



Cathal Brugha
Swimming & Water Polo Club

CATHAL BRUGHA BULLETIN

U15 GIRLS IRISH CHAMPIONS AGAIN!



Huge congratulations to our U15 girls team who retained the Irish Cup in May. This was a reward for lots of hard work from the players and coaches (Lynn & Orla).

Thanks also to Stephen (team manager), Lucia (nutrition expert), Brian (stand in coach) all those who supported the team in any way.

Chairman's Corner

The 2019-20 season has culminated in a string of positives for Brugha's coaching team. We made 3 cup finals and one semi-final, and an impressive haul of medals ensued. Our senior teams brought home silver medals from the Irish Senior Cup, both losing to St. Vincents in their finals.

Yet again, our junior girls brought the U15 Irish Cup home from Galway, following a rematch of the 2018 final against Diamonds. These two had met in a preliminary round which Diamonds won 9-3. The final continued in this vein with Diamonds 3-1 ahead at the end of the first quarter. Things began to change however with M.V.P award winner Eva Ramsey finding the net almost at will and at the other end goalkeeper Lucy O'Neill was in irresistible form as Brugha held on for an 8-6 win. Four of that team have been included in the Irish U15 team.

Brugha's boys' also team showed plenty of promise at the Cup, finishing 5th overall. Most of the squad will be available in 2020.

An outstanding **U13 Mixed Cup** which attracted twenty teams from throughout Ireland saw Brugha's young team come 4th overall, with plenty of talent on display.

Well done to Orla Monaghan & Hannah Taylor who have just returned from representing Ireland at the **EU Nations Cup** in Brno, where Ireland finished 9th.

Finally, congratulations to Ciaran McGuigan, Tegan McGurk, Niamh O'Connor, Cara O'Kane and Eva Ramsey who have been selected for the **Irish U15 national teams** this year & will compete at the ASA Regional Championships in Blackpool in June / July.

Gerry O'Neill

Thank You

Our Mens' Senior Team wish to express their gratitude to **Brian Murphy** for sponsoring special cup preparation sessions in April.

The junior girls team say a big thank you to **Jake Marron** for donating striking new Brugha towels and to **Adrian Hanna** for taking their "Cup Winners" photos.

Thanks also to **Daly's Garage** who donated water bottles to our U13 and U15 cup teams.

We also want to thank those who have sponsored or donated towards the fun day, BBQ & awards presentation at Let's Go Hydro on 23 June:

- **Colm Gribben** has sponsored the burgers
- **Wilson's Spar Mount Eagles** have donated drinks & crisps
- **Jake Marron** has sponsored the junior trophies
- **Adrian Hanna, Brian Holland & Brenda Monaghan** have made generous donations

Anyone wishing to sponsor the club fun day & awards ceremony should get in touch with the club secretary on info@cathalbrughawaterpolo.com

We will also be holding a ballot at the fun day – if you wish to donate a prize please get in touch.

Irish Cups Roundup

Since our last Newsletter, the club has made 3 cup finals (winning one) and one semifinal. The Mens' and Womens' senior teams lost out to St. Vincent's in both finals at the Irish Senior Cup in late April; while our U15 girls team brought their cup home AGAIN after winning their final against Diamonds in Galway in early May.

The U15 boys team did remarkably well in Galway on the May bank holiday weekend and coaches Ciaran & Paul are looking forward to stepping up training this year.

Our U13 mixed team narrowly missed out on the medals at the Irish cup on 19 May, losing to Tribes in a penalty shoot out for 3rd place. This was the 1st time many of this team have played together and we know they have a bright future ahead. Well done to coaches Paul, Adam and Damien.

Junior blitzes

Our junior members have been showing off their skills at recent U11, U13 and U15 blitzes in Grove. Next up is the U9 blitz in Grove on 31 May, followed by the Tommy Kirk Cup for our U11 and U13 squads in Lisburn on 8 June.

Masters Swimmers

Congratulations to Brugha Masters Swimmers Gerry Flynn and Andrea Hanova who won 9 gold, 4 silver and 2 bronze medals between them at the Ulster Masters Swim this month.

Female Sports Pledge

The Club has signed up to the Female Sports Forum pledge to engage with females & be role models for female sport leading to a female population who are empowered to make the choice to be Active, Fit and Sporty. More info is available at [leading to a female population in Northern Ireland who are empowered to make the choice to be Active, Fit and Sporty.](#)

Coaching courses

Conor Campfield & Orla Monaghan will complete their undertaking their Level 2 coaching course in June. A "coaching the coaches" course will take place on 7-9 September in Bangor.

Irish Water Polo News

Congratulations to Wally Clarke who is Ulster Water Polo's representative on Ireland Water Polo.

Summer arrangements

Friday 28 June will be the last junior session until 6 September. Anyone wishing to stay is welcome at our open session (no coaching) on Wednesdays from 8-9pm until 14 August.

Club Gear

Anyone needing club swimming costumes / togs for next season should order from Wally before end June. Club gear (tops, half zips, hoodies etc) can be ordered directly from our website.

Scratch Cards

Scratch cards were distributed to squad members in May, we would appreciate if donations could be returned to the desk on Friday evenings before end June – please put it in an envelope with your name on it.

Deep RiverRock

We are taking part in the Deep Riverrock "Thirst for Better" campaign and aim to raise £500 towards coaching accreditation this year. For every bottle of water purchased we can receive 10p for club funds – simply remove the label, and input the code (printed on the inside) at <https://deepriverrock.ie/thirstforbetter/cathal-brugha-water-polo-club>. Alternatively hand the labels in at the desk on a Friday night. We got a haul at the U13 cup, so anyone with a work / school canteen should be able to collect some labels.

Every "Lidl" helps

Have you nominated Cathal Brugha for the Lidl Community Works funding? Simply keep 2 receipts from Lidl and complete the nomination at www.lidl-ni.co.uk/communityworks. The nomination requires a club name, an email and phone number so please use: Cathal Brugha Water Polo Club, Email: info@cathalbrughawaterpolo.com & phone: 07912 862220

Easyfundraising

Thanks to those who are regularly using Easyfundraising we have raised over £30 so far. Sign up to raise money while you shop at <https://www.easyfundraising.org.uk/invite/RYLCD5/U09WPC/>

Dates for your diary

8 June – U11 & U13 Tommy Kirk Cup in Lisburn

23 June – Club Fun Day & Awards Presentation

9-11 August – Irish Water Polo National Academy in Limerick, more info coming soon