



# Clubs & Societies NEWS

Aontas na Mac Leinn  
Ollscoile Luimnigh

University of Limerick  
Student Union



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## This ain't regular frisbee, or great frisbee, it's ULTIMATE FRISBEE

When you tell people you play ultimate Frisbee they usually say "that's not a sport". They are right, it is not just a sport, it is so much more. You do not just 'play' ultimate Frisbee you become immersed in it. I have only been playing it for a year and I love it. I will admit when I began playing, I did not want to play and was actually persuaded to go 'for the laugh', only to soon realise how much craic it is.

It took no time at all to become hooked. Of course it was not as much the sport which draws you in, as it is the people. They made it all the better. Everybody in the club is so positive, friendly and encouraging. It was truly a holistic effort by the club to show the newbies what a great sport it is. One of the best things about the sport is that no one plays it before college in Ireland, which means everyone is as confused as each other at the start. On that first day there was a hundred of us novices not having a notion how it is possible to throw a Frisbee in so many different ways. Everything went along smooth as butter. We completed a few drills to test our skills, or lack of. Then came the fun part, game time filled with extravagant throws and Ludacris catches. The experienced

players put on a real show whilst including us in the fun and trying to bring out our capabilities. I never looked back from there.

As I said before, Ultimate Frisbee in UL is much more than just a sport, you really bond with everyone throughout the club. There is never a dull moment, with activities varying from banter filled house parties in the Birches to countless trips to 'the local' also known as the Odeon. Another upside is with our club you are basically guaranteed a ticket to D.I.E. (a popular music event in Limerick). On the sporting side it is common for our players to travel to the UK and Europe for tournaments. On top of this many of our current and past players have represented Ireland at European and World championships. Ultimate Frisbee is played both indoors and outdoors. It combines the dynamism and creativity of Soccer with the American sporting knack for generating highlight reel plays. UL had a strong season last year winning both indoor IV's and Whacking Day (a beginner tournament), which all newcomers will be encouraged to attend. The sport is self officiated which means that there is no authority outside of the players, this serves to

make everyone who plays the sport very sound and easy to talk to.

We train hard all season. We progress leaps and bounds throughout the year. Our outdoor season was pretty rewarding, firstly resulting in a well-deserved triumph at the Development tournament (DEVs), just showing how much time and effort was put into training beginners. A testament to the united club ethos. The "Siege of Limerick" is an international club tournament that we hold every February on the North Campus. We were the highest ranking college team and only narrowly lost to Pelt, a Limerick club mainly comprised of UL Alumni players, in the Semi's. (Pelt lost to the GB national team in the final) We fell just short at Outdoor IV's which is something we want to rectify this year quite desperately. College can be a daunting place, full of new experiences and challenges. Let Ultimate Frisbee be one of those experiences and you wont look back.

Welcome to The Family.

Shane McNamara –UL Ninjas at Heart



# Clubs & Society Survey reveals

## “UL Students are very hairy like wolfs”



Welcome back to one and all – hope the summer treated you all well and the pockets are brimming with hard earned cash and you are rarin’ to go with another fun filled and action packed year in University. To all the newbies this will be an amazing four years in your life, but don’t just take my word for it, I have some very interesting feedback from a UL Quality Unit Survey that we ran on the Clubs & Society members in April/May 2015 to back that assertion up.

### Q.50 Describe in your own words what being involved in Clubs and/or Societies has meant to YOU?

“Being a part of something makes me feel like I belong somewhere. It gives me an escape and allows me to be me. I get to be with people who share the same interest as me and make friends for life.”

“It has meant everything, from day one I immediately felt connected to these people coming to Limerick from a small town was always going to be a challenge, and coming with no friends...was even harder. After joining this club, I immediately seen face’s around campus that I knew and without a doubt this made country –city life transformation so much easier”

“Between work and college I rarely get home to see my family and when I joined my

club they instantly became my second family. We do everything together from going out, to studying, to having “family dinners” before big games. We as a team have a great sense of trust and friendship with each other. I spend more time with the girls from the team than I do with people in my course and it’s a great sense of security to know they will always have my back no matter what”

“It’s really made my University experience. In first year I didn’t really take part but forced myself into it in in 2nd year and my C&S experience has helped me make my best friends, experience my home city in a completely new way, got me my co-op and helped me find my vacation. It has been one of the most important factors in my life.”

“Being part of a group of people with similar interests isn’t very common prior to University and UL has done a fantastic job making the C&S accessible and fun for all involved. I have made countless friends through C&S, including internationals that I have visited, from Holland and America. IT is a great way to expand your view point of the world while being in a comfortable environment, be it in red raisins or on Carrantuohill”

...and there were literally hundreds of positive comments like this in the 2015 survey

My motivation for this survey was off the back of the much talked about “UL Strategic Review” earlier this year where the whole campus was invited to contribute. I wanted to make a contribution to that important review on behalf of C&S but I had no recent quantifiable data. As such I then went and spoke with several UL Departments that interact with C&S to

see if they could assist. As much as everyone agreed that Clubs & Societies has a very valuable role within the fabric of the University no-one could show me how that manifested for them other than verbal affirmations. So the need for a survey arose. I had put the survey together over the following 6-8 weeks with the excellent support of Kim O’Mahony of the UL Quality Unit based on a similar 2003 survey and arising from conversations with , Gabriella Hanrahan of the Presidents Volunteer Award (PVA), Declan Ahearn as the Head of Student Counselling in UL, Sean Reidy as the Director of Marketing in UL, the International Office and the ULSU General Manager, Martin Ryan many of the questions were framed. The survey had 67 questions; it had 849 respondents and 7856 open comments. I started reading the results and comments on the 12th May and managed to finish this by July 16th and it has provided some fascinating information, opinion and suggestions which I will endeavour to act upon over the coming academic year and relay back to you all.

Another comment that I particularly liked as it resonated with me personally and it’s a great message to people coming to UL for the first time, so fresher’s take note

Q 62 “What does the term “the UL experience mean to you?”

“Getting involved in all things UL! Those who chose to stick to academics and the nights out are entitled to do just that, if that’s what they choose, but for me it was getting involved with as much as I could to enhance every day here! That meant joining loads of Clubs and societies in first year and slowly weaning myself off a few until I had decided

on the ones that I loved. This opening my eyes to all sorts of experiences during my time in UL, including meeting new people, social events, CV boosters, travel and so much more”

It can get tedious trying to go through so many comments but I just wanted to thank the student who nearly made me choke on my coffee in the scholars club as I waded down through the thousands and thousands of comments when I got to the section about “Brand Awareness/Visibility” - Q.42 “In your opinion, why was the image of the Wolf chosen”

“Because UL Students are very hairy like wolfs...UL Students wolf whistle at everyone...UL wanted to scare away the Limerick fiends by posing as a wolf... Because the founders of UL were tossed into a river at infancy by traitors who overthrew their parents. Miraculously they were saved by a she-wolf and from there they went on to avenge their parents and founded UL”

Oh man what a great imagination a future novelist for sure, and just to clarify as well that we did not come up with the idea of the UL Wolves from the hangover movie either which some seemed to suggest. Many of you do know how we got to this point it will be on our website and as C&S are the founders of this idea it was really pleasing to see that 91.4% of you like the wolf as a brand image.

That was just some of what the summer was spent on in your absence. There was a lot more going on but I would like to take this opportunity to extend my thanks to Cormac O’Brien, HPSS student (and member of C&S), he has been on Co-Op with us for the last few months working through the

archives of C&S and pulling all the records together in a specific project and he will have finished by the time this goes to print. Cormac is actually the first co-op back in Clubs & Societies since 1998! A big welcome also to Seamus Toomey also on Co-Op for the next 6 months, as a Journalism and New Media student, Seamus will very much be the face of C&S on the social media front amongst the many other projects he will be involved in so go to our Blog, FB page “UL Wolves C&S”, and LIKE US to keep on top of all the latest news.

Finally get on-line, join our wolf pack and create your Clubs & Society membership then get yourself to the UL Arena on Wednesday September 9th from 4pm-7.30pm and become our newest members. For further details on how to join please log on to [www.ulwolves.ie](http://www.ulwolves.ie) if you have any issues around membership or Clubs & Societies in general just drop me an email [Paul.Lee@ul.ie](mailto:Paul.Lee@ul.ie) or you can mail my colleague [Michelle.Whyte@ul.ie](mailto:Michelle.Whyte@ul.ie) the Clubs & Society Administrator, or call in to our offices in the Student Centre.

New experiences and friends guaranteed. Welcome to C&S and UL.

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# Welcome to the Wolfpack



My name is Michelle Whyte and I am your Clubs and Societies Co-Ordinator. 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, 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 drive with the 'Science Society' and the 'Sinn Fein' 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 manage the C+S vehicles which include a land cruiser, a (brand new!) sprinter van and mini-bus. The possession of vehicles in a Student's Union is unique to UL and has proven to be an excellent asset for us whether being used to carry Kayaks to Wales, climbing gear to the Alps or our budding politicians to the Ard Fheis. I also chair the yearly SoUL Arts Festival planning Committee and I represent you as the Vice Chairperson on the Board of Irish College Societies

(BICS). If you have any ideas for your Society's participation in SoUL Week or would like to know more about the BICS Awards my office door is always open! There are still a number of committee positions unfilled on the SoUL Week planning committee should you wish to become more heavily involved.

The biggest date in the C+S calendar, the recruitment fair, will take place this year on the 9th 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. Here's to another great year!  
Beir Bua agus Beannacht,  
Michelle  
[Michelle.Whyte@ul.ie](mailto:Michelle.Whyte@ul.ie)

# I'm the new guy who helps Paul & Michelle



Hi everybody! (Hi Dr.Nick) I'm Seamus your C+S co-op student. I'll be working with Michelle and Paul through the first semester helping them organise and execute the stellar events you're used to, among other things, many other things. I've already gotten settled in (I've been here since June) and I've gotten a taste for what it's like to work in C&S. It's a great place and despite it being summer I'm already starting to get

to know clubs and societies committee members, it's also surprisingly busy as we prepare for everything from Freshers' week to SoUL Week. I've been helping with a plethora of different tasks, writing An Focal articles, starting a C&S blog, updating the C&S Facebook and Youtube pages, interviewing UL's stars such as Thomas Barr, analysing surveys (that linguistic analysis class came in handy) all the way to editing this very newsletter. Oh and filing and archiving lots of folders, like lots of folders, the past decades' worth of folders, that's ten years of folders.

So no doubt you want to hear more about the folders, am I right? How about a quick introduction instead? I'm Seamus Toomey by day and Shinobi Ginja Warrior by night, I

study journalism and new media in UL and have just started my third year, I was a member of ULFM and the Literary society and if you want to get on my good side just tell me your best pun. "We did this theatre production on puns when I was in transition year, it was received really well because it was a play on words...."

Something to that ilk. If you need help and Michelle isn't around ask me and I should be able to help, apart from that I'll be quietly working in the background making sure certain things run smoothly and lending a hand where I can. Just to ensure you don't get out of knowing me so easily I'm planning on joining an abundance of clubs and societies to keep myself active, busy and involved in the goings on around C&S.

So I wish you the best for your upcoming semester whether you're a new or returning student and invite you to join me in my infiltration of clubs and societies by becoming a member. Together we can do it, "For the strength of

the pack is the wolf and the strength of the wolf is the pack" – Rudyard Kipling.





# The Best club you've Never Heard of

MARK KINIRY, ASSISTANT P.R.O



*American Football Club - Versus Trinity College Dublin*

Having played rugby for several years as well as being an avid runner and weight lifter, I came to U.L last year thinking that I would get a good education and that I knew what it would take to play the game I have followed my entire life, American Football. While I was right about the former, I seriously underestimated the latter.

My first training session it was obvious to me that this was a sport which separated the men from the boys and I knew which one I wanted to be. For the first few months we ran, lifted, and practiced the techniques needed to make us strong enough to play in the fastest growing sport in the country. Every week more and more of the boys disappeared while the men got stronger, faster, better. I got a taste of what football was when we travelled to Dublin to compete in the intervarsity competition. The rain was so heavy I was soaked to the skin and chilled to the bone but the experience was amazing. So too was our journey to play

the Granada Lions in Spain, where the sun was so hot that I couldn't concentrate on anything that wasn't directly in front of my eyes. The two occasions were as contrasting a set of experiences as you could have gone through but the football and my new teammates made them fantastic.

What surprised me the most about the team was the variety of people who were a part of it and the passion that they have for the club. I found another fresher, who starting, was in the same law degree as me as well as guys who were studying literature, maths, sports science, and engineering. There are guys who are builders, guys who are physios, and guys who are accountants. The only connection between them is the love that they have for the Vikings. Every man there had a hand in making the club what it is in whatever way they could, be it coaching, running the everyday aspects of the club like organising pitches and buses (or writing little

press releases like this one), teaching guys how to take care of their bodies, and fundraising so the newer guys could travel to Spain. I was impressed with their bond.

All of this paled in comparison though to actually playing in our season true. The "friendly" games we played up to the season opener were hard yet fun but that first game day was electric, it made everything up to that point seem a little less real. I didn't play much that first day of the season. I was new and hadn't yet proven myself so I didn't mind too much, especially seeing as that each of the three tackles I made that day felt as good as winning an All-Ireland medal. I wanted more.

At the time of writing this article we have played all of our regular season games and are about to embark on our playoff run. I am as excited as I was at the very beginning. Since the start of the year the Vikings have helped me become more of the man that I want to be and playing with

them has made me into a better person than before I started. I have since earned my starting spot on the team. Having my name called out on the starting sheet filled me with pride and confidence.

The season will run through the summer holidays and I couldn't be happier. I will play football, I will live the club motto of one team

one goal, and I will come back to UL next year to live with my new footballing brothers. I will come back a Viking.

Mark Kiniry,  
Assistant P.R.O  
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*American Football Club - Defeating South Dublin Panthers*



# Keep on Running!

BY ELEANOR WHYTE – PRO OF UL ATHLETICS CLUB

Congratulations on succeeding in getting into UL! Now that you have made an excellent college choice, make an even better club choice! Summer is well and truly over (unfortunately). However, things are only getting started with UL Athletics. You may have participated in athletics as a child, you may have been too focused on your Leaving Cert or other exams to train or you may be a total beginner to athletics. We cater for all standards of athletes in running, jumping and throwing in our club. Be part of our ultimate goal to be the best college in athletics in Ireland!

ULAC had a highly successful year with a large medal haul, new IUAA records set and super individual performances in many competitions. The club started its campaign with the Intervarsity Road Relays in Maynooth. UL had numerous eye-catching individual and team performances and the competition set the standard for what was to be a very superb year.

Next up was the IUAA Indoor Championships, held in Athlone I.T. Both the UL men's and women's teams placed second in a highly competitive event which saw five gold, four silver and two bronze medals being taken home, along with new IUAA records from our athletes.

What is viewed by many as the most anticipated intervarsity competition in the athletics calendar, the Outdoor Championships, proved to be a very enjoyable and thrilling event! The club headed up to Belfast for three nights, where there was a large turnout from colleges. The standard was high and all of our athletes competed to their very best and did the university proud. Both the men's and women's teams secured second place overall, which the club was very happy with. All of our club members enjoyed the Banquet Dinner with all the other colleges that night – well deserved!

ULAC hosted the annual Thomond Games on the 25th of April, a

competition which is increasing in popularity every year. The day went very smoothly, which was due to a large amount of organising from our committee and other volunteers. Over 100 athletes from across the country arrived to compete on our very own track and there were magnificent performances from our own athletes. Worth noting was that the Irish Junior Women's 4x100m team achieved a European qualification time at the Thomond Games. #ThomondGames2015 Most recently, a team from Harvard and Yale came over to compete against UL on the 20th June. This meet takes place every 4 years and again we had a huge success and the athletes from these IVY League colleges enjoyed their stay immensely. As always they were in awe with the beauty of our campus!

Overall, it cannot be denied, that ULAC had a very successful year. Below are

just some of the standout performances that contributed to this. A great representation of all the hard work and training our athletes have put in consistently:

- IUAA Indoor Varsities: 2nd Place overall, 2nd place in men's and 2nd place women's team
- IUAA Cross Country: 4th Place overall, 4th place in men's and 5th place women's team
- IUAA Road Relays: 5th place in men's and 4th place women's team
- 9 UL records broken by UL athletes this year in indoor and outdoor championships

On top of all this ULAC would like to congratulate our own Kieran Elliot, Eanna Madden and Thomas Barr, who were selected to represent Ireland at the European Championships, held in Crete in June. Madden

and Elliot were part of the 4x100m squad who finished in 3rd place and Barr finished an impressive second in the 400m hurdles. Barr also set a new Irish record in this event earlier in the season. ULAC would also like to congratulate Thomas on qualifying for the World Championships which took place in August and his qualification for 2016 Olympics in Rio. #RoadtoRio

To become a member of our vibrant club pop over to our stand at the Recruitment Drive or simply come down to the track at 6.30pm on Mondays and Thursdays for sprint training or 6pm Tuesdays and Thursdays for distance training. There will most certainly be someone there very willing to help you out.



Athletics Club High Jump

## Special Events

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OUR TEAM OFFER TAILORED PACKAGES TO SUIT EVERY EVENT AND BUDGET. WHETHER YOU ARE ORGANIZING AN INFORMAL DRINKS RECEPTION OR A LARGE BANQUET, WE CAN HELP YOU PLAN THE PERFECT EVENT. PACKAGES INCLUDE SPECIAL ACCOMMODATION RATES & MENUS AS WELL AS OUTDOOR OPTIONS ON THE GARDEN TERRACE OR ON THE LANDSCAPED LAWN AND GARDENS

COMPLIMENTARY EXTRAS FOR ALL BALLS & BANQUETS INCLUDE

- RED CARPET GREETING WITH SPARKLING WINE FOR ALL GUESTS
- COMPLIMENTARY B&B ON THE EVENT NIGHT FOR THE BOOKER
- LATE BAR EXEMPTION





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# Cheers to Our All Ireland Champs!



*Badminton Club*

This year was a very special year for one team in the club as our Grade E team progressed through their league to the All Ireland's in May and better yet they WON! The team started out in late November in the County League in Limerick where they played a round robin format. In early April, they secured a place in the

County Final facing Effin. They fought hard coming away with the win, only dropping one game on the night. Two weeks later the team progressed into the Munster Semi-final against Country Club (Tipp). They had a comfortable win (4-1) leading into the final against Bride (Cork). Bride had a strong side with a mixture

of youth and experience players. We halved the singles winning the women's and losing the men's, we then went out and won the ladies doubles comfortably and taking the men's doubles in a very close 3 setter. After that we won one game of mixed which was enough to see us take the match and the title of Munster Champs.

The team was on a high as All Irelands were just two weeks later and in the heat of the players' exams. The team had to face GLTC and Eire Friends. We played GLTC first, after a bumpy start losing the singles; we pulled it back to win the next four matches. Up next was Eire Friends. We started out similar, winning both ladies matches but losing our men's leaving us level. We were silently confident in our mixed matches, after taking the 1st mixed match in two sets things were looking good but when we lost the second set in our 2nd mixed match there was a halt to the momentum we had gained. They just about pulled their socks up though to secure a crucial win. As everybody looked on at our last pair, two 1st years, our hearts were in our mouths. The two young guns kept cool under pressure and fought hard to take the match in two sets and lead UL Badminton Club to our first All-Ireland Title since 2000! We did not get a chance to acknowledge

this huge achievement with it being during exams and the end of term. On behalf of the Club I'd like to wish a huge congrats to the team. Back to the year ahead... Welcome to all our new and returning students to UL! We are looking forward to the season ahead. The Badminton Club is suitable for beginners' right up to elite players. Our main student competition for this semester is the Irish ISBT which is proudly run by the UL Committee over the Halloween weekend and is open to all levels of play. Last year was our first year running it which led to a great success. Look up 'UL Badminton Club host ISBT 2014' on youtube to see what went on! Interested in joining our Club come visit us at the Recruitment Drive in week 1 or through the ulwolves site. You can follow us on Twitter @UIBad\_minton and Facebook under UL Badminton Club.

Áine Lenighan (Chairperson) and Chris Quill (Fixture Sec.)

## Check it out mate!

*"CHESS CLUB, THOUGH NOT THE "COOLEST" OF CLUBS, IS A NICHE CLUB.*

The members become more like a family than a club, and you find yourself going to meetings more for the fun of it than for the learning. Saying this, Chess is still taken seriously throughout the college year. With on hand teachers and the ability to bring in a Chess Coach to teach some of the newer players the ins and outs of chess, you'll find any interest in chess will soon be transformed into a passion. Chess Club also offers its members a chance to show off their skill by going to weekend tournaments. These occur mainly in Cork, Kilkenny, Galway and Bunnahatty being the most popular tournaments. All partaken in hotels with accommodation booked nearby. The tournaments give players a chance to play against new people, whether they be old or young, and it's a great bonding experience, as normally a house or apartment

is booked for the whole weekend for the people attending. The tournaments aren't just about chess either, it gives members a chance for some sight seeing, bonding, and even making some friends with other college chess clubs from around the country. UL Chess Club has even participated in helping other colleges start their own chess club, and is involved when possible with the Irish Chess Club, having held the Irish Chess Championships 2 years ago, with 3 dedicated members hosting it from UL. As said, though it is not seen as the coolest or most popular club, the members all know each other and are very welcoming, we're like a small family, and would encourage all to come join us and play. Members of any skill level are welcome, be they complete beginners or grandmasters; Chess Club has coaches for each level



available, and a collection of diverse and specialised

chess books available for some offhand learning."



# UL Basketball planning for a big future

BY CLUB PRO

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. People are still talking about the Basketball Intervarsities held here in 2006.

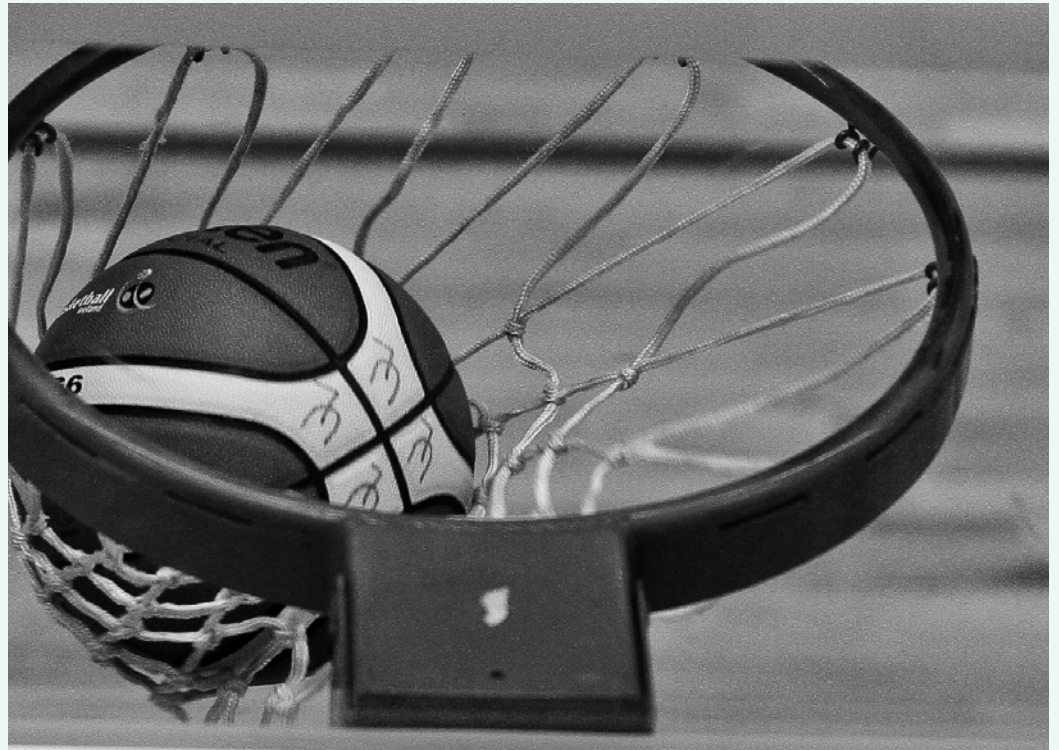
It took a while for us to set the trend for men's basketball, but in 2013 we won the intervarsity title after sixty one years, finally winning the men's title by defeating NUIG in the Mardyke Arena, Cork. The same day the women were in the final however they were unfortunately beaten on the buzzer with a last minute game changing UCD three pointer. To win the double is the dream that UL basketball is chasing as no college has ever even done. You could play a part in this because in 2018 we will be hosting the Intervarsities so let's think big. Why can't we be the only college in 66 years to host and win the Men's and Women's IV's ???

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. So if you play, Officiate, Organise, Coach or just love Basketball please come check us out...

Currently we are working toward our 2015-18 plan, which you should not miss out on being a part of. The Intervarsities is the biggest three day competition of the college calendar and this year it's being hosted by NUIG. The Fresher Tournament is for first year students only and this is a weekend we will hopefully have here on Campus. It is going to be a year to remember. Our motto is one of Performance & Excellence



and through this we believe that we can reach each and every one of our goals. Don't miss your chance to be part of something special that doesn't come along every year.

Come and chat to us at the Clubs and Societies night on Wednesday Week one in the

UL Sports Arena, 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. We have some of the finest

sports facilities in the country so with you involved this can be one of the best college Basketball Clubs.

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 We can't wait to meet you!!!!

## Boxing Clever in UL

BY FIONNBARR THOMPSON – ULABC PUBLIC RELATIONS OFFICER



Boxing Club - David Lewis - In action in UL Arena on the Katie Taylor undercard

The University of Limerick Amateur Boxing Club continued to add to its long list of credentials throughout the 2014-2015 academic year. Having been established in 2011, ULABC has become home to six Irish Champions and is one of the most well represented Universities at National level.

ULABC's calendar starts early, with a trip to the well-regarded Celtic Box Cup in Dungarvan, Co. Waterford. This past year two boxers represented the UL team with one of them placing second in the light-weight division and the other battling through to the finals of the heavyweights. This success foreshadowed the results for UL at intervarsity level when three boxers weighed in and competed against the very best collegiate competitors in Ireland. UL students earned two Na-

tional titles and once again displayed the talent that is being honed right here in the University of Limerick campus.

Training takes place twice a week, Monday and Wednesday from 9pm-10:30pm, in the UL arena with sessions on both the sprint track and along the suspended track. All of these classes are aimed at both keep-fitters looking to experience the sport for the first time in a fun, encouraging environment and also the more seasoned boxers that are always in search for perfection in their technique and fitness. UL has become well known throughout the collegiate boxing community for the high technicality aspect of our training and the incredibly high conveyor belt of talent we can produce on a yearly basis.

As is the nature of

any combat sport, a certain closeness and camaraderie begins to develop between the members as they are collectively pushed to their limits and aid each other when the going gets tough, such is the strong spirit of the club.

While boxing is still Ireland's most successful olympic sport, UL endeavours to encourage the development of academic boxers and would implore students that have competed before to get involved in some capacity. Information can be accessed by contacting our very active Facebook page on [www.facebook.com/ULBOXING](http://www.facebook.com/ULBOXING) or by getting in touch with any of the UL Wolves committee.



# Capoeira - more than a workout!



*Capoeira Club in action*

We look forward to welcoming new members and welcoming back old members to our capoeira sessions starting in September 2015. For those who are not familiar with Capoeira, here is a brief insight; Capoeira is both dance and a martial art and has therefore been nicknamed 'the dance-fight game'. Yes, it's a game so

we try not to destroy each other but we do still want to come out on top. Every game provides its own challenge, whether you are trying to outshine your friend of equal experience, survive against a pro or simply not be humiliated by a newbie – you must always focus on the game. While playing capoeira you will smoothly exchange attacks

while elegantly adding acrobatic showpieces to awe the onlookers. But don't worry, all the fancy moves will be taught, as will the varying attacks and the corresponding defences.

As you work to improve your skill set – or arsenal if you prefer – you will steadily build up strength, stamina and general fitness while also improving your balance

and flexibility. And no, you do not need to be strong or fast or flexible to practice Capoeira but of course it wouldn't be a disadvantage either. Then, just like in previous years when we all get good and our confidence has grown we will meet with other capoeira groups from around the country to test our skills against theirs and go have drinks with them afterwards because it's all very friendly and no one gets hurt. Last year we went to Cork, Killarney, Dublin and Galway. And who knows, maybe this year we will even manage a trip to visit a capoeira group abroad.

If you are still reading this article you are probably interested enough to find out a little about the history. Capoeira was developed by slaves in Brazil who were not permitted to practice any form of fighting so they disguised it as a dance. To their slave masters it appeared as though they were just messing about but their skills helped many slaves to escape to freedom. They gathered in large numbers and

formed settlements called Quilombos where they further developed their capoeira skills to protect themselves from colonial attacks.

Capoeira in its essence is about freedom and so the approach at the UL Capoeira Club is very relaxed. That doesn't mean that you cannot train hard if you want to, it means that you need not worry if you are running late for class or forget to bring your gear. It's only €2 per session for students and the same for membership for the full year! So take on a new challenge in a relaxed atmosphere and come along to our classes.

Tue & Thu 19:00 – 20:15,  
PESS Building  
Facebook: UL Capoeira  
email: ulcapoeira@gmail.com

Author: Brian Hogan  
(President)

Picture: Capoeira roda at Arte Capoeira event with Contra-Mestre Pé de vento (left) and Mestre Serra-Pelada.

# Dance... It's the Shortcut to Happiness!!

BY KATRINA GALVIN, PRO OF DANCE UL

I can remember it well; it was certainly a weekend to remember at the after party in Crush Night club this year. The place was bursting at the seams with excitement, the release of relief and not to forget the sense of achievement. Different colleges from all of Ireland attended to celebrate the end of a fierce weekend of competition at the Dance Intervarsity Competition 2015, hosted this year by our very own prestigious University of Limerick.

Dance Clubs approached Limerick to attend the biggest meeting of dancers in the Irish Dance calendar to fill the infamous 1000 seat auditorium University Concert Hall. Overall 400 students nationwide, consisting of advanced and experienced dancers, beginner dancers, and talented choreographers, all who share a similar interest for the art of dance.

The blood, sweat and tears and hard work were apparent in the high standard set in each dance category; jazz, contemporary, hip

hop, Irish Dance and mixed. As per usual one of the biggest clubs in University Limerick; Dance UL did not fail to prove their success once again. The teams were able to achieve countless awards. These included Hip Hop and Contemporary champions 2015, third place in Irish Dance as well as two individual awards to our sensational hip hop dancers Conor O'Brien and Leona O'Riordan. All of our award winning, experienced and qualified choreographers include Nina Pongratz, Conor O'Brien, David Geaney and David Tidswell who set a high bar of standard at the competition. We are all excited for next year as we'll be preparing to attend Trinity Dublin for the next annual Intervarsity Championships, so don't hesitate to join and audition for next year's squads!

Of these talented choreographers we are proud to have them also as part of our teaching team in Dance UL's range of classes, including ballet, hip hop, zumba, jazz, Irish Dance,

contemporary and yoga. There is indeed something for everyone, whether you live for the expressive style of contemporary dance, want to master a few steps in hip hop to show off at the next college night out or want to improve your fitness through Zumba. Trust me, the list goes on there is something for everybody!

Dance UL also gives you the opportunity to show off what you've learned as the club hosts showcases every year to perform your talent and what you've learned in front of family and friends. From dance, song and drama everyone gets the chance to perform. April 22nd this year we held a special end of year showcase in order to raise money and awareness in aid of Our Lady's Children Hospital, Crumlin.

As well as learning how to become a master of the dance floor, the main aim of the club is for students to have fun whilst meeting new people. And believe me, it's hard to keep up



*Dance UL*

with all the new faces you'll meet and countless friends you'll make through classes, competitions, show cases, and charity events.

Founded by the college's remarkable Jennifer De Brun in 2008, the club has been a success ever since. From winning "Best New Club 2009" in UL's Clubs and Societies ball, Dance UL has been advancing each year. With up to as many as 200 members, the growth of talent and popularity is

never ending. Check out our DanceUL youtube channel and our new Facebook page for this year. Non-dancers and dancers are forever encouraged to join and share in the experience. Hope to see you soon. AND REMEMBER, Life is better with a beat!

Email: Danceul@gmail.com  
for additional information.



# UL DARTS CLUB

NIALL HOULIHAN CHAIRMAN

This semester plans to be one of the best for UL Darts. This year sees us move into our new home, The Stables Bar on campus, as we continue to grow. We are one of the largest growing clubs in UL and one of the most respected teams in both the Limerick Leagues and the Irish Intervarsity circuit. We are one of the few clubs that can guarantee that every person who wants to play competitively will be accommodated on a team and be played often. Last year we had 24 players and 3 teams in each of Limericks 3 Divisions ranging from players who play to win titles to players only starting out and playing for a laugh. The club meets up on a Monday and Wednesday night from 7:30pm until around 11pm at the Stables bar on campus. The club is open to everyone. We encourage everyone, from people who have an interest or play darts to people who have no idea what darts is and are looking for something different. Darts

is one of the few sports that doesn't discriminate. Men, women and people with any disability can enjoy the game and play on the one team making it one of the world's most inclusive sports. In fact we have noticed over the past few years it can help students who are away from home and from their regular friends to make new friends in a great social atmosphere. The club plays in the Limerick City League on a Monday Night. We play home and away games from October to April and are often the cheapest nights out every week. The league is open to all levels of players and in recent years we have won multiple titles. We also take part in intervarsity friendlies. Last year we played our local rivals LIT both competitively and in friendlies which were a huge success. Last October we also travelled to UCC. The boys in UCC gave us a great day of darts and a great night out afterwards. This year we are hoping to do the same. Since this was written at the end of May

we unfortunately have no intervarsity's confirmed but we plan to take on as many colleges as possible this season.

This year we will be continuing our annual tradition of travelling to the Premier League of Darts in Dublin. This is one of the best one day trips in the University and all we ask is that members buy their own ticket and that's it. The club covers the cost of travel and accommodation for all members and players

who have contributed to the club as our way for saying thanks for their effort and commitment. We travel around the city and take in the sights Dublin has to offer. We then watch the darts amongst the best atmosphere you will ever witness anywhere in the 3 Arena in Dublin and afterwards we head into the city for a great night out. On behalf of the club I would like to wish Stephen Rosney, a member of the club, best of luck as he takes

part in PDC events over the next few months. Stephen is a dedicated player and along with his talent has led to him earning a spot in the PDC World Youth Championships where he will be one of Irelands Representatives and will no doubt do everyone proud as will all our players throughout the year. Feel free to come over to our stand at the recruitment drive and throw some Darts. Facebook: <https://www.facebook.com/uldarts>



Darts Division 1 Shield 2014

# HORSING AROUND @UL\_EQUESTRIAN

BY CHRISTINA FOLEY ELLIS, EQUESTRIAN CLUB PRO



Equestrian Club - First Internal Showjumping Competition

WELCOME back to most and simply a warm welcome to ye freshers amongst us. I hope ye are fully revitalised and refreshed after the summer as we here in the Equestrian Club are rearing to go this semester. After what could only be described as making history last year with our phenomenal success, we are holding steady on our promise of making this year bigger and better than the last! With TET only around the

corner let's remind people of our accomplishments there last year. After picking up several individual prizes for the likes of equitation, swimming, shooting and running we pulled enough points out of the bag to secure the overall 1st prize – well done UL Yes, you read correctly – our first national equestrian competition of the year includes a round of show jumping, swimming, running (or walking for some!) and shooting.

Don't worry though not all together, there's a nice fancy dress and ball in-between to keep your spirits high. It is a guaranteed fantastic weekend, no doubt about it, and if it sounds like it's up your alley, or even if you just want to support and participate in the ball or the "fun stuff", then why not catch us at the recruitment drive in week one. We'll be the ones in boots!! Looking ahead into semester 2 there's varsities and our

internal show jumping competition, but let's halt a minute and enjoy the view from here for now... there are many plans made and more in the works for this coming semester. How about our weekly lessons for beginners or the more advanced? Or do you like the sound of our annual Race Night in the Stables? We are even organising a trek for ye more adventurous folk! There are so many opportunities to meet other likeminded people with the same interests. Weather you like actively participating or just watching in from the sides, or simply partaking in the craic we're renowned for, there's something for everyone! Either way we offer it all and everyone is welcome to join at any stage throughout the semester, but why not saddle up from the start and catch us at the recruitment drive. International students, even ye western riders, ye are more than welcome and don't fret if you've forgotten your gear at home, it is supplied at

the lessons. Create a clubs and societies account if you don't already have one then preregister and find us at the recruitment drive with the membership fee of only €5. We'll confirm your membership there and then and you'll be ready to go and covered under insurance. If you can't make it to the drive or simply want to ask us one of those nagging questions that settle in the back of your mind, just e-mail us at [UL.equestrian@hotmail.com](mailto:UL.equestrian@hotmail.com) and we'll get back to you.

Be sure to like our Facebook page (UL Equestrian Club) to have all details of our events at your fingertips. Even better you can watch us take over and dominate the social media world by adding us on Snapchat at [ulequestrian](https://www.snapchat.com/add/ulequestrian), following us on Instagram @ [ul\\_equestrian](https://www.instagram.com/ul_equestrian) and Twitter @ [ULEquestrian](https://twitter.com/ULEquestrian).

Enjoy Fresher's week to ye Freshers and non-Freshers alike joining in on the celebrations, and may the odds be ever in your favour



# MOUNTAIN BIKE UL: THE TOWERING ENDURO

Hello, and welcome to another exciting year for MBUL! After a tough year for the club last year, this semester is the perfect time for new, enthusiastic, adrenaline-fuelled people to give the best small club in UL a go!

To give an idea of what we're about, let me tell you a bit about what we did last year. As always the first couple of weeks was about getting people familiar with the basics of mountain biking. Once people got the basics, the first priority was to get on the trails. We ran spins to Ballyhoura mountain bike park, Cratloe woods and Mooghaun forest park all in the first few weeks. These spins were easy introductions to the sport, to give new members a chance to learn at a safe, reasonable pace. No races just yet I'm afraid!

The first weekend trip of the semester took place in week 5 to Carlingford in Co. Louth. With 16 people crammed into 3 cars, we left on Friday evening for a weekend of cycling. On the Saturday, with former club member Eoghan as our guide for the trails, we hit Big Wood forest park for a day of fast, flowly trails. With relatively

few incidents (apart from one broken bike frame, rider unhurt!), everyone arrived back happy and exhilarated. Saturday evening everyone headed down to the local pub for a well earned one. Or two.... Sunday was a less intensive day of cycling as everyone was tired after the previous day. It was a day of more technical, tricky riding where everyone improved their riding skills. Getting back to Limerick late Sunday evening, all were tired but it had been a great trip.

The next trip in week 10 was to Wicklow. Last year for the first time in a few years, a professional mountain bike coach, Niall Davis from Biking.ie, was brought in to train new members in more advanced techniques and skills. A very productive day, thanks to Niall and his very well planned and structured training scheme. The next day, all members got to put those skills into action at Ticknock. These were the toughest trails of the semester so far, giving everyone an opportunity to put into practice what they had learned. An excellent proving ground, the trails were fast and loose, despite the rain over the weekend.

Semester 2 began early

for MBUL, with the first trip occurring on 2nd of January. A small group of 4 people made the trip to Carlingford hostel again, this time to hit the uplift service at Rostrevor. This meant we could load our bikes into a trailer and get towed to the top of the mountain and just cycle the awesome downhill sections! We got the big bikes out, and caught some serious air at the man-made

trails, until darkness put an end to the fun.

The rest of the semester passed smoothly, with weekly trips to Raw BMX park to brush up on skills, and regular Sunday Spins to Ballyhoura and Cratloe. We had one more trip to Wicklow in week 7, where we hit the trails with much more confidence and speed than the previous trip.

This year, we want to

continue to build the club up. You don't need to have any bike or helmet to join, all that stuff we provide. All you need is a sense of adventure and the good sense to join! See you on the trails!

Paul,  
President MBUL.



*Blue skies for UL's Mountain Bike Club*

## One of the fastest and most skilled sports in the world on UL's doorstep

BY: DAMIEN EGAN P.R.O.

If you're looking for an exciting club to join then UL men's hockey is for you. Hockey is currently one of Ireland's fastest growing sports with the men's and women's senior teams currently competing to qualify for the 2016 Olympic Games in Brazil. UL also have high ambitions. Drawing players from all over the country we will give everyone a chance. Previous experience is not essential. Whether you've played hockey all your life or you're a beginner everyone is treated the same. I myself joined the team last year, it was my first time playing and I was made completely welcome. With several competitions during the year including of course the all-Ireland varsities tournament and also the all-Ireland mixed varsities where we team up with the ladies team for a weekend to take on teams from all over Ireland there is a chance for everyone. Having recently qualified for the Division 1 varsities for the coming year, we as a team are aiming high for these championships and really believe that we can succeed and bring the trophy back to UL. Whether

you playing hurling soccer or anything else everyone is welcome to join. Many of our members go on to achieve great things. We currently have several players on the Munster team and one player on the All-Ireland team.

Furthermore Cork senior hurler and footballer Aidan Walsh went on to win a varsities with C.I.T as well as winning an all-Ireland with cork in the same year, showing the versatility of the different people who play hockey in college. Of course it's not all hard work At UL Hockey we host many events each year. We recently held our annual awards night to reward everyone for a hard year's work and our Christmas party is always one of the highlights of the year. So if you're an old hand or someone looking for something new then visit us at the clubs and societies Recruitment drive during week 1 of the semester to join up. If you want more information just visit our Facebook page (search: UL men's hockey).



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# GAA O'Connor Cup Final, UL 3-16. DCU 0-9.

Congratulations to our senior ladies football team who retained their O'Connor Cup title after a comprehensive 16 point victory over DCU. Two goals from Áine Tighe and a penalty from Roisin Leonard paved the way for the UL success. With 9 players getting on the score sheet, UL were in control from the outset. Despite having their 3 point advantage wiped out inside the first 10 minutes, Roisin Leonard scored a goal and point in quick succession to give UL a 4 point advantage. From there UL kicked on and with the UL defence keeping the dangerous DCU forwards under wraps, UL blazed ahead. The second half started like the first ended with UL in total control. The UL ladies never took their foot off the pedal and were clinical in their dominance of the game. UL captain and player of the match Niamh O'Dea accepted the cup and thanked management and players for their dedication and commitment throughout the year.

Well done to all panel members and management on bringing the O'Connor Cup back to UL for a second year in a row!

Round up of the year:

It was yet another successful year for UL GAA, both on and off the field. On the field the club captured 2 of the 4 senior championship titles, the Fitzgibbon Cup and O'Connor Cup while also annexing UL's first ever Fresher 1 All-Ireland hurling title, along with two Division 1 senior league titles, a Fresher 2 league title, a Munster Fresher's Blitz title and an All-Ireland Fresher's Blitz title.

Our senior hurlers captured the Fitzgibbon Cup for the first time since 2011 and the 5th time in history. The final, played in the Gaelic Grounds, was the cracker everyone expected, resulting in a draw after extra time. The replay, in Pairc Ui Rinn, did not disappoint either as UL ran out winners on a score line of 2-18 to 1-14. Our Fresher 1 hurlers captured the All-Ireland title for the first time by defeating UCC in Mallow on a score of 1-24 to 1-18. Our Fresher 2 hurlers came out on top of the Fresher B league by defeating UCC on a score line of 3-10 to 1-12. UL also fielded intermediate and junior hurling teams



GAA Club O'Connor Final Final

for championship, unfortunately our intermediates lost out in the Munster final to UCC while our juniors were defeated by Cork College of Further Education in the first round by a point after extra time. Our Fresher 2 hurlers lost by a solitary point to UCC in the All Ireland championship semi-final. In the league, the senior hurlers came up short against Carlow IT in the quarter final stages, while our intermediate hurlers failed to qualify for the group stages. Our Fresher 1 hurlers saw a reversal of their championship fixture in the league final as UCC got the better of them by 3 points. UL were knocked out in the first round, by the Cork seniors, in the Waterford Crystal Cup competition.

Our senior ladies football team lifted the O'Connor Cup for the second year in a row after an outstanding display against DCU, winning on a score line of 3-16 to 0-9. The senior team kept a clean sheet throughout the championship campaign and did not concede more than 9 points in a game on the road to victory. The senior ladies also captured the Division 1 league title by, again, defeating DCU on a score line of 2-6 to 1-6. The future looks bright for UL ladies football as the Fresher team won the All-Ireland Fresher's Blitz, defeating hosts NUIG 2-5 to 0-5. Our intermediate team failed to qualify from their group in the Lynch Cup competition and earlier in the year they lost out to UCD in the league semi-final. Our senior ladies footballers are also in the Jim Kennedy Cup final where they are due to face UCC. The girls will be

looking to make it a clean sweep for the year.

Our senior camogie team got as far as the Ashbourne Cup final where they lost out to WIT who they had defeated in last year's decider. Two early goals from WIT proved to be the difference between the teams as UL just couldn't claw back from the early deficit. In the league, the senior team comprehensively defeated WIT to claim the Division 1 title. The intermediate team lost out to neighbours Mary I in the quarter final stages of the intermediate championship. The team reached the league final where, again, it was Mary I who proved too strong. The Camogie Fresher's Blitz is yet to be played and UL will be represented by a strong panel.

Our senior footballers were within touching distance of a semi-final spot in the Sigerson Cup, but were defeated by the narrowest of margins by Carlow IT. Reaching this point in the competition shows the development and progress made by UL in the senior footballing ranks. The Fresher team came out on top of the Munster Fresher's Blitz, bringing back the first piece of silverware that was up for grabs this season. Our intermediate footballers lost out to DCU in the championship quarter finals while both the Fresher 1 and Fresher 2 football teams were also knocked out at the quarter final stages. In the league, our senior footballers lost to UCC at the quarter final stages and our intermediate footballers lost out to GMIT to end their involvement in

the league. Our Fresher 1 footballers were defeated by UCC while our Fresher 2 footballers reached the league semi-final but were beaten narrowly by DCU. In the McGrath Cup, the senior footballers lost out to the eventual winners Waterford in the first round.

This year has been a very successful one for UL GAA as teams brought back a total of 8 trophies. UL was also represented on the Ashbourne Cup All Stars team with Laura McMahon, Niamh O'Dea and Cait Devane named among the best 15 in the competition. 8 UL players have also been nominated for the HEC Ladies Football All Stars team: Edel Murphy, Laurie Ryan, Beulah McManus, Julia White, Jen Grant, Áine Tighe, Niamh O'Dea and Roisin Leonard. The Men's All Star teams have yet to be announced.

In appreciation

As main sponsors, Castletroy Park Hotel have, as ever, looked after the club so well and we look forward to celebrating a fantastic year with owners Pat & Una McDonagh, Lee, Frances and all the staff at the GAA Ball in the hotel on Easter Monday April 6th.

We are also delighted that Bank of Ireland also came on board with UL GAA Club at the beginning of the college year as sponsors of the UL GAA High Performance Programme.

33 High Performance scholarships were awarded to the clubs' top performers. This assists recipients to continue to pursue their academic and sporting careers whilst maintaining a high level of commitment

and performance as a member of the GAA club.

The continued support from Munster GAA has also been an integral part of the clubs' success. 19 UL GAA Club members received Munster GAA Bursaries for the academic year 2014-15.

Thanks also to Torpeys Hurleys, Limerick Golf Club and all businesses and individuals who contributed to the UL GAA Golf Classic which is going from strength to strength under the leadership of Liam Garvey.

The contribution of all our sponsors and all who have joined the Friends of UL GAA Supporters Club is sincerely appreciated and is vital in showing our members that the sacrifices they make and the dedication they demonstrate is appreciated, recognised and rewarded. This support was most certainly a big factor in the successes which many of our teams went on to achieve throughout the course of the year.

Thank you to the newly formed PR Committee who have been outstanding in their contribution to the club and who have done huge work in publicising the clubs activities both within the campus community and in the local media.

We also thank the members of the club including Club President John Lenihan, Chairperson Fr John Campion and the UL GAA Council, club/team officers, our mentors and coaches who work so hard to ensure that our players have the best experience possible and always have the success and development of the club at as their main aim.



# UL Wolves handball club seeks to extend dominance to the European stage



*Handball club chairman John Bosco Hurley battling on the rocky outcrop of Inis Mor*

It was another successful year for UL Wolves handball club in the Irish and American handball alleys as UL secured numerous titles and asserted their dominance as the most successful handball club on the college circuit. UL players won five titles as they claimed every Men's singles and team title in the traditional Irish 60x30 alley last October in the first tournament of the year. The switch to the

smaller international 40x20 alley in November did not faze UL players as two more titles and two silver medals were brought home from the inaugural doubles intervarsity. UL then rounded off the Irish intervarsity year with another four titles and two silver medals in the 40x20 singles intervarsity in January to amass a total of eleven titles and four silver medals from three tournaments. UL hoped to

continue this dominance as seven players travelled to Portland, Oregon for the US Collegiates. In spite of having a much smaller squad than many American colleges, UL secured two gold and silver medals to finish in 7th place in the Men's teams and 11th Overall. This completed an incredible season for the club on the college circuit and UL will hope to build on this season and enjoy further success next year.

Although the college season is finished until October, UL players will be busy during the summer months preparing for the World Championships which take place in August in Calgary. Three UL players (Martina McMahon, Ciana Ni Churraoin and Colin Corbett) will represent Ireland at the Worlds and will line up alongside several other UL players in the biggest tournament of the handball calendar.

UL players will also compete in several one wall tournaments as the handball season switches its focus to the fastest developing code of handball. This year the one wall season will have added significance for the club as UL Wolves handball club was recently asked to become the Irish representative on the European One Wall Pro Tour. UL will now travel to tournaments in handball strongholds of Spain, Belgium and Holland in October and November 2015 before taking in further tournaments in France and

Italy in 2016. UL will then prepare to host Ireland's first Pro handball tournament in April 2016 in what promises to be one of the biggest tournaments in the clubs history. UL players will therefore be aiming to hone their skills this summer in the hopes of extending their current domestic form to the European stage next year and earn some money their performances.

Prior to what promises to be a historic year for the club, UL also plans to host Ireland's first 3-wall handball tournament this summer as well as set-up the first inter-county 60x30 league in the country. It is clear that UL is fast becoming one of the most active and prestigious clubs not only in Ireland but across Europe.

The club will return to training in the first week of September in the PESS building. The club trains on Mondays from 7-815pm and Thursdays from 815-10pm. If you are interested in joining the club you can find more information on our facebook page UL Handball club, on

## Spirit First, Technique Second

The UL Shotokan Karate Club grew substantially in the past year, recruiting many new members and keeping a steady training attendance all the way through the holidays and the summer.

A strong start to the year was the summer training camp, the 'Gasshuku', for which karate students from all over the country came to UL to train with renowned Irish sensei, Sensei Ray Payne, 7th Dan, and Sensei Seamus O'Dowd, 6th Dan. With ten hours of training, over two days, it was an amazing experience for both new students and veterans of the martial art. The Gasshuku was such a success that the club held a second one in late April of this year. Over the two days those who attended had the opportunity to perfect their basics, learn advanced techniques and kata, and some helpful tips for sparring. The Gasshuku also incorporated training with a Bo, a long wooden staff, and beginner level tai chi, a great way to clear the mind in the

lead up to exams. It was a great chance to learn from these skilled sensei and to get one final training as a club before students left for the summer.

This training camp also set the club on a great start to reaching their fundraising goals for the year. This was in addition to several days of bag packing at Halloween and a largely successful bake sale which saw a huge effort by the clubs newest members to contribute to the fundraising for the biannual training trip to Tokyo.

In November several of the clubs members attended seminars taught by Kanazawa Kancho, the head of our clubs organisation. It was an opportunity that does not arise often for those who live outside of Japan and our club members gave it their all. Their hard work and dedication paying off when some even graded successfully, making us all very proud. In May, Kancho returned for a second series of seminars and gradings,

during which several members graded for the second time, some even attaining their brown belt, proving their hard work and dedication since joining as beginners in first year.

In the New Year, there was an opportunity for the club's new students to grade, when Sensei Ray Payne returned for a seminar in February. This was a great learning experience for all the club, with a smaller group than the summer camp, there was less room for mistakes to go unnoticed. Everyone gave their all to the training and made us proud in front of one of Ireland's most skilled sensei. At the grading, all those who participated were successful, with some members achieving double gradings, a very difficult feat.

This success was followed swiftly by the Irish Karate Intervarsities, held in GMIT in late February. With a strong team of fourteen competing, we placed second overall on the day, a display of the hard work put

in by all those in the club. Most importantly though, all those who went enjoyed themselves and showed great team spirit and good sportsmanship.

We hope the upcoming year to be even better for the club, with the clubs trip to Tokyo in January, a huge effort will be needed from all our members in fundraising and training alike.

The club is always looking for new members and beginners are always

welcome. Karate is a great way to get fit, learn some self-defence and meet new people. We train on Tuesdays, from 6-8pm, and Thursdays, from 8-10pm, in the PESS building. Any questions can be sent to facebook.com/ULKarate, or to chairperson.ulkarate@gmail.com.

Robyn Griffin  
PRO



*Shotokan Karate Club's Gasshuku*



# ULKC – “Whatever Floats Your Boat”

BY CORMAC ROWE – P.R.O & GAVIN SHEEHAN – S.P

What an amazing year for the University of Limerick Kayaking Club! Following on from a very successful and frankly amazingly jam packed first semester which was well and truly overflowed with great paddling, good vibes and some serious banter, we managed to go one better in semester two to yet again show what ULKC is all about...having fun with your friends and being really, really ridiculously good at kayaking!

If you're the sort of person that likes meeting new and interesting people, starting something fresh and exciting or just likes to float around a bit enjoying the views, then keep reading because The University of Limerick Kayak Club is exactly what you're looking for! Let's start with a recap of what we got up to last year!

We kicked off back in September with the biggest member uptake in the club's history! We ventured to places like Lahinch, Kerry and even Wales where everyone took their paddling to new heights while having the time of their life in the crystal clear but chilly waters of Snowdonia. In February we travelled to Galway for a weekend of unbelievable craic where over 40 of our determined members paddled by day and hit the town hard by night taking the Irish Kayaking Intervarsities trophy for the sixth time in a row! On our return to Limerick, we had a great night out firstly having



*Kayakers on their trip to the Alps a few months ago*

an awards ceremony in Scholars Bar before heading to Costello's nightclub to celebrate our victory with whoever was receptive enough to join in! At the weekends we continued to tackle the best white-water that Ireland has to offer such as The Boluisce in Galway, The Clare Glens, The Flesk in Kerry, Tuam Hole and also Curragower Wave for some freestyle. On top of all of these amazing days out, we still had record breaking numbers paddling our local run in Castleconnell every single week! We made the best use out of the fifty-meter UL Arena Swimming Pool by holding

an Internal Canoe Polo League. We invited down other university clubs to play some friendly polo matches on top of having two teams compete in the Munster Polo League. We hosted our inaugural 'Pool Party' in collaboration with UL's Music Society! With massive speakers, strobe lighting and some ridiculous kayaking based games played, there was serious entertainment on offer.

We participated in a charity paddle to raise funds for Rape Crisis Mid-West and to top off the incredible year, a group of 38 paddlers

completed yet another unforgettable outing to the Italian and Slovenian Alps. Our advanced group headed out to Italy a week early to brush up on safety and leadership skills before the main group arrived. Upon arrival of the remaining paddlers, we packed up and set a course to Slovenia! The next two weeks were filled with life changing experiences and unforgettable moments both on and off the water. We got a taste of some of Europe's diverse cultures and picked up some words of the native tongue along the way! So what are you waiting for!?! We host our weekly

pool sessions in the UL Arena Pool every Tuesday, Wednesday and Thursday at 9:45pm. Come on down to give it a try. Attendance is by no means compulsory; having bucket loads of fun with a great bunch of people is!

Check out our website at [www.ulkayak.com](http://www.ulkayak.com) or our Facebook page 'University of Limerick Kayak Club'. For any questions or queries Email: [ulkayak@gmail.com](mailto:ulkayak@gmail.com) or find us on Instagram, Twitter and Snapchat at: [ulkayak](#)

See you on the water!

## Krav Maga - Basics of self-defense

Krav Maga is a practical and tactical system which teaches how to prevent and deal with all kinds of violence and attacks. Training prepares people in the field of self-defense, safety procedures, combat skills, and the ability to protect other people - using unique and comprehensive teaching methods. Krav Maga developed in Israel, in terms of real threats. Founded and formed by Imi Lichtenfeld, today it is developed and popularized by Eyal Yanilov and the highest-ranking instructors of his team.

Krav Maga is a horizontal system with a unique and logical approach. It is easy

to learn, because it is based on natural and intuitive reflexes, the most practical in real-stress. The main part of Krav Maga is a learning process, methodology and ways of training. Krav Maga covers the following areas: Prevention, avoidance and escape from danger. Dealing with throws and pads in all directions and at any angle.

Attacks and counter-attacks, in relation to different purposes at different distances, different range of angles in all directions and rhythms - made of all items. The use of any object for self-defense. Defense against all attacks unarmed: punches, elbow,

head and kicks. The release of all kinds of handles and strangulations. The defense against armed attack, attack and blackmail knife and other sharp objects; batons and other objects blurred and also against all types of weapons.

Dealing with all these incoming attacks from all possible directions and places; Also from one or more attackers; occurring in different places, taking place in different positions. Also in closed and open spaces in narrow passages, stairs, cars. Including all types of surfaces and water. While there is room for freedom of movement or not. The positions of standing,

moving, in seated positions, lying on his back side or face to the ground.

Physical and mental control and disarm the enemy. Krav Maga prepares the trainees to function in all circumstances and scenarios of events, in a variety of combat environments, according to their needs, the risks involved and the characteristics of activities / tasks. Krav Maga enables and provides technical, tactical, physical and mental development.

†. Krav Maga is a unique approach, tactics, techniques, areas, exercises and training methodologies for different sectors: Civilians of all ages, men and

women, representatives of police, military units also special forces, secret, anti-terrorism and aviation.

UL Krav Maga club exists for a last Trainings at UL are conducted by Daniel Dillon (KMG Instructor G3 level and world rank Taekwondo III Dan) in UL PESS building. Feel free to call over and taste real and efficient self-defense technique.

For more information find us on FB: [www.facebook.com/ul.k.maga](http://www.facebook.com/ul.k.maga) <https://www.facebook.com/ul.k.maga> or call Tom (UL KravMaga Club President) : 0851162273



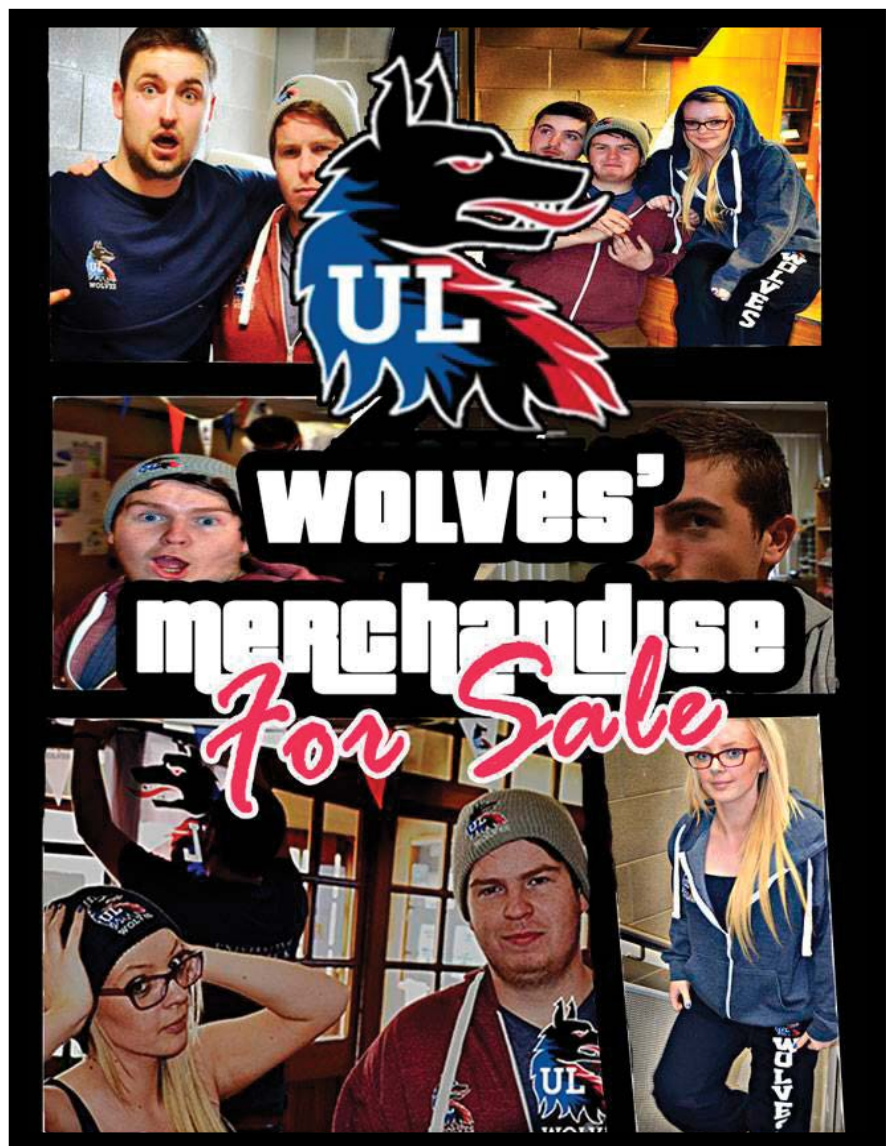
# Growing with Rowing

SANDRA O'MALLEY CLUB CAPTAIN

Last semester saw some great racing at regattas around the country. The highlight was the InterVarsities Championships held at the National Rowing Centre in Cork where ULRC had four boats competing. Our Novice Women took the Novice coxed quad title. The crew was a mix of International erasmus and Irish students, all who had never rowed before, but gelled well back in January and won their competition easily by 4 lengths. It just goes to show you don't have to have rowed before to join the rowing club!

We have been working hard over the summer (no rest for the wicked) so ULRC are ready to get the new season off with a bang this semester! We are looking for rowers and coxswains right now so if you have ever thought about giving rowing a try, now is your chance!

We will be hosting an open house with BBQ on Thursday September 10th, it will be a chance to have a look around our state of the art boathouse facilities and meet all our rowers. For more info make sure to say Hi at Clubs and Socs recruitment drive on Wednesday 9th or if you cant make it check out our website [www.ulrowing.net](http://www.ulrowing.net) and get in touch [irow@ul.net](mailto:irow@ul.net)



# The Sky's the Limit with the OPC

BY PJ CRIBBIN, ASSISTANT PRO



OPC Sardinia

After another wildly successful year, the UL Outdoor Pursuits Club is excited to continue reaching new heights this semester! Having over two decades of craic and achievements, the OPC is one of the largest and most energetic clubs in UL. With five different activities there's something to suit everyone!

Our weekly Sunday hikes proved as popular as ever last year. From the Burren's iconic terrain, to Ireland's highest mountain Carrauntoohil, each Sunday last year took a bus-full of eager hikers to experience first-hand the gorgeous (If occasionally wet!) Irish landscape. Of course dotted throughout the calendar were the notorious OPC weekend trips – ranging

from the rustic monastery hostel in Connemara to the Valentine's ball in the "Garden of Ireland", Glendalough. They were hikes we'd never forget (With nights we wished we remembered!)

If climbing intrigues you more, our own climbing wall serves as a hub of activity several nights a week. Members go to hone their climbing skills or simply have a chat! Last year saw us give a fantastic performance in a number of national climbing competitions, including climbing intervarsities in Cork. Trips to the Burren and Ballykeefe were also prime grounds for training our climbers for their yearly Easter climbing trip, last year saw them scaling the heights in beautiful Sardinia! If you'd prefer to see what's

below the Irish landscape, we have you covered! Caving last year saw a large interest with trips to explore the underground streams and passage ways of the Burren. These trips and the weekly single rope technique training culminated with the yearly trip to Yorkshire last Easter, where our cavers explored large vertical caves, magnitudes larger than anything found in Ireland.

For something different, a fun blend of quick thinking and quick feet, check out orienteering. If navigating your way across tricky terrains sounds like exhilarating fun and improving and competing every week intrigues you I guarantee you'll love it!v

Finally there's mountaineering. While not as beginner friendly as our other offerings, we provide ample training for budding mountaineers. After our back-to-back expedition to Kilimanjaro and Elbrus (Two of the seven summits – the highest mountains on each continent), mountaineering saw a surge in numbers last year. It started with the beginner mountaineering trip we had last January in Scotland. Despite facing the worst weather conditions the area had seen in years,

we persisted and found the strength to get through everything the mountains threw at us.

As I write this now, our mountaineers, including novices who never held an ice axe until this year, are training for their trip to the Alps to conquer Mont Blanc and whatever else gets in their way. Both a physical and mental challenge, they will have to deal with long days, challenging routes, altitude sickness, heavy rucksacks, hazardous weather and tricky navigation. It is a tough but rewarding sport; who knows where we will go next?

So whether you're an Erasmus/study abroad student looking to explore the Irish landscape and

make friends, a first year who wants to try his hand at mountaineering or a curious individual who's heard so much about the legendary OPC craic, don't hesitate to check our website (<http://ulopc.ie>) or contact us via our e-mail ([uloutdoorpursuits@gmail.com](mailto:uloutdoorpursuits@gmail.com)) or Facebook page (<https://www.facebook.com/ULOPC>). The latter also being a great resource to keep up to date on all our events and activities! We hope to see you soon and can't wait to take you out - be it the climbing wall, the hills and caves of Ireland, or thousands of meters in the air summiting an international giant!



40 OPC members on the summit of Carrauntoohil



# From Zero to Hero with Skydive UL



*Skydivers in free fall with UL's skydive club*

Skydive UL is Ireland's first University Skydiving club. We are offering Tandem jumps as well as Static Line courses for those interested in pursuing the sport further.

Our aim is to bring the sport of skydiving to students and make it accessible to all, it really is one of the most life changing things you can do. We now have 10 new license standard skydivers after our annual training camp in the South of France. In the previous year alone close to 1,000 skydives were completed by the club and its members, and about 600 of these were in France. The club is extremely progression oriented; we want to bring dedicated students all the way from zero to hero and give you your first Skydiving Licence that will be recognised world-wide as part of the USPA (United States Parachute Association).

The way we achieve this is by giving people the opportunity to experience freefall via a Tandem jump with an instructor and then we can put you onto a static line course in preparation for our Training Camp in France. Of course, anybody can sign up and you are under no obligation to stay with us but we relish the chance to let everyone experience our sport at least once. We have our very own club Tandem instructor and coaches that can jump with you to get video of your jump, after

that you can continue to jump through static line progression (or another Tandem if you wish) with the aid of our instructors and coaches.

However, due to the less-than-ideal nature of Irish weather (i.e. lots and lots of rain) skydiving progression here can be slow. We work around this by heading off on our Annual France Trip every May for 2 weeks where we have a world-class instructor dedicated to our club at a dropzone that continuously operates 2 aircraft capable of bringing 9 skydivers to 13,000ft in 13 minutes. This trip is the heart of the club and we urge anyone seriously intent on getting into skydiving to come join us, progress in here in Ireland in preparation for France and come with us then in May to make that final breakthrough to your A-Licence.

Prices for jumps are yet to be decided but come and see us at the Recruitment Drive and we can talk you through the process. We will also be having an information night at the start of the semester so be sure to get those details off of us at the Drive and we'll give you all the information you need.

## FAN FORUM: UL'S POP CULTURE SOCIETY.

BY DARA O'DWYER, VICE-PRESIDENT AND SECRETARY (SEMESTER TWO).

UL Fan Forum Society is a wonderful opportunity for like-minded people to get together and celebrate the things they love, whether it be film, tv-shows, comics, and anything in between. For many, it is a fantastic chance to get to know new people, and have the chance to show their enthusiasm in a fun and friendly atmosphere. Our meetings are always held in Red Raisins every Thursday at 6pm, where all are welcome to drop by and take part in discussions, quizzes, games and events. It's a brilliant way to make friends with people who share the same passions as you do, and have a fun time doing so. The best aspect of being in this society is the long-lasting friendships that come out of getting involved with our meetings, and we are very happy to say that the past year has brought us many new friends, both

Irish and international, and we're really glad they have enjoyed their experience in Forum so much.

Each semester is always filled with various events and occasions, outside of our regular meetings. Whether it's our annual Nerd Quiz, or our monthly Second Breakfasts in Paddocks, there is always something going on. Our Trips and Events Officers have always worked hard to ensure that there is something fun to get involved in, and next year will be no different. This year saw us heading to the local cinema for the midnight release of Avengers: Age of Ultron, one of our many cinema trips throughout the term. Often, we also collaborate with other societies within UL for shared events, so you get the chance to meet their members, and get a taste of what those other

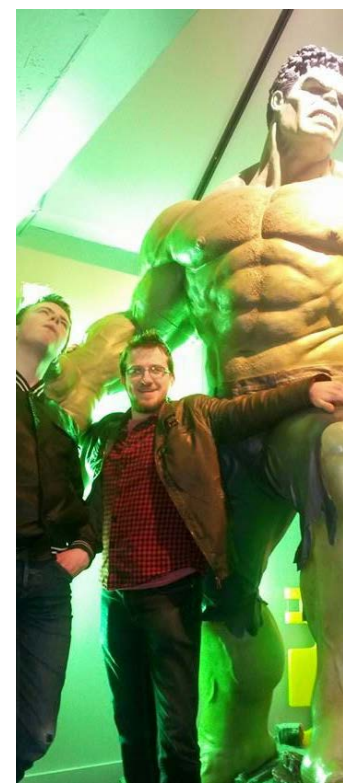
societies do. In Semester Two, we arranged a trip up to Dublin, where we got the opportunity to visit the fantastic Forbidden Planet, and also met the Trinity SciFi Soc, who were extremely welcoming and made sure we had a great time up there. Our aim for the coming semester is not only to make sure that you get to know people within the society, but that you'll get the chance to branch out and meet people from similar societies from all over the country. We're really looking forward to working with these other societies throughout the upcoming term!

Other things to look forward to next year are our annual themed weeks. Kicking off Semester One with Harry Potter Week, our fourth year doing so, there will be Wizard Chess in the SU Courtyard, treasure hunts, games

and, of course, our annual Muggle Quidditch match! It's a fantastic week, not to be missed! Likewise, this year will see the continuation of our Simpsons Week, and for the many Father Ted fans out there, our Ted Week. Last year, we were lucky enough to have the wonderful Ben Keaton visit us, hosting a Father Ted quiz in the guise of his character on the show, Father Austin Purcell. Ben has visited Forum multiple times, and we're looking forward to inviting him back this year.

Hopefully, we'll get the chance to make a lot more new friends this coming semester, and look forward to another fun year with Fan Forum Society. Stay shiny!

Facebook page - <https://www.facebook.com/groups/ulfanforum/>  
And our email address - [ulfforumsoc@gmail.com](mailto:ulfforumsoc@gmail.com)



*Photograph credit to Gabrielle McCormack*



# Train your Body and your Mind

BY DAIRE BRICKLEY & BRIAN MULHALL, PARKOUR UL CLUB CHAIRPERSON

PARKOUR, Freerunning, l'Art du Deplacement; Three nouns used all around the globe to name one thing. What is Parkour? Parkour is defined as the refinement of ones movement during the interaction with ones environment as they progress through it. It is considered by Parkour Generations in the UK as the only truly competitive sport. As your only competition, is yourself. In mastering movement you can overcome your fears, express yourself and teach others. Parkour is built around a strong philosophy and has a very deep moral aspect to it. In Parkour UL, we practice those very same morals. We have a strong

belief in teamwork and support for one another. Our motto; "Start together, finish together!" is one which can be distinctly heard resonating through hallways during training. Our training days are a healthy mixture of both indoor & outdoor training. We cover indoor conditioning sessions to get the bodies prepared for the outdoors. We also do indoor training on mats and horses to try new jumps, rolls and vaults safely. On other days when the weather is good, we take our newly learned skills and practice them outside. We have quite a few areas around UL where we jam or train together. Outside of training hours someone is always looking

to set up a jam so make sure to join our facebook group @ParkourUL! Regular national and international trips are organised by the club throughout the year. With the emergence of Parkour as a more popular discipline in Ireland, more and more clubs have been organizing "Jams" or events. At these Jams practitioners meet up with other like-minded people to practice, condition, and learn Parkour. We host several Jams a year in Limerick and we also participate in ones held in Dublin and Belfast. These events are fantastic opportunities to learn and integrate with the best of the Parkour scenes in the country.

We also participate in a yearly trip to Glendalough, in Wicklow, with the Outdoor Pursuits club. During this trip, more naturalistic styles of Parkour are practiced on the boulders, slopes, and waterfalls of the Glendalough valley. Each year we strive to make the trip to Winterval in London, England. This event is run by the leading Parkour

group in the UK, Parkour Generations. This superb event features a packed day of training and classes in London's purpose built Parkour park. We also stay a few days extra to train in the famous Parkour spots around London. Be sure to pre-register and we look forward to seeing you at training!



Glendalough Trip

# Take the Plunge and Explore Another World

Ever wondered whats under the surface? Why not join UL Sub Aqua this semester to learn snorkeling and scuba diving so you can explore places you never knew existed. You are guaranteed to have an experience like no other every time you dive and you'll get to see things that most people may never see in there life!

No previous experience is required..Training takes place every Tuesday evening, beginning with classroom based dive theory lectures followed by practical skills in the University Arena 50m pool. Upon completion of their training, members are awarded internationally recognised qualifications from the Irish Underwater Council (CFT). It may surprise you, but the west coast of Ireland is largely regarded as one of the most amazing underwater shorelines in the world. The full force of the Atlantic Ocean has hammered out dramatic topography over the millennia, and the meeting of the chilly north Atlantic waters with the warm currents of the North Atlantic Drift give us a uniquely wide variety of life, from sharks to rays, eels to anemones and sea slugs to grey seals. For

those interested in history, the seabed is strewn with German submarines and famous shipwrecks such as the Aud, which if it had not sunk, could have dramatically changed the outcome of the 1916 Rising. Within 40 minutes' drive of the University is Portroe Quarry, Ireland's first inland dive centre, offering weather proof diving for those days when the coast just isn't viable. The club has a 7.4m boat, the Plassey Bird, which we use throughout the year. During the summer we pull out all the stops, and try to arrange a trip every weekend with good weather. For trips that are further afield, we will occasionally have a weekend trip to places like Dingle, New Quay and Cahersiveen.

Of course, even the most stoic of divers occasionally wants a break from the above water Irish weather, so for these, the club organises semi annual trips abroad to sunnier climes. This year, our winter break trip was to Lanzarote, where between dives, members relaxed in sun loungers on the porches of our rental houses, a whole

20 feet from the beach. The perfect antidote to the Irish winter! Once the summer hits, and the members who have achieved their qualifications want to flex their fins in waters more exotic than Kilkee Bay, we organise a big foreign trip to reward them for their perseverance.

This year the club departed for a week in Egypt to explore the dramatic reefs, shipwrecks, and sea life of the Red Sea, with all their meals and gear taken care of by the staff of the luxurious boat they lived on for the trip. UL Sub Aqua Club opens registration in September at the recruitment drive. The limited number of spaces available for new divers quickly fills up on the day, so be there early! Membership costs €30 for students, €60 for staff or alumni and €90 otherwise. CFT membership last year was €25 for students and €75 otherwise, including a club subsidy. For more info and pictures check out subaqua.csn. ul.ie or facebook.com/ULSAC For CFT info: diving.ie Ethan O'Brien PRO



Sub Aqua Winter Trip 2015



# UL SOCCER TO REACH NEW HEIGHTS NEXT SEASON

BY DARRAGH BERMINGHAM PRO

It has been a year of restructuring for UL Soccer but one of huge success. UL's Harding Cup squad made it to the final of this year's tournament, beating UCD and Maynooth on the way. A goal from a corner was all that separated UL from the title on the day as UCC sealed the Harding Cup, their first trophy in a season that would see them win the Crowley and Collingwood Cup. Similarly, UL's Crowley Cup squad bet UCD on day one of the Crowley in Dublin, making the tournament favourites look ordinary in a 3-0 route. Two goals from Jamesy McConigley and a Colm O' Reilly strike sealed an emphatic win for UL, dumping UCD out of the competition.

Although UL were defeated in the semi-final by UCC, they were considered one of the best footballing teams in the competition and, after beating UCD, were the team to watch. Silverware came in the form of the

Farquhar, won by UL's senior men's team who beat DCU in a tense final. UL went 3-0 up in the game thanks to goals from Gavin Dillon, Oisin McMenamin and Andrew Cowpar on the day. However, DCU responded late on, scoring two late goals to create a grandstand finish. Thankfully though, the game ended 3-2 to UL in a tense end to the match and were crowned Farquhar champions.

It was also a year of progress and restructuring for UL Ladies who made it to the plate final of the Ladies intervarsity in WIT.

Unfortunately, they were beaten on the day 6-1 by a top WIT side who played some great football to seal the Plate. UL Soccer showed great character this year in a time of growth for the club. Many of the members of this year's Mens team will still be in the college next year. After seeing the talent coming through from the first year team and

the development squad, Chairman Jamie Flynn thinks UL Soccer are in the ideal position to push for silverware.

"We're not losing many players from the senior and intermediate squad next year and with the talent coming through after this year's Harding performance, there are reasons to feel confident for next season" However, it's not all about tense knockout tournaments. UL Soccer also provide fun for all interested in the game. UL Soccer provided a weekly futsal session in the arena every Friday. This hour of indoor soccer was a great way for people to meet up and enjoy a friendly kickabout. Futsal is a version of indoor soccer that concentrates on keeping the ball on the ground. It is great for developing as a player and also for having some fun with friends.

UL Soccer also hosted the annual McCarthy Cup, a

seven-aside tournament held on the fantastic 3G pitches near Cappavilla. The tournament was played in great spirits this year and was won in the end by a team of first years who called themselves Bayer-Neverlosin. The tournament was a huge success and pictures from the two nights can be viewed on UL Soccer's Facebook site. Next year, UL Soccer have set their sights firmly on silverware.

After such great displays across all intervarsity tournaments, particularly in the Harding Cup, UL Soccer will look to push for trophies on all four fronts next

year while also providing a platform for all those interested in soccer to meet up and play the beautiful game.

With such a talented group of players and plenty of football to look forward to, UL Soccer are certainly looking forward to next year and the hunt for silverware.

For more information or to contact UL Soccer, check us out on Facebook on our UL Soccer Official page and Twitter at UL\_Soccer. Also, go to our blog at ULsoccer.wordpress.

UL Senior Mens – 2015 Farquhar Cup Winners



Irish WUG Team vs Uruguay including 4 UL players

## To Infinity And Beyond... EMILY WHITE (VICE TREASURE)



Ladies Rugby Club

Ladies Rugby is growing in popularity year by year and this in turn gives us the opportunity to have the best and biggest squads possible. Last year our team grew from a squad of 30 players to the now massive number of 70 girls. From the girls who were once scared of the thought of a tackle or a ruck or even just the game in general to the well experienced rugby players, we had a wide variety of girls for training and our coaches knew this would be a tough year to try and pick the best squads game after game with this enormous group of exciting players. As we had such a large team

last year, there was a fight for positions so that we could essentially play our best team and try and win each game at a time, but the ultimate goal was to win the league. Throughout our season we had ecstatic highs along with devastating lows but the unique thing about UL Ladies rugby is that we lift each other up after each loss or each mistake and this makes the whole team stronger and makes us play as one.

In March after all our hard work throughout the season we reached the league final, and after the shattering loss in the final of Intervarsities against a tough Carlow

team, we were more ready than ever to face them again. After a slow start and a few hiccups we powered through the final and inch by inch with the massive support from the side-line and from the whole squad we triumphed. We achieved the goal that we set out to do at the start of the season by bringing our cup back home to Limerick.

ULLR is more than just a team and I know it sounds cheesy but they are like

your second family, there is no getting rid of the friends you make here, you will gain friends for life. From the fun of training with your best friends to making teams and competing in treasure hunts and sing songs on and off the field we are more than just a team.

Each year we want to gain new players who are beginners or experienced and we want our team to grow as much as possible. We want to be able to

contest for any and every competition that comes our way and we want to bring our trophies back to UL again. Please feel free to contact us or come down to training on the 4G pitches and talk to one of us.

For more information you can email us at ulladiesrugby@gmail.com or look us up on Facebook under UL Ladies Rugby. We look forward to seeing you all in the coming year.



Ladies Rugby All Ireland League final March 2015 UL v Carlow



# A Sport... an Art... a Lifestyle...

Surfing is often considered to embody these three things, and at its best is all three at once. A few years ago, a couple of student surfers started the UL Surf club with only a handful of members. Their aim being to create a group that could share the same passion for catching waves while also providing another way to meet new people from all different backgrounds. The club's level ranges from total beginners who have not set foot on a surfboard to advanced surfers who live and breathe the renowned waves of the Irish west coast.

As a club, our main focus is to get out into the ocean and show you what surfing has to offer with waves to suit every level of surfer. We have many experienced members who are always there to offer advice and guidance out in the water so that everyone makes the most of their time on the board. There's so much to learn out there! Depending on the conditions, day trips are organised as often as possible to the likes of Lahinch and Spanish Point. We are lucky to be able to offer all our members boards and wetsuits that can be taken out on loan for these day trips, all that needs to be done is for you to consult with our Equipment and Safety officers beforehand.

We like to keep things exciting with weekend trips away each semester. These are definitely some of the biggest highlights for our members. Every month we try to have a weekend trip away to different surfing spots around Ireland such as Lahinch, Castlegregory, Tramore, and Strandhill. Each of these surf spots have their own kind of waves, making each trip an opportunity for one to learn more on a surfboard. These weekends are packed full of epic times, loads of surfing and often wanders around the local area. The trips are kept very affordable as of course, we are all students. Lessons are also provided by our more experienced members and of course wetsuits and boards are also provided.

Weekly events are held for members to meet up and socialize but to also improve on their own surfing skills.



*Surf Club's Ben Sorensen, day trip Spanish Point, April 2015*

Pool sessions are held every week for an hour in the UL arena where fun is had building up strength in the water with paddle races and breath training. The pool sessions also provide new members with a relaxed approach to integrate into the club for the first time, and it doesn't stop there. We also have weekly Pilates and Balance sessions

throughout the academic year in the university's boathouse. There has been great interest shown in the Pilates classes over the last year with exercises directed particularly at helping improve your surfing, flexibility and overall fitness thanks to our Pilates instructor Jason Walshe. The biggest highlight of the year is undoubtedly our

annual trip abroad. Our first international trip saw 15 members head away to Peniche in Portugal in 2013 for a week of warm surf. Last year's trip to Morocco saw 35 members set off on an exotic surf adventure to the beautiful coastlines of Africa. This trip not only served as a brilliant surf trip but also opened everyone's eyes to the diverse and rich

Moroccan culture and was a huge success with plans already in place for the next one. So whatever you're doing in college, be sure to check us out! Find us on Facebook: UL Surf Club Website: [ulsurf.com](http://ulsurf.com) Meadhbh O'Leary Fitzpatrick – Secretary Ben Sorensen - First Year Rep



# Just Keep Swimming, Just Keep Swimming, Just Keep Swimming, Swimming, Swimming, Swimming

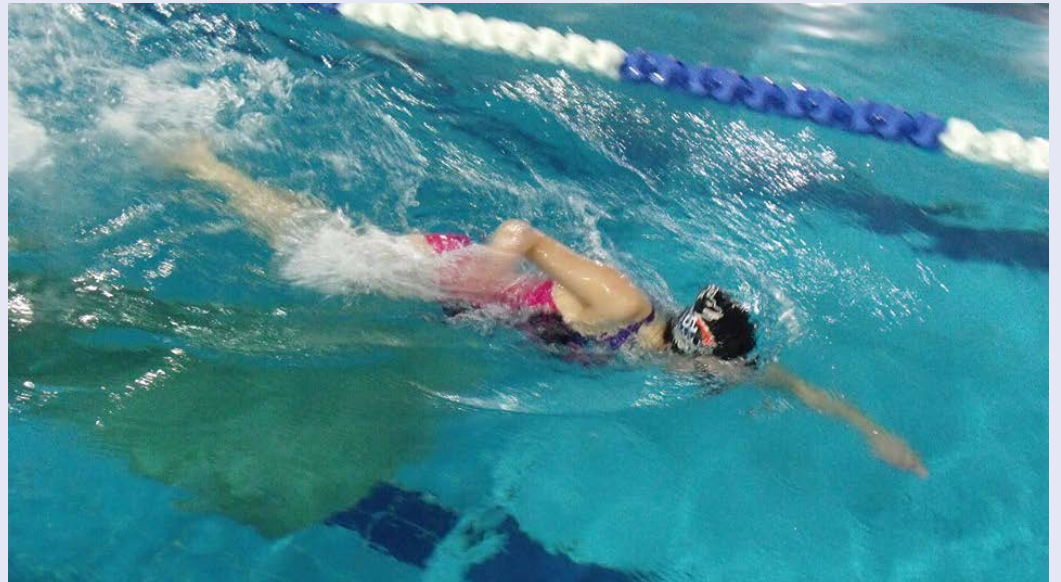
What a second semester the UL Swim Club has had! The Club is filling up with people who are bringing a sense of pride, hard work and above all, craic to the clubs and societies in UL. In the month of March we had our Intersvarsity's competition where we absolutely blew everyone away. Last year when we competed, we barely made a dent in the competition. We didn't even have matching UL Wolves hats for god sake! But this year we came third overall (thanks largely to the hats) in the competition which consisted of more than 10 other colleges from around Ireland!!! Not too bad for a club that was only made in the last two years. The recent addition of winning UL's Club and Societies award for 'Most Improved Club' is another testament to show how this club has grown in stature over the last year. Last year's success was largely due to us attaining a coach and nearly

doubling our numbers in training every week. It's such an exciting time for us and we really can't wait for the next semester to begin. And what a year we have planned ahead of us. It should be stocked full of fun, hard work and of course, trophies. This is largely due to our increase of 1-2 additional training sessions a week for next semester, which is something that we are extremely proud of. More time in the water means more pretend drowning (to scare the coach)... and improve our technique too I suppose. It should bring us up to 3-4 sessions per week and should really improve our chances of getting more silverware in the next 12 months. At least two competitions are predicted and maybe a few day events to the beach for team bonding swims. These trips and competitions are the memories that will stay with students once we leave college so we want to make

as many as possible. The UL Swim Club prides itself in being open to anyone who wants to join. If you are a high performance swimmer wanting to compete for Ireland in the coming years, join us. If you want to improve your health or fitness, join us. If you haven't swam in a

while and really miss the drive it gives you, join us. If you want to have the craic, get some amazing friends and forge unforgettable memories, JOIN US. This is the club where the college experience thrives, no matter who you are. And who knows, you might be the next Michael Phelps

without even realising it. If you have any queries on how to join and become the next Michael Phelps or about anything else related to this club please like us on Facebook at 'ULSC (University of Limerick Swim Club)' or email us at [ulsu.swim@gmail.com](mailto:ulsu.swim@gmail.com)



*Swin Club Action and Wolf Hat*

# Trampoline Club Jump Start A New Year

BY ULTGC'S PRO JOE O CONNOR

University of Limerick trampoline and gymnastics club started off the year by defending their title of Munster open champions, defeating UCC on their home turf in the Mardyke arena Cork.

This year ULTGC were selected to host the intersvarsity's trampoline competition here in Limerick. This competition was fully organized by ULTGC's committee and went off without a hitch in the UL Arena. Clubs from all over Ireland arrived on a Friday night for a warm up session in the Pess before

taking Dolans by storm for a "pimps and hoes" theme social. The main competition was held the next day in the UL Arena. That night competitors attended a private party in the stables club to celebrate a successful competition. The next day, Two-trick competition, Synchro and the medal giving ceremony were held before seeing off to the other clubs after an amazing weekend.

ULTGC would like to thank their captain Shannen Minter along with the rest of the Committee for all their hard work making this huge

event possible. We would also like to thank the stables club for working with us to plan an amazing night out, and for making other college clubs from around Ireland feel welcome here at UL.

To kick off semester two UL had yet another successful weekend in Edinburg at the Scottish Student Trampoline Open. The weekend kicked off with a social in the cave nightclub to get better acquainted with their fellow competitors and calm the nerves before the big competition. Levels ranging from novice up to pro Elite competed that weekend at trampoline, Synchro, two trick, and DMT.

Mid semester the UL trampoline club teamed up with the UL Vikings to throw an American themed fundraiser in the stables nightclub.

UL were extremely successful at the fourteenth annual ISTO (Irish Student Trampoline Open), a competition that welcomes clubs from all over Ireland, England, Scotland and Wales to compete. This year ISTO was held in the Mardyke

arena Cork.

After a semester of intensive training UL prepared to blitz their competition in areas such as trampoline, DMT, tumbling, synchro, two trick and cheerleading. After warm ups on the Friday, an 80s themed fancy dress social was held in the Hanover nightclub for competitors before the big competition.

Levels ranging from novice to up elite competed at Trampoline, synchro, DMT and tumbling. The competition ended with a masquerade themed social to celebrate another successful competition.

ULTGC members took first place in the ISTO cheerleading competition, competing against the likes of Loughborough, Trinity, UCD, Maynooth etc. A competition requiring clubs to come up with a routine combining cheer and gymnastics elements to music. Our very own UL mascot wolfie even made an appearance during the cheer routine to show off his moves.

If your interested in

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

ULTGC at the Irish student trampoline open in the Mardyke arena. ULTGC cheerleaders taking first place at the ISTO cheerleading competition.

ULTGC Hosted this years varsities trampoline competition in the UL arena.



*Trampoline Club*



# Windsurfing Club: surf the wild wind



*Windsurfers stonesurfing*

How would you like to experience the power of the wind in your hands, freedom, adventure-travel, fun, and an opportunity to meet new friends and a world community? Windsurfing is about being one with nature and you can experience this unique lifestyle with the University of Limerick Windsurfing Club (ULWC). For just a small fraction of the normal price you have the opportunity to try a great sport and the opportunity to travel to different windy spots in

Ireland and in the world! The UL Windsurfing Club is suitable for everyone and it is equipped to teach club members in a safe and fun environment. For those who have experience in windsurfing, you will have the opportunity to use top gear and to receive fabulous advanced instruction in great wind conditions. For those who have never windsurfed before, in no time you will find yourself gliding from the shore into the open water or cruising the shoreline for hours. No

matter what level you are at you will improve as much as you want!

The club is based in the beautiful village of Castlegregory (county Kerry) on the North side and heart of the Dingle Peninsula, halfway between the towns of Tralee and Dingle (South-West Ireland). This is the home of our instructor, the ex-professional windsurfer and ISA senior windsurfer instructor Jamie Knox and, where he runs his watersports school and shop. He has been teaching windsurfing to beginners and improvers for over 25 years. He is a very enthusiastic and always entertaining person who has a special passion for teaching beginners. All the lessons start with some land simulator technique sessions and then lots of on the water time to practice. The club also has a selection of members who have excelled to instructor level who are willing to teach and help all members. In no time, you will find yourself full of adrenaline and looking forward to the next trip!

Most of our windsurfing

takes place in Kerry over a weekend. Brandon Bay and the Maharees have been voted number 1 Windsurfing destination in the world by the Sunday Times. For most trips the bus will pick you up in UL on Friday evening or Saturday morning. All food, accommodation, transport, gear and instruction is included with the average trip costing a mere €35-40 and membership only €5. As the hostel is well situated above Fitzmaurice's bar you can relax in the evening with a beverage after a great day on the water and enjoy a tasty dinner cooked by our master chefs from all around the world. Remember, all you need for having such a great time are your swimming togs and a towel.

The two big highlights of the year for the club are the foreign trip in January, during the college break and then, Intervarsities in March, where all the college clubs come together to compete. This year the ULWC will travel to Dahab, Egypt. Other windsurfing meccas visited by the Club included Tarifa, Tenerife,

Fuerteventura and the Dominican Republic. This foreign trip will offer the opportunity to train and enjoy in warm water when conditions in Ireland are unsuitable for most club members and also will help us to win back the IV's title. The ULWC is also about the social scene and making memories. From our Halloween windsurfing trip and the Intervarsity competition to our social nights and beach parties. We also organize fundraising and other volunteer activities. We have as much fun off as on the water. The Club's dedication and enthusiasm made the ULWC the best Club in UL in 2012. Come and join us in this brilliant sport surrounded by fantastic people from many different countries at the recruitment drive! Make from your stay in UL the best year of your life. We can be found on Facebook "University of Limerick Windsurfing Club" or via email at: ulwc.committee@gmail.com.

Jonay Jovani, Captain



*Windsurfers*



# #savethepuppies

BY MARIA MCGRATH, CHAIRPERSON

We are a society who endeavour to make a difference in the care and well-being of animals in Ireland. The society set up with the aim to promote positive attitudes towards welfare of animals. We achieved quite a lot in our first semester in existence starting with teaming up with the Psychology Society to bring dogs in from Limerick Animal Welfare so that students could come and pet them and in general spread a happy vibe around campus that can only come from man's best friend. We were also delighted to have Chris from LAW come and speak to us about the work that they do in an information evening. We had a game night and planning-events-with-cookies-nights and from this we organised a table quiz in the The Scholars which was a huge success.

There weren't even enough seats for all the people who turned up to support the society. We ended the year with an awareness video which aimed to promote the Animal Health & Welfare Act 2013. The foundations have been laid for the society and we hope to continue to develop and grow the society this year. It is a society that has a great cause at the heart of it and also tries to create an enjoyable environment for its members. We have a lot more activities planned for the upcoming semester and would be delighted to welcome both previous and new members to join us in our quest to #savethepuppies!

<https://www.facebook.com/pages/UL-Animal-Welfare->



*Animal Welfare Society with puppies*

# UL Comedy Society wins (almost) everything



*Chortle student comedy awards*

What a year! Every year since our inception has been bigger and better than the last, and this one was no exception! We hosted our first ever intervarsity, which was a stand-up comedy competition comprising of comedy societies from Trinity, UCD, UCC and UL. The night was held in the scholar's bar, and the packed out crowd were treated to the highest standard of student comedy. After a great show and much deliberation by the judges, UL Com Soc were chosen as overall best society, and John Spillane winning best Individual! The night was deemed a rousing success, with representative from each college to hold the next one. Expect another very soon...

Fresh off this success we were nominated for "Best Event" for the Intersivity in the C&S awards. Although it was a great honour just to be nominated, we were ecstatic when we were announced the winner! The usual awesome night that is the C&S awards was capped off by an award win, with much revelry and camaraderie with all the other clubs and socs also. Part of winning a C&S award means that we are put through to represent UL at the BICS, the Board of Irish college societies. We travelled with the other winnings socs and got to rub shoulders with other great societies from across the country. Although we didn't win either of our two noms, best event and best Intersivity, we applauded

the worthy winners and joined everyone in partying down and having a spectacular night. Long may the BICS continue! Now to what we're about: UL Comedy Society promotes and performs many aspects of Comedy, whether it be Stand-up, Sketch, Improv or simply comedy appreciation, there's something here for everyone. We ran three workshops a week: Sketch, where you can learn to write your own sketches, which you can then upload to our youtube channel; Improv, where you play fun games and learn the art of Improvisation; And

Stand -up, where you can hone your stand-up skills and bring your ideas to the stage. We ran regular events throughout the semester in each of these disciplines. Each of these culminate in showcase events that we ran over the year, as well as speciality events. We ran nine stand- up shows (Including our Intersivity), 2 Improv shows, a sketch show we ran during Soul week, and several Panel shows and quizzes. We also ran a weekly ULFM show "Republic of Radio" where we have members on as guests to banter about the frivolities of existence.

There were regular trips to comedy shows, where The Filibusters comedy troupe and Treaty Comedy have regular shows So join the UL Comedy Society if you want to try your hand at Comedy, or simply to hang out and make friends, come along!

Dara FitzGerald  
Public Relations Officer



*Comedy Society C&S Ball*



# Creative Adventures with SofA

BY MILJAN ELČIĆ, SOCIETY OF ARCHITECTURE PRESIDENT

You think you're creative? Then this is your chance to show off, develop and have some fun! SofA is the ideal society for you to express your creative side, no matter what your background. Whether it's by creating a costume for the annual SofA Halloween Fancy Dress Party or submitting your designs to our online gallery. Apart from promoting creativity of our members we also hope to enhance it. We hold weekly guest lectures

from top architects, artists, historians and students. Group talks and discussions about travels of students as they show you the rest of the world through their camera lens or sketches. Or maybe you wish to experience these places yourself? Then join us on our annual trips abroad. In the past three years we have visited Madrid, Vienna and Amsterdam. Each of the trips was unique and created exciting memories.

Last year we travelled to Amsterdam in January and immersed ourselves in art, architecture, history and design by visiting famous landmarks such as the Stedelijk Modern Art Museum, Anne Frank House and Rijksmuseum. These adventures offer new perspectives, inspirations and education that's impossible to get in college. And as an added bonus, you have a great laugh and come back with some cool stories! How creative are your feet? SofA tag rugby and soccer games encourage art on the pitch. It's a great way to stay active, meet new people and compete against other universities. Or do you fancy your footwork on the dance floor? The annual themed SofA ball brings the members together for some fun and socialising. It's also an excuse to put on a classy suit or fancy dress. With the start of a new academic year we look forward to interacting with other clubs and societies within UL and other design organisations with



Architecture Society, Stedelijk Modern Art Museum



Architecture Society, Amsterdam trip

a common goal of sharing ideas. Make sure to stay up-to-date with our recent and any upcoming events. Everyone is welcome! Find us on Facebook: [www.facebook.com/sofaul](http://www.facebook.com/sofaul) Follow us on Twitter: [twitter.com/sofaul](http://twitter.com/sofaul)

Watch us on YouTube: [www.youtube.com/user/SofAUL](http://www.youtube.com/user/SofAUL)  
Email us on: [societyofarchitecture@gmail.com](mailto:societyofarchitecture@gmail.com)

# When Judgment day arrives - be on the winning side!

JOIN SKYNET - THE UNIVERSITY OF LIMERICK COMPUTER SOCIETY. (CATHAL FERRIS - HEAD ADMIN/VICE PRESIDENT)

Interested in anything computing-related? Want to know how to make your Arduino dance to your tune? Fancy a slice of the Raspberry Pi? Want to properly build your own PC? Come join us and we'll help you out. Originally named after the humanity-destroying computer system in Terminator, this society has been around UL since the early 1990s. We have come from being run over a few underpowered pcs under a desk to our current set of servers in a room in the SU. We provide computing services for our members to use, and we can also provide assistance for our members for lots of computing issues. We also provide the backbone for the Wolves site and free services to all C&S groups that want them. Every few years, we run the Skycon conference, with interesting and well-known

speakers in computing, ranging from Mark Shuttleworth of Ubuntu, through to Randall Munroe of XKCD fame. Socially, we meet up face to face every Monday night for pizza in the SU common room, as well as hosting some build-your-own-PC clinics (on days to be confirmed). We also plan on making trips to some interesting computing-related places such as the Retro Computing Museum, the Centre of High Performance Computing, and Bletchley Park. To build and strengthen Ireland's tech community we'll be meeting up again with Ireland's other computer societies for some face-to-face meet-ups (and fun/more pizza). We also have an Oculus Rift which is great to play with, as shown by the photo of C&S Manager Paul Lee trying to catch butterflies while using the

Oculus at last year's C&S Recruitment Drive.

For more details, see [HYPERLINK "http://www.ulwolves.ie/..../AppData/Local/Microsoft/Windows/Temporary Internet Files/Content.IE5/BR6RSEPM/www.skynet.ie"](http://www.ulwolves.ie/..../AppData/Local/Microsoft/Windows/Temporary%20Internet%20Files/Content.IE5/BR6RSEPM/www.skynet.ie)

Temporary Internet Files/Content.IE5/AppData/Local/Microsoft/Windows/Temporary Internet Files/Content.IE5/BR6RSEPM/www.skynet.ie"

skynet.ie or email [compsoc@skynet.ie](mailto:compsoc@skynet.ie), and come along to our stand at the Recruitment Drive. Join with us, and you'll surely be on the winning side...



Computer Soc demoing their new Oculus Rift with Paul Lee



# “BEATHA TEANGA Í A LABHAIRT”- BÍGÍ LINN!

AEDÍN NÍ THIARNAIGH, CATHAOIRLEACH.

Ón Oireachtas i gCill Áirne go dtí ócáid Glór na nGael i mBaile an Bharbaigh, chuaigh Cumann Gaelach Ollscoil Luimnigh ó neart go neart i mbliana! Tar éis bliana bheith ag obair go han dian, ainmníodh ár gCumann beag féin mar “Iontráil Nua is Fearr” thar gach Cumann Gaelach eile sa tír i 2015. Ba thoradh é an teideal

seo do na hiarrachtaí agus na himeachtaí éagsúla a d’eagraigh an Cumann i rith na bliana chun an Ghaeilge a chur chun cinn in Ollscoil Luimnigh.

Ar cheann de na himeachtaí is rathúla a tharla i mbliana, chuir an turas chun féile an Oireachtais i gCill Áirne go han-mhór leis an gCumann nuair a tháinig na céadta mac léinn le chéile ag an

ócáid i rith na Samhna chun Gaeilge a labhairt agus an cultúr a chéiliúradh. Beidh an Cumann ag tabhairt aghaidh ar an Oireachtas arís i Samhain 2015 i mBaile Átha Cliath.

Thar a cheann sin, ní féidir dearmad a dhéanamh ar ár imeacht seachtainiúla – Déardaoin Ramhar – a bhíonn ar siúl sa Seomra na Gaeilge in Áras na dTeangacha. Cuirtear lón blasta ar fáil saor in aisce gach aon tseachtain agus ba dheis iontach é do bhaill an Chumainn chun comhrá neamhfhoirmiúil a bheith acu agus a scíthe a ligeann ar feadh tamaillín! Bíonn Seomra na Gaeilge (LC-016) oscailte go laethúil do dhaoine chun tae nó caifé a fháil saor in aisce agus a gcuid Gaeilge a chleachtadh agus bíonn fáilte is fiche roimh daoine nua i gcónaí. B’iontach an oíche a bhí againn i rith Seachtain na Gaeilge i mbliana freisin nuair a d’oibrigh an



Cumann Gaelach, Out in UL, International Soc agus ULFM as láimhe a chéile chun Géilí 2015 a chur ar siúl i Stables. Is traidisiún é an ócáid iontach seo le dhá bliain anuas anois, ina dtagann baill na gcumainn difriúla le chéile chun céilí ollmhór neamhfhoirmeálta bheith againn ar feadh oíche agus chun béim a chur ní hamháin ar theanga na Gaeilge ach ar an gcultúr chomh maith!

Beidh AGM againn ag tús na bliana chun baill nua a roghnú do choiste an Chumainn agus cuirfimid fáilte ó chroí chuig éinne a bhfuil suim acu sa teanga

chun bheith páirteach linn agus chun freastal ar an gcrúinniú. I measc na bpleananna eile atá curtha in eagar ag an gCumann don bhliain 2015/2016, beimid ag eagrú turais chun an Daingean ar feadh deireadh seachtaine chomh maith le roinnt imeachtaí ar champas na hollscoile féin.

Fáilte roimh baill nua i gcónaí, agus tuilleadh eolais le fáil ag [www.facebook.com/cumanngaelachol](http://www.facebook.com/cumanngaelachol). “Beatha teanga í a labhairt”.



Cumann Gaelach Glór Na Geal

## Debating Union Delight

2014/2015 was yet another successful year for UL Deb U. Deb U experienced something of a rebirth this past year with many new members coming in particularly first years filling committee positions. This injection of youth in to the society brought with it a fresh atmosphere of fun. Although understandably weak in the beginning many of us new members quickly honed our debating skills through speaker development classes and really came into our own. We wish to continue this trend next year as we wish to attract many new members who we can help to develop into confident competitive debaters. One of the great perks of being a member of Deb U is of course the opportunity to compete in other universities both domestic and abroad. Last year was no different with trips to the likes of Cambridge, Dublin, Cork and Galway. There were numerous internal events such as the fresher’s Mace and the annual Ciarán Treacy memorial competition.

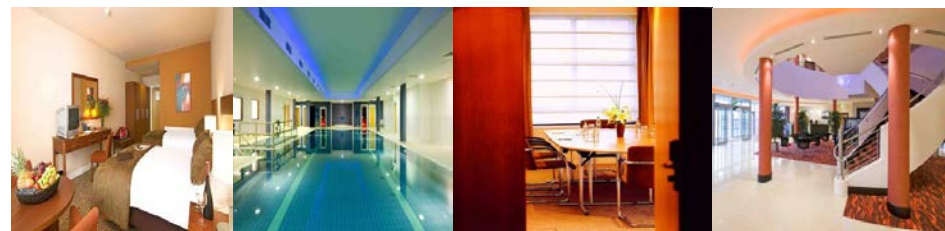
Next year promises to be bigger and better! We intend to send two teams to the world championships in Malaysia at the end of the year. We also plan on attending competitions in Oxford, Cambridge and Aberdeen. Costs are largely subsidised making these trips affordable to those

who wish to attend. Each year Deb U issues a special award to an individual or group who we feel has achieved a lot on their lives. In the past this has included the likes of Louise Richardson the now Vice Chancellor of Oxford and the Chief Justice Susan Denham. We are excited to announce that the Rubberbandits will be the receivers of the award this coming academic year for their achievements in Comedy. We are very excited to have these great satirists come to UL.

If you are looking to improve your public speaking skills, have your say on topical issues whilst making new friends in a relaxed yet challenging environment then UL Deb U is for you. Speaker development takes place on Mondays at 7. We hope to see you there.

By Adam Rockett, Public Relations Officer.

Visit our Website: <https://uldebatingunion.wordpress.com/>



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# UL DRAMA SOCIETY – LIGHTS, CAMERA, CRAIC-TION!

BY CATHAL MOORE (PUBLIC RELATIONS OFFICER)

Coming to you from the Jonathan Swift Theatre, UL Drama Society aims to include everyone and bring people of all backgrounds and talents together!

Last year we held two major productions that were very well received. Semester one saw a mash-up production of Joss Wedon's internet-famous "Dr. Horrible's Sing-Along Blog" and "The Actor's Nightmare" by Christopher Durang cleverly titled "A Horrible Nightmare". Semester two saw a Variety Show in which five first-time directors staged their own one-act plays. The night

included the popular movie "Pitch Perfect", John B. Keane's "Sive", "The Dumb Waiter" by Harold Pinter, musical numbers "One Day More" and "Seasons of Love" from Les Mis and RENT respectfully. The night also saw an original piece written by one of our members. Overall, the productions went down great and it was fantastic to see everyone learning and developing their talents – both actors and directors – and everyone having fun and making new friends. We hold workshops every week in the Jonathan Swift theatre, ranging from

Comedy Improv to Stage Fighting. Our workshops serve to not only teach new talents and develop existing skills, but most importantly, they're all about the craic and having a laugh!

We don't expect anyone to have any prior experience in theatre coming into workshops, everyone moves at their own pace and stays within their comfort zone, so all are welcome!

Workshops are a great way to build up your confidence too, so if you find your hands shaking delivering presentations or your knees trembling addressing an audience, loosening up

and working up to it in workshops is the way to go. We hold specialised workshops in Stage Confidence, Stage Lighting, Props & Costume Design, Stage Fighting, Directorial Workshops, Improv, Character Development, and much more, so if anything piques your interest, don't be afraid to drop in at any time!

We also have cinema trips, theatre trips, the return of the "sleep over" in the SU, auditions and productions, social nights and much more over the course of the year. UL Drama Society is a collection of actors, writers,

directors, comedians, theatre-geeks, movie-lovers, and everyone else under the sun, so don't be afraid to dive in head-first and meet new people!

Come along to the September Recruitment Drive and ask any questions on your mind, and for €5 we'll sign you up!

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

## The Games Society: FOLLOW THE WISE WORDS: "GET YOUR GAME ON, GO PLAY!"

The Games Society, after a very successful year, is ready to offer you a great gaming experience on a weekly basis. Get ready for plenty of Magic the Gathering, Super Smash Bros., Yu-Gi-Oh and more this semester! We are mainly responsible for holding events that allow you and your friends to enjoy your favourite games to the max. Our Monday Board Games Nights are a great way to start the week, with a great selection of board games provided, such as Settlers of Catan and even Cards Against Humanity. It also serves as a meeting point for all our card game players; it's the perfect time to get in some good games of Yu-Gi-Oh or Magic the Gathering against brand new people, along with organizing some trades or taking part in drafts. From 6PM until 10PM, it's the ideal way to wind down after a day of early lectures and intense tutorials. You'll find us in the Main Building, in EG010. You can't miss it once you turn left inside the Skislopes entrance. If you haven't registered yet, or if you didn't get the chance to at the Recruitment Drive, you'll get the opportunity to here through one of our committee members. Once you're a member, you'll be able to attend our Board Games Nights for absolutely

free.

Wednesday is the day which most gaming enthusiasts anticipate: Console Games Day. With our very own PS4, Wii U and Xbox 360's, it's truly a great way to take it easy in between lectures, whether it's "Knife Fight on Roids" in Halo, or "Fox Only, No Items, Final Destination" in Super Smash Bros. Not only do we have current-gen consoles, we also have some older consoles to enjoy, with the Nintendo 64 being one of our most popular consoles. Interested in joining in? Be sure to check out the scene all day

from 12PM to 6PM upstairs in the Students' Union. We'll be in the room beside the Common Room, across from the Music Practice room. As with our Board Games Nights, taking part is free for all members, and you'll be able to register here if you haven't already done so.

However, I still haven't gotten around to the ultimate way to begin the weekend in gaming bliss: our lock-ins, held every few weeks on Fridays. This is where we book out the Students' Union for the night from 6PM to 6AM, allowing for every sort of

gaming to go on. Expect intense Commander games of Magic the Gathering at 3AM, taking part in LAN games of League of Legends and Counter Strike, or frantic games of Halo and Super Smash Bros. for 6 hours straight. Our lock-ins are our most popular event, and it's the perfect way to meet fellow gamers. Competitions are also usually held throughout the night, allowing you to fully enjoy finishing your week of college. It's a members-only event, but don't worry, you'll be able to sign up if you aren't already a member.

Overall, if you have remotely any interest in games, the Games Society events are the place to be. You won't be disappointed with what we have to offer throughout the week, no matter what you come for. Our Facebook page "UL Games Society" is the best way to find out about future events, so be sure to check it out. We hope to see you throughout the year.





# STILL MAKING HISTORY

DECLAN MILLS, DEPARTMENTAL LIAISON AND CAROLINE BREEN, PRO

Last year was a busy one here at the History Society. SoUL Week saw our 'Tea With Titans' event in Plassey House, featuring guests (including Tea Appreciation Society President Sarah Guerin and C&S' own Michelle Whyte) impersonating their favourite historical figures. We also reenacted a medieval witch trial in the SU courtyard and put ULSU VP Academic Mike Forde on a ducking stool to face a barrage of water balloons.

Other events included our War Week with Fan Forum Society, which featured a re-enactment of the Proclamation of the Irish Republic in 1916 and a debate with UL Debating Union on the First World War. We also had several socials to help new members get to know each other and in late November we hosted a round of the Historical

Association's Great Debate, a public speaking competition for Leaving Cert History students. On the academic side of things, we are moving to take a more active role in the publication of History Studies, the UL History Department's journal.

November saw the departure of our Auditor, Darragh Roche, who was elected Auditor of UL Debating Union. A new committee was formed under a new Auditor, Declan Mills, including a dedicated trips officer for those all-important journeys away from campus. Across the spring semester, we instituted a regular games night in conjunction with Fan Forum and played host to some interesting guest speakers. Our big academic-focused project came in early March when we played host to the Irish History

Students' Association's annual national conference; this was, and will continue to be, a great chance for history students to deliver their first paper or just sit back and learn from those who are giving papers, not to mention the rare opportunity to meet and socialise with people who share your interests from all over Ireland. We also provide space at our weekly meetings for anyone who wants to deliver a short paper or start an (inevitably heated) discussion on any aspect of history that interests them. Finally our AGM in May saw the election of a new committee – containing a couple of old faces! – for the 2015/16 academic year.

As we head into the winter semester of 2015, we have plans for new events (including some trips away to other parts of Ireland and

of course the all-important socials for new members), more ideas for SoUL week 2015, and the ability to carry

on successful regular events from the past year. We look forward to meeting you!



Historical Tea Party

# ÓGRA-Drivers of change

DECLAN MILLS, DEPARTMENTAL LIAISON AND CAROLINE BREEN, PRO

Interested in politics? Positive progression? Well Ogra Fianna Fail is a society where you can help achieve just that. Drivers of change Ógra was founded in 1975 to serve as the dedicated youth wing of the Fianna Fail party. To this day Ógra continues to act as a vehicle for change on behalf of and by the youth of Ireland. It gives a voice to the youth in the party and a stage in which to exercise our ideas and plans for the future of not only the party

but the future of Irish society and the country we want to live in and partake not only during university but as active citizens following graduation. How we can achieve this you might ask? One way in which Ógra effects change is during the Ard Fheis every year. In April of this year Ógra UL joined its counterparts from across the country North and South in the RDS in Dublin. The Ard Fheis is the most important political events on the party's annual calendar.

We in Ógra and ordinary grass roots members shape the future of our party by actually being able to vote who should lead Fianna Fáil! We are free to submit our own policies which are either voted in or out by the ordinary members. It is an event where we really get to know each other and our elected representatives, perhaps with a sneaky pint of the black stuff thrown in for traditional measure. One thing that will strike you about Ógra and the Fianna Fáil party is that we

are a fairly "mixed bag". If you are unsure as to what separates Fianna Fáil from Fine Gael, then we will put it simply - Fine Gael are centre right conservatives on all aspects. Fianna Fáil is rather special in this instance and is the reason why it is the most historically successful political machine in Europe. The party's unique selling point however is its centre right approach to business and growing the economy. And one thing is for sure, if an individual wanted to do well in Ireland, Fianna Fáil encouraged it through the introduction of free education. Furthermore Fianna Fáil recognises the importance and power of local communities in Ireland. Something which the current government seems to have cast a blind eye to. Lisa Collins, a new member to the party since our recruitment in January 2015, joined the party based on this key message in the Fianna Fáil agenda- 'Coming from a small community myself, it was an easy choice for me. This

party recognises the fact the rest of Ireland outside the capital has been ignored by the current government. Furthermore on a lighter but important note, the lads are great craic and the welcome I received in to the party made me feel at home immediately. I only wish I had joined back in first year.' Last semester was a fruitful and successful year for Ógra UL with many new members and successful events such as a public talk on the Same Sex Marriage Referendum, and regular canvassing with TD Willie O'Dea. As well as our annual Dáil trip, National Youth Conference, the Jack Lynch Cup, as well as partaking in the De Valera debating cup. We hope this semester will continue to be one of progress, change, and also the presence of many new faces and ideas to the party. Deanann a briathar a dhearbhiann ach gniomh!

UL Ogra members pictured at the annual Fianna Fail Convention held in the RDS last April.



Ogra Fianna Fail Ard Fheis



# The most Outgoing Club in UL

Out in UL is the University of Limerick's award winning LGBTQ society. We seek to provide a safe and friendly environment to support the LGBTQISAP (Lesbian, Gay, Bisexual, Trans, Queer, Questioning, Curious, Intersex, Straight Ally, Asexual and Pansexual) community. Anyone is welcome to join!

Through the year, we have hosted a variety of exciting events like; Alternative Miss UL, an amateur drag competition, Sparkles Workshop Day and our annual Queerbash party. During the two

semesters we held many workshops, including ones on Mental Health in the Queer Community, Sexual Empowerment, Trans awareness and How To Campaign For a Referendum. We hold meetings every Monday evening, where we talk about various topics relevant to the community such as, the Coming Out Process, Queer representation in the Media and Sexual Health 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. As a society we offer many services

including; our coming out website ([comingoutinul.wordpress.com](http://comingoutinul.wordpress.com)), our befriending service and a weekly Queer Hangout space. In addition to these, our main event of the coming semester is Rainbow Week, a week's worth of events, parties and workshops now entering its fifth year.

As a society, we have four main aims, which we work towards with every meeting, event and workshop. These aims are; Support, Education, Showcasing the Queer Community and Bringing the queer and wider community together. Through attaining

these goals we feel that we can create a safe space for all LGBTQISAP students in the University of Limerick. It is through these aims that we were able to achieve notable goals throughout the semester including upping our membership, connecting with other societies and clubs and taking home the GALA for "LGBT Student Society of the Year" as well as the UL Clubs and Societies "Society of the year".

Above all, Out In UL prides itself in being a big family; the friendships and ties made in the society are not ones which are quickly forgotten, with past members returning

to participate in events and trips long after they would have graduated. Out In UL leaves a mark for life.

If you wish to get in contact with us, feel free to drop us an message at [outinul@gmail.com](mailto:outinul@gmail.com) or our facebook page and check our website; [outinul.ie](http://outinul.ie)

## ULRM: Coming first when it matters

PAUL JORDAN – UL RACING & MOTORSPORT P.R.O.

UL RACING AND MOTORSPORT SOCIETY IS A MOTORSPORT APPRECIATION AND PARTICIPATION SOCIETY.

ULRM: Coming First When It Matters

Paul Jordan – UL Racing & Motorsport P.R.O.

UL Racing and Motorsport Society is a Motorsport appreciation and participation society.

The majority of members enjoy at least one of the many disciplines that make up Motorsport and would wish to experience it in some form, but due to the elitist and expensive nature of Motorsport participation, this is not always possible.

It is for this reason that our Society exists and is accelerating rapidly in popularity within the University of Limerick. In fact, we are so popular that we won the award for Best Improved Society in 2015!

We endeavour to find the lowest rates available and strike the best deals for many forms of Motorsport, be it a weekend trip to Mondello Park to view some high speed action on track, or an evening of go karting at one of our local

tracks where members can test their skills against each other. There really is something for everyone.

We have members from various backgrounds, all very diverse in their interests and in their knowledge of all things Racing & Motorsport related. This creates a great atmosphere which encourages members of all backgrounds and knowledge levels to engage with conversations and to learn from each other. No matter what your racing interest,

Formula 1, Rallying, Moto GP, Go-Karting, Endurance Racing, Drifting, etc..

From Twin Cams to Dirt Bikes, Le Mans to Vintage Motoring, there is always someone in the club who shares your passion.

Every year we go for a summer trip. Last year we went to Silverstone for the Blancpain GT endurance race and this year we headed up to Todd's Leap Activity Centre. Everyone enjoys these trips and we always strive to make them better.

If you have a passion for Motorsport, why not bring it to the society! Or, if you are curious and would like to try something new, the Racing and Motorsport society is for you!

See you on track!

Facebook: UL Racing & Motorsport

Email: [ULRacingFS@gmail.com](mailto:ULRacingFS@gmail.com)



Racing & Motorsport Intervarsities at Whiteriver track in Louth



# IN-VIVO INVESTIGATION INTO THE ADVERSE EFFECTS CAUSED BY FORMATION OF A MULTI-DISCIPLINE SCIENCE SOCIETY.

KILLIAN STOKES, PAURIC BANNIGAN AND MICHAEL D.J. O'DONNELL.

## Introduction

Lost the childish joy and wonder of everyday life? Does nothing excite you anymore? Rediscover the joy and excitement of learning new things and meeting new people with UL Science Society. Whether you see yourself as the new Boyle or Walton or even if you aspire to be the next Hans Sloane (the Irish Doctor who invented chocolate milk), we will have something to meet your taste, with events like orienteering, paint-balling

and soccer tournaments already taken place over the summer among the postgraduate members, there will be no limit to what we can do in the new academic year.

## Discussion

With the clear lack of clarity and unity among the sciences at the moment, for instance it has been 5 years since the last Science Ball, we have formed a society to bring together like minded admirers of the sciences.

Whether this be through the mutual appreciation of mixtures of phenols and ethyl alcohol in solutions with other organic molecules in the stables, or studying the velocity of paintballs as they fly towards you in a wood (figure 1) is totally up to you. So far it has been hypothesised that through these events, our weekly soccer matches (which at the moment have one rule: You must be bad at soccer), our game nights, bowling, go-karting and much more

will leave you filled with wonder, provide a social respite from all your busy studies and create a much needed link between UL's Undergrad and Postgrad communities. By year's end we also aim to set up science themed events such as table quizzes, guest speakers, the first ball for the sciences in half a decade and much much more.

## Conclusion

Hence for a year of joy, meeting new friends and celebrating what organic

chemicals can do for you, join the newest UL society UL Science Soc. So come along to the recruitment drive or email [ulsciencesoc@gmail.com](mailto:ulsciencesoc@gmail.com) to become a member and make sure to also join us on facebook or follow us on twitter [@ULScienceSoc](https://twitter.com/ULScienceSoc).

## Build your Republic



*Sinn Fein - Yes campaign*

The Sinn Féin Cumann has recently been established in University of Limerick. The Cumann on campus strives to continue the strong and proud tradition of republicanism within the

college grounds. We are a fully associated Cumann of Sinn Féin and as such we serve to broadcast the policies of the party here in UL. As we are the sole active Republican Party on campus,

we believe that we have an obligation to respectfully commemorate our proud history, and as a result we have a strong historical ethic in our cumann. This year saw us hold talks on

historical issues such as the 1981 Hungerstrikes with our local councillor Malachy McCreesh. We have also held political discussions on pressing issues such as youth unemployment, mental health, water charges, LGBT\* rights, international solidarity and how the Budget affects young people. Our members in the college cumann have been active on campus and had campaigned for a YES vote in Marriage Equality referendum last May. Next year we aim to provide the same dedicated political environment by holding weekly meetings, monthly campaigns and also do a fair share of socialising. We in UL Sinn Féin have partaken in nationwide events with other party members such as the Sinn Féin Republican Youth Congress in Louth and the Sinn Féin Ard Fheis in Derry. For over 100 years Sinn Féin has been the forefront of bringing about change in Ireland. Republicans and Socialists from Constance Markievicz and James Connolly to Bobby Sands and Mairéad Farrell have brought us closer to our goal of Irish unity and independence. Today's generation of republicans continue that work.

UL Sinn Féin is the only political society that is

actively campaigning on student welfare issues which are relevant to you. If you want to get involved in a strong, grassroots political outlet then join the Sinn Féin cumann here in UL!! You can find us on Facebook. Tá géargha le Éire nua, feabhsaithe agus is é Sinn Féin an pairtí chun í a bhaint amach. Tar isteach sa chumann agus glac páirt sa gluaiseacht.

Tomás O hAoláin  
Cathaoirleach

Pictures  
Youth Congress- UL Sinn Féin members participate in the National Youth Congress in Louth  
Decency for Dunne's workers- Sinn Féin UL members on the picket with the Dunne's workers  
Yes Campaign- Sinn Féin UL out campaigning for a YES vote in the Marriage Equality referendum with local Councillors  
Youth logo- The logo of Sinn Féin Youth



# SOUL ARTS FESTIVAL SET TO SEDUCE SCEPTICAL STUDENTS IN WEEK 7

SEAMUS TOOMEY

SoUL (Societies of UL) Arts Festival is a time when societies in UL are given a chance to showcase their talents and achievements. Not often enough are societies' successes and capabilities presented to the rest of the campus under such a spotlight! It is their opportunity to showcase their events and activities to the campus community on a wider platform. Although relatively small in its first few years SoUL week is garnering momentum and support and this year we're looking to knock your socks off, blow you away and melt your brains!!

So what's to be expected? Good question! Preparations have now begun ahead of week 7 and with only a fraction of events confirmed it is already looking like an exciting and fun-filled week. Want to discuss politics with

Abraham Lincoln? Well, the Historical Tea Parties are happening on Tuesday, Wednesday and Thursday in Plassey House - and over a nice cuppa' tea as well!

Ever stayed awake all night talking s\*\*\*e? Let the rest of campus in on the conversation by joining in on ULFM's 24 hour broadcast. The resident UL radio station (that's more like a podcast) will be broadcasting for (you guessed it) 24 hours and people get weird around 4am. As a member of ULFM trust me when I say this they get weird regardless of time but 4am is sure to be special.

On Tuesday evening the Courtyard will be a hub of activity with several societies showcasing, performing, displaying and presenting in a real festival-style atmosphere surrounding the main stage.

Hosted by the omnipresent music and photography society

Wednesday's mainstage event will see C&S appreciate it's trendier students during UL Fashion Fest ; make sure to dress your best guys and gals!

Thursday brings the Music Society's "UL Music Soc Presents..." and after the success of the Original Rude Boys' concert at last year's SoUL Arts Fest our Music Society can confirm that this year they will be bringing you TWO popular Irish acts. Stay tuned for the official announcement!

...and don't forget International's TGIF in the Stables on Friday night! Always an exhilarating night for those with exocitic taste. UL societies have a plethora of amazing things for you to see and this year we are bringing you the biggest densest events showcase UL



SoUL Week with Dance UL

has yet to see so make sure you're around campus to see our very own stars and artists strutting their stuff. If being a spectator isn't enough for you!: sign up for the Societies of your choice at the Week 1 Clubs and Societies Recruitment Drive or contact michelle.whyte@ul.ie or myself seamus.toomey@ul.ie to get involved in the planning

& preparation for SoUL Arts Fest 2015. #Wolfpack As for C&S and committee members this is set to be a busy craic filled week with events (that need organising) and laughs (that need to be had) so let's get to work.

## READY FOR AN INTERNATIONAL ADVENTURE?

To everyone who has come back to UL after a summer away from Ireland's most beautiful campus, welcome back! To everyone who has just arrived here for the first time, welcome home! We're the International Society, UL's largest society, and our members come from all over Ireland and all over the world. If you'd like to explore Ireland, experience some real Irish parties (sessions), and make friends from Ireland and just about everywhere else, then join us for what is going to be an amazing year.

### Trips

Last year, we travelled all over the country, visiting Galway, Dublin (for St Patrick's Day), Cork, the Ring of Kerry, Tipperary, the Aran Islands, Newgrange, and Belfast. We had an amazing time discovering (and re-discovering!) the best and most beautiful parts of the country. Not even the prospect of an early morning bus journey could put our members off trying to see as much of Ireland as possible! If you want to join us this year, remember that the rule is first come, first served so signup early!

### Events

The biggest event of the week in the International

calendar is T.G.I.F. – Thank God It's Friday – which we hold in The Stables every Friday night. With DJs, weekly themes like Valentine's, Bollywood, Disney, Rodeo, Country Colours, and whatever we can think of to encourage you to dress up, spot prizes, and competitions, it's the only place to be on a Friday night in Limerick. Entry is free until 10.30pm (after this time, you pay €5), so make sure you get in on time! Last year we collaborated with our fellow clubs and societies such as the Tea Appreciation Society, Out in UL, Music Society and Cumann Gaelach to organise some amazing events. More of our most awesome events took place in S.o.U.L. Week and International Week, such as table quizzes, trips to Roller Jam, and the truly fabulous International Food Fair, held in The Stables. When I'm feeling hungry, I remember fondly the truffles made by one of our Belgian members, the crepes made by our French members, and the salads made by the Brazilian members. One of the best events from 2015's International Week was Tales and Treats, in which Irish poetry, music, and

literature were celebrated in The Scholar's Club.

### Activities

Last year we had an incredible array of activities organised in an attempt to satisfy the unique and wonderful needs of each member. Whether you were a movie fanatic, a sports enthusiast or simply looking to meet other international students, there was something for everybody. Among these were a jogging club, a cinema club, language exchanges, and our very own Come Dine with Me - all of which were amazingly received by our lovely members.

### C&S Awards

In addition, our very own Ciaran O'Donnell won Best Individual at the C&S Awards, much to the delight of our wonderful committee. We were ecstatic to see that his efforts were recognized and this award was undoubtedly deserved.

So what are you waiting for? Get involved in UL's largest society and you can experience all of this and more! Our society is the best way to interact with students from around the globe, explore the beauty of Ireland, and make incredible friends in the process. You also have the opportunity

to join our friendly and welcoming committee, but first it is vital that you become a member! Follow us on Facebook (UL International Society), twitter (@ULintSociety), snapchat (ulintsoc2015), and Instagram (ulinternationalsociety) for details on signups, events, trips and more. See you soon!

Muireann Murtagh (Twitter Rep) and Niamh O'Connor (Vice Public Relations Officer)

The picture I have attached is of Committee members Ciaran, Nancy, Pamela,

Edward, Patrick with over 50 society members at the Dingle Peninsula February last. Photo credits Edward Corbett

Thank you, Niamh O'Connor Vice Public Relations Officer UL International Society University of Limerick [www.ulinternationalsociety.ie](http://www.ulinternationalsociety.ie)



International Soc on one of their many travels around Ireland



# THERE'S ALWAYS TIME FOR TEA!

SARAH GUERIN, TRIPS AND EVENTS OFFICER

UL Tea Appreciation Society is still seen as a bright and shiny new society amidst the hallowed halls of UL, and we continue to increase in members, events, and tea! We invite you to take a step back from the hustle and bustle of college life and enjoy all the benefits that a cup of tea has to offer. We meet twice a week, every week during the semester. Do you love tea? Are you passionate about all types of tea, the intricacies of brewing, all possible combinations and permutations? Then Tea Appreciation Society is for you! We are for both aspiring tea masters and those who just want to relax with a cuppa at the end of a hard day's study. Nobody can be bad at drinking tea! Our society is a place to talk about anything and everything, alongside so many wonderful varieties of tea which you can experiment with.

Tuesdays are our general meetings, where we showcase our variety of teas and allow you to relax with friends, or make some new ones. We come highly recommended by our much missed Erasmus and International members, who each semester enjoy the opportunity to engage and chat with other students from around the world (and don't forget the biscuits!). With so many teas available, you will be spoiled for choice! We have every kind of tea we can get our hands on - from good old Irish Black, to Rooibos, Oolong, Camomile and even Strawberry Champagne Tea. Wednesdays bring you something a little bit different, be it our annual Mad Hatter's Tea Party, International Tea Night, Taste Tests, Tea Workshops or Table Quizzes. You can keep up to date on these events by joining us on Facebook, Twitter, or even

our brand new website, details of which can be found below. We love talking tea online and are always getting our members to tweet us with #whyldrinktea. Be sure to keep an eye out for our Father Ted night in The Scholars' Club, our tea and craft evenings, and our always intriguing Death Café. We also visit Limerick's hidden tea gem, the Stormy Teacup each semester. Here you have yet another opportunity to try exciting teas, surrounded by books, board games, and unbeatable company. Last but not least you can join us on our trips away each semester to discover new tea shops, tea flavours, and tea friends across Ireland. Our trip to Galway in week four is our most popular trip, allowing members to see one of Ireland's most beautiful cities while enjoying toffee popcorn tea in 'An Cupán Tae'. Our overnight trip to Dublin in week ten is also

highly recommended, as we will be bringing our members to the infamous 'House of Tea' for a special tea tasting and workshop, as well as allowing you to explore our bustling capital city. For only €3 per semester you get unlimited tea and biscuits as well as a super variety of events across campus, Limerick and Ireland. If you want something a little bit different, and a chance to

make friends for life, then this is the society for you. Ah go on, go on, go on, go on, go on...

Contact us:

Email: [ulteasociety@gmail.com](mailto:ulteasociety@gmail.com)

Facebook: [www.facebook.com/pages/UL-Tea-Appreciation-Society](http://www.facebook.com/pages/UL-Tea-Appreciation-Society)

Twitter: [@ulteasociety](https://twitter.com/ulteasociety)

Website: [teaappreciationsociety.wordpress.com](http://teaappreciationsociety.wordpress.com)



Tea Society - Stormy Teacup Group

## UL GIVE NEWSLETTER SUBMISSION A BEAUTIFUL FRIENDSHIP CONTINUES

BY: RACHEL VAN OOSTVEEN, UL GIVE PRESIDENT 2015-2016

UL GIVE (University of Limerick Graduate medicine International Volunteer Electives) partnered with several hospitals in Tanzania when the medical school was just in its infancy. We are proud to say that this relationship is stronger than ever. Thanks to the amazing support that UL GIVE received from the UL community, we are able to raise funds for cost effective projects that will benefit the health of the patients at the local hospitals in Tanzania. This year, for example, a water bowser was purchased which will allow for more efficient and safe management of wastewater at the hospital.

This partnership also allows us to send medical students who are entering their fourth year to the partner hospitals in Tanzania to spend time in the global community. In this setting, students are able to work with the local doctors to provide healthcare to patients. This provides UL

students excellent exposure to medical conditions infrequently seen in Ireland, and to learn from the healthcare team on the ground. Students are also able to effectively determine which hospital projects should be supported by UL GIVE as well as providing ongoing support for previously funded projects. Students that participate are expected to raise their own funds to pay for travel and accommodation to Tanzania, thus reserving the money raised by UL GIVE for the designated hospital projects.

UL GIVE raises its funds for these projects throughout the year by way of planned events, such as "Pub Quiz night" and many, many bake sales on campus and in the Limerick community. We also run a yearly "Charity Cycle" where participants cycle 130km from UL campus to the local hospital in Kilkenny in a day. Quite the feat! We are so thankful for our cyclists who not only

cycled but raised over €3000 this year for UL GIVE and its partner hospitals.

This new school year promises to be just as fruitful - even more so with YOUR help! If you are

interested in volunteering with UL GIVE (and no, you don't have to be a medical student!) or participating in our awesome events, please check out our website: [www.ulgive.org](http://www.ulgive.org) or email

us at [ulgiveteam@gmail.com](mailto:ulgiveteam@gmail.com). We would be happy to answer any questions and we hope you join us in our beautiful friendship!



UL GIVE's Water bowser



# ULFM DON'T DO HEADLINES, BUT WE DO

STUDENT RADIO PRETTY DAMN WELL!

BY WILLIAM NOLAN, TREASURER/PRODUCTION MANAGER AND SEÁN LYNCH, HSO



ULFM - Ray Foley and Pippy Rocliffe from the "Breakfast Club" on ULFM

ULFM is UL's student-run radio station. Based in the Students' Union building and run by a team of student volunteers, we broadcast live radio online from 10am-11pm Monday to Thursday, and 10am-4pm Friday. With shows ranging from mainstream pop to underground Ukrainian pan-flute music, news, sport, culture, comedy and everything in between, we like to think we offer a little something for everyone (unless of course you don't like music, news, sport, culture, comedy or anything in between).

Any student or staff member of UL can apply to be a presenter, producer or newsreader for the station. Presenters and producers are taught all the basic technical skills to run a show, while newsreaders are shown how to effectively source, write and read three

minute news bulletins. Almost all skills and tricks learned from ULFM can be applied to any professional radio station across the country, and many are useful in other industries. Last year was huge for ULFM. Through the tireless work of our volunteers and help from C&S, the station progressed in leaps and bounds through the year. The schedule was packed full of talented presenters producing a wide variety of shows. Regular outdoor broadcasts in the SU Courtyard served to get us out of our swelteringly hot studio and get some well needed fresh air and natural light. The station provided music for events across campus, ranging from bake sales to céili dances. For the first time we provided coverage to all SU General Meetings and our week long election coverage for

ULSU elections was widely praised. ULFM presenters and newsreaders had the privilege of a master-class from Ciara Revins of Clare FM and Irish TV fame and will have more workshops throughout this year. Last year, the station's MixCloud account had its highest listenership ever and had two shows nominated for Student Media Awards, something which had never been achieved by the station before. Our landmark event last year was the 24 Hour Broadcast which was

held during Charity Week 2015 in the Students' Union Hub. 24 hours, five live bands, two sleep deprived presenters, one game-show and an incalculable volume of energy drinks (#redbull #GetTheSponsorIn) pushed our sanity to its limits all in the name of raising money

for charity. Over the summer months, plans have been in full swing to make 2015/16 even better for ULFM. Our studio has undergone a major revamp, a number of major events are already being planned and, of course, we've been busily crafting a schedule to rival any station out there. We're always happy to promote others in the UL "Wolfpack" as well as other events around campus, so never be afraid to get in touch with us. There's still time for you to be a part of ULFM and help make it not only a great radio station, but a great society as well. So whether you fancy yourself as Ireland's next top broadcaster, want to share your eclectic taste in music with the world, or just want to have a laugh for an hour or two a week, why not get in touch and pitch your idea for a radio show? Check out our website at [www.ulfm.ie](http://www.ulfm.ie), for details of how to apply for a show, and keep up to date with everything we do through our Facebook at [www.facebook.com/ULFMradio](http://www.facebook.com/ULFMradio), YouTube at [www.youtube.com](http://www.youtube.com).



ULFM with Breda Graham and Jennifer Purcell



**UL BADMINTON CLUB**  
ALL IRELAND  
CHAMPIONS  
2015

**UL BADMINTON CLUB**

**UL KAYAK CLUB**  
6 TIME  
IV CHAMPIONS  
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# UL MUSIC SOCIETIES-TURNING IT UP TO 11

Hi all! We welcome all Freshers and those of you returning for another year of ...eh... "Studying". We are the UL Music Societies, we cover all genres of music, ranging from Traditional Irish music to DJ-ing and Glee as well as everything in between. With regular gigs in the Stables Club and weekly activities including DJ deck sessions, Traditional Irish music sessions, Glee practices and Open Mic, you are sure to find something of interest in our society. Last year was a very successful year for the society as a whole. We held events such as battle of the bands intervarsity, UL Trad Fest and an Acoustic Showdown. We have had the privileged opportunity to work alongside and host events with acts such as Hermitage Green, Key West, Free Wheel, Rugged Wood, Sean's Walk, Goitse as well as internationally renowned 'Basshunter'. Our most significant event in our eyes was in October 2014. As part of SoUL (Societies of UL) Week ULMS welcomed the international boy band 'Original Rude Boys'

to the ULSU Courtyard. Support acts on the night included winners of online competition 'Rugged Wood', Acoustic showdown winner Chris Conroy, and a local Limerick favourite 'Sean's Walk'. This event was possibly the first event of its kind and size hosted by a society in the ULSU Courtyard, and by far the biggest event held by the current Music Soc. This year ULMS has put a greater emphasis on teaching our members a range of skills; be it improving old ones or learning a complete new one. We are in our second year of providing technician and sound engineering training, so that members can assist in the production of our weekly gigs. As of this year we are privileged to be in a position to commence DJ production sessions, as well as our previously run musical instrument lessons such as guitar, drums, keyboard and many more weird and wonderful instruments. So, here's why we believe you should join our society: With our weekly events you're not going to be lost

for things during the week, we host Open mic and Glee sessions on Monday nights, Trad session and DJ Deck sessions on Wednesdays and instrument lessons throughout the week. On Thursday nights we will regularly be in our second home at the Stables Courtyard with various artists. As well as that, our events calendar is sure to keep you entertained most Thursday nights with events such as battle of the bands, Trad Fest, DJ battle and gigs with various artists. If you're interested in learning a new/developing a skill, our production lessons and training will suit you. Just like last year we will provide lessons for a range of instruments including drums, keyboard, guitar and many more. We also recruit members as teacher so if you would like to further your teaching skills, don't hesitate to get involved. As of this year a new aspect has been added to the DJ-ing area, as of September our members will be given the opportunity to dabble in song and beat production. IN ADDITION TO ALL THAT....

Our most exciting news for the upcoming semester is that in October 2015 we will play host to another concert in the Students Union Courtyard! We've worked hard over the summer months and this year we are proud to announce we will welcome the internationally renowned Irish pop-folk duo 'Hudson-Taylor' and support from indie rock band 'The Academic'! A night not to be missed with tunes such as 'Chasing Rubies' and 'Different' to be a big hit! Not only are we getting two great acts, we are also giving all Music Soc. members a discounted rate on the sought after tickets. What's not to love about the UL Music Societies? The committee of 2014/15 pushed the society's growth with their consistent dedication and motivation, this resulted in countless successful events & activities and even made a complete overhaul, renewal and upgrading of all our equipment possible. One committee member in particular, our Treasurer of two years Sean Sweeney, was acknowledged of his

mountainous work and was awarded the Mike Sadler Lifetime Achievement Award at the C&S Ball and Awards Ceremony in late March. If you would like to join the committee, why not try come along to our AGM held in week 2, or contact us by email/Facebook. Give us a like on Facebook: UL Music Soc, ULMS Trad, UL DJ Soc and ULMS Glee. Or email us: info@ulmusocsoc.com And finally, don't forget to check out our webpage: www.ulmusocsoc.com All photo credit to Oisín McHugh - www.facebook.com/oisimchughphoto Pictures: 1. ORB; 2. ORB; 3. 'Rugged Wood'; 4. 'Chris Conroy'; 5. ULMS SoUL Week Committee; 6. 'Sean's Walk'







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

# CLUBS & SOCIETIES RECRUITMENT DRIVE WED. WEEK 1 - ARENA BUILDING

