



Cathal Brugha
Swimming & Water Polo Club

Chairman's Corner

Our U17 girls team got the new season off to a winning start when they beat Tribes at the NAC in Dublin. Playing almost exclusively with last year's Irish U15 Cup winning side, they lost out to St. Vincent's in their second game.

Social events and fund raising will take up most of our free time in the coming weeks and it is very important that everyone plays their part in making a success of our Abseiling Adventure at the Europa Hotel and the Annual Dinner at the Beechlawn Hotel in Dunmurry. Full details of both events are listed here and there is still time to make some sort of contribution. Any monies received for the abseil go directly into club funds.

A special concession ticket for £10 is available to people who for any reason are unable to attend the dinner but who can make it for the after-dinner festivities.

I hope to see everyone at both events.

Gerry O'Neill

A calendar of events and fundraising activities will be available shortly - any club fundraising must be approved by the committee in advance - email your ideas for fundraising activities this season by 4 October to info@cathalbrughawaterpolo.com

CATHAL BRUGHHA BULLETIN

The new season is underway and the committee and coaching staff have been busy putting plans in place for the year ahead. Details of our training sessions are on the website and will be updated if there are any changes.

Dates for your diary

To keep updated with club news & craic, join the Cathal Brugha News Whatsapp group by messaging 07912 862220

Sunday 23 September – Abseil at Europa Hotel, Sponsorship forms available on the website. **All participants should meet at the Europa at 11am on 23 September, wear comfortable clothes and leave all valuables at home. You will not be able to film from the rooftop so leave your phones & cameras with someone on the ground! All sponsorship money must be paid promptly by Paypal or at the desk in Falls LC by 10 October.**

Friday 28 September – Club dinner & Awards Ceremony at Beechlawn Hotel, 8pm, tickets for the meal, awards ceremony & entertainment are £30. Tickets to attend the awards ceremony & entertainment only are £10. Tickets are available from committee members or at the desk in Falls LC.

Friday 28 September – Sunday 30 September – Bridgestone Tournament – U15 girls and boys, schedules have been posted in team Whatsapp groups. Good luck to all competing!

Upcoming fixtures

Details of upcoming fixtures are available on <http://www.waterpolo.ie/national-league-fixtures-results.html> Please note a number of changes have been made to previously published schedules due to team withdrawals. Coaches should check the website regularly to be kept up to date.

COURSES

Five club members will be taking a Level 1 **Refereeing** course shortly – Jake Marron, Chris French, Adam Cushley, Adrian Hanna (senior) and Darren Donnelly. Good luck and thanks for volunteering!

Swim Ireland plan to run a **Table Duties** course, dates to be confirmed asap. We would encourage young players to sign up for this as it is an excellent way to gain a better understanding of the rules.

There are still some places available on **Safeguarding** courses on 10 October and 24 October. If interested please email info@cathalbrughwaterpolo.com.

CONGRATULATIONS!

ULSTER SQUADS

Congratulations to those U15 and U17 members who have been named on the Ulster Water Polo training squads. Teams will be announced in October for the InterPro tournament in Bangor which will also feature teams from Leinster, Connacht and Scotland.

COACHES

Congratulations to Lynn Hanna Short and Paul Goss who both passed their Level 1 coaching course. We look forward to our junior teams receiving the benefits of this.

CLUB GEAR

The new club gear has been a big hit with members. You can order yours directly from the club website, it would make a perfect Christmas present!

Junior Committee coming soon!

The Committee is delighted to announce that we will be establishing a new Junior Committee before Christmas. This is your chance to get involved in the development of the club, gain experience & skills that will make your CV and job applications stand out and give something back to the club.

The Junior Committee will be tasked with developing an action plan of activities and priorities. Applicants must be able to commit to committee membership for one year and will be offered training to carry out their role if required.

Applications are invited from motivated young members with a passion for marketing, journalism, PR or event organisation, and who want to improve their teamwork, communication and financial skills. Simply email info@cathalbrughwaterpolo.com to receive an application form.

Millennium Volunteer Scheme

The Club is very grateful to all our young members who volunteer with coaching, fundraising and other activities. We are now able to offer young volunteers the opportunity to participate in the Millennium Volunteer Scheme. All junior members who help out regularly with the club will have their contribution recorded and once they have volunteered 50 hours they will get a certificate which is backed by the Department for Education and means you get something that looks great on your CV, job and UCAS applications and is endorsed by employers and universities! For more information email info@cathalbrughwaterpolo.com

Coaching Team Confirmed

Coaching positions for the season have been confirmed:

Mens Div. 1 – Conor Campfield

Mens Div. 2 – Matt Hanna

Ladies Div. 1 - Johnny Donnelly

U19 / U17 boys – Nathan Taylor

U19 / U17 / U15 girls – Lynn Hanna Short & Orla Monaghan

U15 boys – Ciaran McGurk & Paul Goss

Junior & Fundamentals coaching team: Paul Goss, Lynn Hanna Short, Chris French, Damien O'Neill, Adam Cushley, Orla Monaghan, Jake Marron & Ciaran McGurk