights out and maybe get some help with your maths assignment at the same time! If you would like to join contact us at [ulmathsoc@gmail.com](mailto:ulmathsoc@gmail.com)  
 By Sinead Beirne & Maire Mann

## Ní Tír gan teanga. No Nation without a language

Le Lucy Ní Choisdealbha, Cathaoirleach ar an gcumann Gaelach

CUMANN Gaelach Ollscoil Luimní is a vast growing society with energetic and enthusiastic members who help create the friendly and courageous atmosphere in the society. Cumann Gaelach welcomes all new members. Whether your fluent from a Gaeilcoil, have the cúpla focail or are an inter-national student with an interest in sharing in our pride and love for the language, the Cumann Gaelach will have something that interests you.

Last year the cumann saw a massive increase in committee and society members. Many of these new members were new students in UL who had a passion in developing their Irish and also were interested in achieving The President Volunteering Award. We thrive on our active members and apart from our various events and trips we also have weekly committee meetings -tada gan iarracht. We believe that cairdeas (friendship) is key to developing our society here

in the university and also gaining stronger connections with other universities and colleges around the country. This year many of our events were organised with these colleges such as UCC, UCD, TCD, NUIG and Mary Immaculate. An Oireachtas is one of our major events which takes place the weekend after Halloween and is a massive occasion for many Gaelgeoirí around the country and abroad. We take pride in the efficiency of our committee and every year we attend

a 2 night training course in Dublin run by the conradh.

Ni lia tír na nós (every country has its own customs) and the Cumann Gaelach enjoy working with other societies in UL such as Trad Soc and International Society. Last year the cumann gealach helped the men's soccer in UL organise Tóg Amach Mé (Take Me Out) which was held in the stables. Other Nights have been hosted in the Stables too. Last year Cumann Gaelach invited the band Seo Linn to perform for our

students. You may know Seo Linn as the band that performed Avicii "Wake me up" as Gaeilge. If you're not sure whether Cumann Gaelach is right for you come and talk to us (as Gaeilge or in English) at the recruitment drive or you can send us an email at [gaeilgeul@gmail.com](mailto:gaeilgeul@gmail.com). We rely on new members to keep the language strong and alive around our campus. There's only one way to keep a language alive and that's to love speaking it. Beatha teanga í a labhairt.



# The People! The Planet! The Profit!

We are Enactus UL, a group of students supported by university faculty and local business people. Enactus is an international organisation including 1600 universities across 38 countries. We are new on campus as a society this year. Our work over the last year included working with elderly people in local nursing homes, making plans to work with Limerick's homeless community, and paving the way for a large scale project in Thailand. In May 2013 we placed third in the National Enactus Ireland Competition, where we showcased the work we had done, competing against 6 other universities. The winners of that competition, DCU, will travel to the Enactus World Cup to represent Ireland this September. This World Cup is held in a different country each year. Last year it was Washington, this year it's Cancun!

Our goal is to help as many people as possible using business and entrepreneurial skills to create long-term sustainable projects, which will hopefully lead us to winning the National Competition in May 2014. To do this we need your help!

We are always looking for new members and volunteers. The great thing about joining us is that any work done with us can go towards obtaining the PVA. Nowadays volunteering is looked for by loads of employers and having Enactus down as a reference on your CV will scream 'HIRE ME'.

From visiting elderly residents in local nursing homes to collect their stories and experiences, teaching an ECDL course to homeless people in Limerick, to general fundraisers and a competition; we have PLENTY to do over the next year.

As well as helping people we

work on our own self development. Enactus is sponsored by organisations such as KPMG, McDonalds, Musgrave Group, Enterprise Rent-a-Car, KBC Bank, and many more. Throughout the year there are various networking opportunities where students can meet these great business leaders and learn from their many experiences. There was a number of training days organised by Enactus Ireland over the last year covering leadership, organisation, project development, etc., all of which add to our CV.

We meet at least once a week, generally a Monday or Wednesday evening but this will be confirmed at our AGM which will be organised in the near future, so keep an eye out. For more information visit our Facebook page [www.facebook.com/ULenactus](http://www.facebook.com/ULenactus) or email us at [enactusul2013@gmail.com](mailto:enactusul2013@gmail.com).

So if you are interested in

helping people, if you are interested in developing your CV, or if you are just interested in occasionally dressing up in formal clothing and heading to a swanky Dublin business place, JOIN US! We are Enactus UL.

(Picture) The Enactus UL

team with Faculty advisor Gabriella Hanrahan, Irish Olympic boxer Katie Taylor, and Chairman of the Enactus Ireland board Terence O'Rourke at the National Enactus Ireland Competition May2013.



## FAN FORUM – THE UL'S POP CULTURE SOCIETY

Are you a fan of popular culture? Do you have a keen interest in TV shows, films, books, comics, internet culture, science fiction or fantasy? Ever find yourself looking for like-minded people to chat about the latest episode of Game of Thrones or Doctor Who – or just hang out with? If so, the UL Fan Forum Society is the place for you!

You'll meet people with a wide assortment of passions – from Firefly to Breaking Bad, The Avengers to Star Wars, Harry Potter to The Lord of the Rings, Father Ted to Community, Neil Gaiman to Joss Whedon, and everything in between! It doesn't matter how obscure your interests are – in Fan Forum you're never alone. The main basis of Fan Forum is our weekly get-together, which happens at 6:00 pm every Thursday in the Red Raisins café. It's an ideal way to meet interesting new people

(and generally have the craic) in a relaxed and laid-back environment. We also arrange frequent group cinema trips, where we head to the local cinema to catch the latest blockbusters.

In addition to these regular events, we hold many special ones, often themed after our favourite shows or books. We kicked off last year with our first annual Harry Potter week, consisting of a human chess game in the courtyard, a campus-wide treasure hunt, a Muggle Quidditch tournament, and our own "Yule Ball" hosted in the UL Sports Bar. As always, we celebrated Halloween with a campus Zombie Walk, where we raised over €100 for the Mid-Western Rape Crisis Centre (with a little help from the Dance, Drama and Music Societies)

We maintain close relationships with the University's other societies, particularly Games, Anime & Manga,

Chess, and Literary societies, all of whom have some overlap with our own interests. We occasionally get together for inter-society events, like the December "Nerd Ball", on-campus screenings of classic films, table-quizzes and much more. If you've missed these, no need to worry – we have plenty of exciting trips and events in the works for the next year and beyond.

Fan Forum has only been around since 2011, but we've quickly become a central pillar of the local community, winning Best New Society at the 2013 C&S Awards. Membership in the society is just €4 a year. We also have a very active Facebook group, with 275 members and counting. Feel free to drop in and check out the latest discussions on the wall – it's a great way to preview

the society and see what we're like.

If you have any queries, you can also contact us at "mailto:ulforumsoc@gmail.com" [ulforumsoc@gmail.com](mailto:ulforumsoc@gmail.com) or search UL Fan Forum Soc. on Facebook!

By Gerard O'Mahony, PRO





# Welcome to the International Society

By Muireann Murtagh

PRO

This is the International Society, the biggest and best society in UL! If you think I'm just saying this for the craic, then think again – we have won the Best Society Award in the academic years 2012/2013, 2011/2012, 2010/2011 and 2008/2009. We have also won the Best Society in the national competition, BICS (Board of Irish College Societies) in 2009. Our members have won recognition for their contribution to Clubs and Societies in U.L. on numerous occasions (2012/2013 – Best Individual: Kennedy O'Brien, 2010/2011 – Best Individual: Kieran Phipps, Mike Sadlier Award for Outstanding Contribution 2010/2011 – Kieran Phipps, Best Fresher 2011/2012 – Sarah Jennings). If this doesn't give weight to the above statement, then please read on for even more proof!

## Why Should You Join?

Despite the name, it's not just for students on Erasmus and Study Abroad placements. No matter where you're from, or where you're going, you are welcome to join our society. Our primary aim is to help students on Erasmus or Study Abroad placements settle in and explore Ireland and Irish culture. 'Students helping students' is the motto we live by and we always do our best to ensure that you have a fantastic time at U.L., whether you're here for a single semester or several years.

## Events

If you are a student in U.L., whether you're here for a semester as an international student or here for the duration of your degree, then at some point or another, you will end up in the Stables Club on a Friday night. It's guaranteed, so don't try to avoid it! Luckily for you, Friday night is the best night to be in the Stables, because we hold our weekly T.G.I.F. (Thank Goodness It's Friday) party then! Members and non-members are welcome to dance to the tunes of DJ Ber and to enjoy our themes. From 90s Night, to Hal-loween, to Traffic Lights, to Christmas, to Easter, to Movie Night, to Glitter Night – eve-

rything you can think of is worth being celebrated with us! We often host T.G.I.F in conjunction with other societies, such as Out In U.L. (Glitter Night) and the DJ Society. During the week, we sometimes take groups of students out to sample the nightlife in Limerick. We also host table quizzes during the semester (with fabulous prizes, naturally) but our biggest event of the year is International Week. International Week takes place in Semester 2 and is brilliant craic – a hectic week of events during which we introduce you and UL to the society through the medium of food (the International Food Fair is the stuff of legend. No joke.), dance (ever wanted to dance like someone from China/Spain/Italy/Ireland/at all? Now's your chance to learn!), music (trad sessions and musical showcases abound this week) and language (if you aren't a languages student, why not try to broaden your vocabulary of, well, any language you can think of? Someone in the society will be able to teach you!). You'll love it!

## Trips

We take students all over the country. Last year we travelled to Cork, Kerry, Galway, Dublin, Mayo and Belfast, among many other places. Our trips are subsidised, so they are much cheaper than the ones students can organise for themselves. As a result of this, there is often a great number of students eager to go and not enough spaces for them, but we do our best to accommodate everyone. The trips can be either day trips or last over a weekend, but the memories you make will last a lifetime!

## Activities

We do our best to cater to the interests of every member. To do so, we run several activities during the week: Music Club, Book Club, Sports Club and Mentor Meals. In Music and Book clubs, members get together to either play music or read different books – it's as simple as that! In Sports

Club, we play different sports every few weeks and you can learn how to play Gaelic football and Hurling (the most popular sports in Ireland!). In Mentor Meals, members form groups and go to each other's houses for dinner, to try different cuisines and to make friends. The Society is also involved in the Access Club, which involves tutoring secondary school students in the locality. The radio show, International Power Hour,

broadcasts international music on the UL radio service, ULFM. No matter where you are in the world, you can tune in and request your favourite tunes!

Find out more!

This semester is going to be an amazing one, and we can't wait to get to know all of you! If you'd like to find out more about us or to get in touch, then check us out on the links below! Our AGM will take

place early in the semester, so if you'd like to get involved then come along, because there are spaces open on the committee and we need your help!

Facebook: UL International Society

Website: "<http://www.ulinternationalsociety.com/>" [www.ulinternationalsociety.com](http://www.ulinternationalsociety.com)

Twitter: @ULIntlSociety

Wolves: HYPERLINK

"<http://ulwolves.ie/>



BICS Awards, front row, (L-R): Caoimhe Roche, Monika Gąciarz, Luan Camargo, Muireann Murtagh. Back row: Ewerton Fortunato, Kennedy O'Brien.

## Exciting times for the History Society in UL

By Patrick Mulcahy  
UL History Society

The History Society enjoyed a productive year. The highlight of the Autumn Semester was as per usual, The Bunratty Banquet in which over twenty people attended. The event combined fine food and wine from the medieval era with acting from the actors onboard. It brought the Autumn Semester Activities to a halt. February 28 last, The History Society held its AGM. The event marked a complete transition as all members of the outgoing committee did not seek re-election and stepped down. The New Committee is a mix of new and experienced UL Students. Each committed to making the society as productive and engaging as possible. Much of our time and effort has been put into pulling together a number of events for next year which are frequent and feasible.

Our main event this past semester was a re-enactment of the 1921 Treaty Debate. Darragh Roche moderated the proceedings. There were two speakers a piece on each side and the debate was opened for general discussion. Remarks were emotive and off the cuff. Audience members were given an opportunity to speak and this contributed to a passionate yet good humoured atmosphere. History repeated itself as the Pro Treaty side won by 19 votes to 14. Mr De Valera left the house in protest at the result not before snagging his coat on his chair. A social was held afterwards in the Stables Bar to heal any civil war divisions! The event was successful, mainly through promotion through tools such as Facebook [www.facebook.com/ul.historysociety](http://www.facebook.com/ul.historysociety) and Gmail [ulhistorysociety@gmail.com](mailto:ulhistorysociety@gmail.com) and excluding any

leaflets/brochures distributed through campus in advance of the event. The committee has held five meetings since February, not only planning this event but what we wish to see happen with the society in September.

There has not been a more exciting time to join the History Society at UL. Our society is open to all students of all disciplines, backgrounds, whether you have a modest or manic interest in History, you will be made welcome. Be part of it. Come to our stall at the recruitment drive in September. We have an active programme ahead including a trip to Dublin, debates, speaker, Centenary Celebration Seminar, Bunratty Banquet and more.

Sincerely,



# Reaching New Heights

By UL Trampoline Gymnastics Club PRO Rachel Cahalane

As the semester sadly draws to a close, ULTGC can celebrate another brilliant year.

It didn't take long for our whirl-wind 2nd semester to jump-start. In only Week 2 we jetted off to Scotland to compete in the Scottish Student Trampoline Open 2013 (SSTO) in Glasgow. The rain didn't dampen our spirits as we took to the city on Friday night dressed as various video-game characters to start what was to be an amazing weekend. Saturday's events proved successful as James Downey came 2nd in men's inter-advanced and Fiachra Horan 2nd in tumbling. That night we headed out again to experience what the amazing city had to offer before reluctantly returning home on Sunday evening. On Tuesday of Week 8 we hosted our annual club night out in The Stables. We would like to thank The Stables

Club, who sponsored us with vouchers, the staff and all who attended and helped to make it a memorable night. A county colours theme, music, finger food, dance-offs, spot prizes and a raffle ensured a good night all round. Watch out for our annual Club night out which we are planning to organise for around Halloween.

Excitement had been building all year for Europe's biggest student trampoline competition, Irish Student Trampoline Open, which was held this year in Cork from the 4th to the 7th of April. Due to the HUGE numbers of participants the competition started right away on Friday afternoon with novice men and women. We celebrated that night with a music-festival themed fancy dress. The competition continued through Saturday and Sunday and UL proudly achieved three first

places: Amanda Beals in women's intermediate, Cillian McMullen in men's intermediate DMT and Miheala Davis in novice tumble track. The club also fought our way into the final round of gladiators, a friendly college competition involving crazy and exciting challenges. Embraces of goodbyes were shared all round with the friends made from colleges all over Ireland and Britain as the competitive year

was brought to a close. Until next year! A huge thanks to our head coach Cillian McMullen and other coaches alike for all their hard work getting us into true tramp-shape this year! Next year we hope to come back even bigger and better and hope a few new fresher's will join our proud pack! We are proud to be holding The Munster Open this year, a friendly competition between a few select

clubs that takes place around October every year. Come and check it out in the PESS building! Who knows where our bed-hopping adventures will take us next? Join us and find out. Check us out on Facebook for full information on training times or drop us an e-mail at [ultrampolining@gmail.com](mailto:ultrampolining@gmail.com) – remember we're the only club that encourage you to get high!



Our Captain for 2013, Shannen Minter, showing off at one of our Outdoor Bounces in the Courtyard.

## Welcome to the Psychology Society



THE Psychology Society is a great chance to meet new people plus our events are just plain fun. Last year we had a Mexican themed fundraiser where we smashed a Piñata, played Jenga and wore fake moustaches. There was the 'Day of the Dogs' trip to Galway where we went to the dog track and watched the greyhounds go. After that we hit the town to have a BRILLIANT night out. There was a 'Lost Our Marbles' treasure hunt and we hiked Carrauntoohill mountain with the 'Outdoor Pursuits Club' to raise money for Epilepsy

Ireland and Cave Rescue. There's also the mysterious and annual 'Twisted Table Quiz' where something strange and new happens. The only thing you can expect is the fact you probably won't be sitting down. Another annual delight is the 'Psychology Ball' where we get dressed up in our elegant finery. The food, dancing and outfits were fantastic (masquerade masks are completely optional). If you join there'll be Christmas parties, hoodies and much much more. You'll also get to hear wonderful guest speakers give talks on a range

of topics. Dr. Declan Ahern informed us about sports psychology. Margaret Larkin discussed counselling and gave us career advice. There was also Dr. Eoin Harney from the 'European Federation of Psychology Student Association' (EFPSA) who provided very useful information about publications and conferences.

We're working on new events and ideas are always welcome. If you've any queries feel free to contact us: [psychsocol@gmail.com](mailto:psychsocol@gmail.com) All you have to do to sign up is come to the recruitment drive, easy. We'll try to bring free sweets. LOTS of them! Don't forget to register to become a member online: [www.ulwolves.ie](http://www.ulwolves.ie)



# UL Krav Maga – Welcome to Reality

Don't wait, learn to defend yourself!

Krav Maga is an Israeli tactical martial system meaning 'Close Combat', where the focus is on real world situations and efficient, practical defence techniques. It is also an enjoyable way to get in shape, keep fit and, most importantly, stay alive.

UL Krav Maga club has been running for 5 years now and continues to grow. During the summer months, we still hold training sessions in the Village Halls where possible, continuing to develop new training scenarios and methods for self-defence. Although the summer months are quiet, with fewer members able to continue training, our

dedicated instructors and committee members remain to hold sessions—beginners, advanced, age and fitness do not matter, we welcome all levels. Some of our members also attended seminars and training sessions with other clubs during the summer, such as a Close Quarters Combat session in Cork and a Car Rage seminar in Dublin (dealing with attackers while near or in a car).

In the next semester our class times are currently 9-10:30pm on Monday (although we are hoping to extend it to 8:15-10:30) and 7-9pm on Wednesday. Membership for the club will cost UL students 10 euro for the entire year. The club will also organise a

grading each semester for those who wish to pursue the Israeli syllabus. There will be a Demo Night, alongside other martial arts clubs, in the Stables to show what the club is about. We will also be holding a seminar specifically for women, all are welcome to attend.

*Weekly updates about training times, locations, etc. are provided on our UL Krav Maga Facebook page (<https://www.facebook.com/ul.k.maga>).*

*We wish you a great and safe year, and hope to see you all in the coming semester.*

*Kida  
Mark Browne,  
ULKMC PR Officer*



## "Wax on, Wax off" Cleaning up the Competition

A small group of dedicated members founded the ULSKC in 2005; the club has grown from strength to strength in its 8-year history. Over that time, the club has had many proud moments; encompassing victories at regional, national and international competitions. To date we have had three successful trips to Japan and the promotion of students from white to black belt, and all this while attaining an ever-increasing membership.

Karate is a great way to stay in shape, make new friends and to learn and experience one of the most traditional forms of martial arts. The club holds a number of seminars with some of Ireland's top karate instructors and attends national and international competitions; we also hold grading seminars twice a year. We

are affiliated with Shotokan Karate International Federation, so even if you're in UL for a semester or two, every grade you earn is internationally recognised and you can take wherever you please. We cater for absolute beginners and the more experienced members. We work on fitness, core and traditional karate; so don't worry if you can't touch your toes, we'll soon sort that out. Not only are we an excellent karate club, we hold an array of socials throughout the year. Our balloon championship is legendary, you will (probably) get diabetes at our pancake party; we stuff our faces at our Christmas dinner party; and we are partial to a tippie or two.

In February this year, ULSKC hosted the national intervarsity's here in the UL Arena. It was a massive success! Our

*Rory King  
PRO  
UL Shotokan Karate Club*

squad was able to keep the best of the silverware earning a total of sixteen medals, beating off stiff competition from 15 colleges around the country. The Club is looking forward to our fourth trip to Tokyo. In January 2014, we will be sending a group of students to train with the Grandmaster of Karate, Kancho Kanazawa and other honbou dojo instructors for two whole weeks. Two weeks in Tokyo? - yes please!

To join the club, you can message us on [www.facebook.com/ULKarate](http://www.facebook.com/ULKarate) or visit our page on the C&S Wolves Site or simply drop down to training any night and sign up! You can always pop by our stand at the Week1 C&S Recruitment drive and we will answer any of your questions. Full membership to the club for UL Students is only €10!



Membership privileges include the use of locker room facilities, the use of training equipment, karate tuition, and insurance. We accept members of all styles and affiliations, so even if you're not a Shotokan karate kid, don't let that stop you from coming down! The ULSKC have

had non-stop training since September 2011. That's less than 10c a lesson - sure you'd be mad not to!

**Training Times:**  
Tuesdays: 18:15 – 20:00 and  
Thursdays: 20:15 – 22:00 at the UL PESS Building (no. 19 on the campus map). Pop by and say hello!



# UL Kayak Club, Join the Adventure

Eoin Farrell & Mícheál Howard, ULKC

From paddling down the highest waterfalls in the Italian alps, to cruising across the Killarney lakes, to exploring the sea caves off the coast of Clare, UL kayak club has it all. So if you're looking for great people who are always up for a good laugh, then you are definitely reading the right article! Let's explain what ULKC have to offer...

The kayak club has regular weekly river trips to the local Castleconnell white-water stretch of the river Shannon or further afield to Kerry or to the coast for surf kayaking. These trips are open for beginners and have plenty of opportunity for good fun and great kayaking. The first adventure of the year will be to Lahinch for some surf kayaking, sea kayaking and lots and lots of partying. Last year over fifty paddlers set off from UL in search of sea, surf, and a valid excuse to procrastinate on upcoming college assignments. Though we arrived after dusk on Friday, everyone got in two solid days' surfing on Saturday and Sunday. On top of the surfing, we also organised a trip to the Cliffs of Moher for the study-abroad students in our club.

In the first semester there are usually two white-water kayaking weekend trips, one to Kerry and one to Wicklow. These trips usually cost between €35 to €40 including food, transport and accommodation. These trips are filled with action packed white-water rivers and offer plenty of opportunity to develop your paddling skills, to get to know the people your

paddling with off the water and explore some of the countries most amazing landscapes. At Christmas UL students get six weeks holidays so if you find yourself bored of mince pies and boring relatives why not join us for our annual Wales trip. Each year the club organises a weeklong trip of white-water kayaking, partying and adventure, exploring some of Wales' hidden valleys and fun filled white water. The trip is open to all members of all abilities if you have only kayaked a few times in the pool or on flat water or you're a crazy adventurer who has hucked off 70-foot waterfalls, Wales is the perfect trip for you and has plenty of rivers for all abilities.

February marks competition time. Each year the Irish kayaking intervarsity's is held in a different area of Ireland. Next February UL Kayak club will be fighting for a fifth victory in a row. The Intervarities competition pits college clubs from all over Ireland against each other in many different categories of kayaking including White-water racing, Long Distance racing, Kayak Polo and Freestyle kayaking. This is always a great weekend to meet, party and compete with cool people from all over Ireland. Again in second semester there are plenty of weekly river trips and weekends away for sea kayaking or white water. The Alps trip is UL Kayak clubs flagship trip and it happens every summer. Just after your summer exams are over and you're looking for something to de-stress, ULKC head away for a



three-week trip to Italy and Slovenia. We head way up to the beautiful Alps and take in the sweet rivers and white-water paddling that is on offer. Sunshine, cool alpine water and great friends, what more could you want on a top class adventure. It has always been a "trip to remember" for all our members that decide to go! If you are interested in trying any discipline of

kayaking for yourself, drop down to the UL Arena Pool from 9:45-10:45 on Tuesday, Wednesday and Thursday; or contact us at [ulkayak@gmail.com](mailto:ulkayak@gmail.com). All skill levels catered for from complete beginner to the more advanced. Membership fee for UL students is €5 and this covers use of the equipment, insurance and most day river trips.

*For more information and all our latest news please visit our website at <http://kayak.csn.ul.ie/> Or follow us on twitter; <https://twitter.com/ulkayak> and Facebook; <https://www.facebook.com/universityoflimerickkayakclub> for all our latest updates.*

*If you would like to contact the club please contact us at the following email; [ulkayak@gmail.com](mailto:ulkayak@gmail.com)*

[ulwolves.ie](http://ulwolves.ie)

**CLUBS & SOCIETIES RECRUITMENT DRIVE**

**WED. WEEK 1 - ARENA BUILDING**

**Sept 11<sup>th</sup> from 5:00 - 8:30pm**