

6th March 2017

Top billing goes to our U16 girls who had a terrific win over Carraig na BhFear in the semi-final of the Cork Championship last Saturday. Both sides showed sign of nerves early on, as the game started at a frantic pace. Orla Zundel settled her team mates down with a couple of jump shots to put the first points on the board. Carraig na BhFear soon settled but still found themselves 7-9 down at the end of the quarter. Our girls continued to employ their pressure defence which the Cork girls were struggling to cope. They only managed 3 points in the second quarter, while a huge "3" pointer from the half way line by Aoife Morrissey, right on the buzzer, was a huge hammer blow to the opposition. Our girls started the second half with a couple of quick scores, led by Jana Zundel, to open up a 14 point lead. This was a lead that our girls never relinquished. The girls' defence was superb throughout which Carraig na BhFear were finding it increasingly difficult to break down. The Cork team became more and more frustrated as they gave it their all in an absorbing game. However long before the final whistle, there was only going to be one winner as our girls secured a 42-27 victory.

Defence was the cornerstone of this victory with Siofra Gleeson, Amy Higgins, Jody O' Halloran and Bronagh Dollard totally dominant in their match ups.

The girls were in Cork the previous night for a league encounter with Ballincollig. With the semi-final the following day, a number of the starting five sat out most of this game and left it to the rest of the panel to deliver. The girls showed tremendous confidence and ran out comfortable winners on a 46-13 scoreline with Isabelle Meaney, Elaine Murray, Caoimhe O' Neill, Caoimhe Hogan all performing well both defensively and offensively.

Our U14 girls also played two games last weekend against Ballincollig and Glanmire respectively to consolidate their position at the top of the table. The girls were totally dominant in both games. After a sluggish start, the girls found themselves 3-7 down at the end of the first quarter. They improved in the second quarter to lead 11-9 at the break before moving up the gears in the second half to run out easy 40-13 winners.

Top scorers for the girls were Sophie Moore and Abbie Pigott on 11 points each.

On Sunday, the girls hosted Glanmire and recorded a big win. The girls completely overwhelmed Glanmire in the first quarter to open up a 27-0 lead. They completely dominated this game to win out 80-12.

9 players got on the scoresheet with 5 players hitting double figures. Bronagh Dollard top scored on 15, followed by Sophie Moore 14, Abbie Pigott 10, Aoife O' Neill 10, Julia Cunneen 10 and Lucy Liston 8.

Our Senior Scholars had a frustrating night against Glen Cruisers in their North Munster league encounter. Their opponents had one of those nights where everything they threw up went in, while our shots seemed to rim out. The Scholars put in another excellent display but were not rewarded where it mattered most, which was on the scoreboard.

Final score was 41- 32 to Glen Cruisers.

Top scorers for Colms were Eimear O' Malley, Noreen Campbell and Orla Blake.

Next week, our U14 girls are in Cork Championship semi-final action against Ballincollig. Our U10, U11, U12, U13 and U14 girls are away to Rockets in the North Munster League while both our senior teams are in North Munster league action against Thurles Knights and MICE respectively.

13th March 2017

Our U14 girls emulated their U16 counterparts by reaching the final of the Cork Championship with a win over Ballincollig.

The girls put in another terrific all round performance with all 10 players playing their part. The game started at a blistering pace. Ballincollig were unrecognisable from the side that the girls defeated in the league a few days previously and really put it up to our girls. Our girls stood up to the early onslaught and gradually got on top to lead by 7 points. Lucia McGill led her team mates with a great defensive display. The second quarter unit outscored Ballincollig by 12-4 to open up a 15 point lead at the interval. However the girls got into foul trouble with Sophie Moore on three fouls. Sophie to her credit showed tremendous discipline in the second half picking up no further fouls. She scored 6 points in the second half to add to the 8 points she scored in the second quarter. Julia Cunneen had another excellent game scoring 11 points, while Bronagh Dollard was her usual imperious self, top scoring on 19 points. In truth all 10 players played great basketball which was required against tough opponents. The final score of 57-23 does not reflect the fight to the end by a very talented Ballincollig squad. They were just unfortunate to be playing a group of players that are playing superb basketball this season.

Our Senior Scholars completed their North Munster league campaign with a win over MICE. The college girls started brightly and hit 3 early outside shots to open up a 7-2 lead. Nuala O' Flaherty countered for the Scholars scoring 6 points in the first quarter to nudge the scholars 13-12 ahead by the end of the quarter. The scholars, despite rotating all 10 players in and out of the game, soon took control. They were always able to keep MICE at bay and the final scoreline of 36-32 probably flattered the students.

Top scorers in the win were Nuala O' Flaherty 14, Eimear O' Malley 7 and Noreen Campbell 5.

Our Senior Saints put in a great display against Thurles Knights. The Saints put in a very rounded display, characterised by great defensive work and patient offence. This allowed them to lead for most of the game. A change in the defensive set up from zone to man to man defence was a decision that backfired for the girls. Thurles were able to isolate their dangerous players on one and one situations which proved the difference. In the final few minutes, the Saints went for broke but left themselves exposed at the back. Thurles had 8 points to spare at the end of a hugely entertaining and high quality game. Best for Saints were Fiona O' Connell, Sharon Griffin and Ciara Stapleton.

Next week our U16 girls are in Cork to play Skibereen in a vital league game. Both teams along with Cobh are the only three teams now left in contention for the league. Our U12 girls are in North Munster Shield action against Morning Star, while a number of our teams are in North Munster league action against Celtics.

Finally a huge thanks to our U14 and U16 girls and the boys from Limerick Lions who acted as table officials for the whole day at the Munster Special Olympics games last Saturday.

20th March 2017

Congratulations to our U14 girls who won the U14 North Munster league title last Sunday after a nail biting victory over Celtics. The girls certainly had their supporters on the edge of their seats as they put them through a rollercoaster of emotions. The game seemed to be going to plan as our girls opened up a 11 point lead in the first quarter which they maintained to the interval. 5 quick points at the start of the third quarter had our girls comfortable at 31-15. However, just as a routine win was on the cards, the girls suffered a serious collective drop in concentration. The girls completely switched off mentally in this game. Celtics outscored our girls 6-2 to now trail by 21-33 going into the final quarter. Our girls were all at sea in the final quarter, not converting their scoring chances and giving away silly turnovers. The girls got increasingly frustrated as the game wore on which Celtics capitalised. Basket by basket they pulled the deficit right back and forced the game into overtime 35-35. Celtics scored the first basket in overtime to lead the game for the first time. The girls suffered a further blow with Bronagh Dollard fouled out shortly after. Somehow the girls found the mental strength to dig themselves out of this hole. 3 free throws by Sophie Moore settled them down and edge them into a 1 point lead. A further basket by Sophie opened up a 3 point lead. A well worked basket by Aoife O' Neill straight from the training ground sealed the win on a score line of 42-37. The girls have been playing spell binding basketball all season. Perhaps the occasion got to them on the day, but it was great to see these groups of girls show a deep resolve to win this game, just when it appeared to be slipping away.

They are deserving winners of the league. The full squad of players that contributed during the season were Bronagh, Buki, Aoife, Lucy, Sophie, Abbie, Julia, Jana, Lucia, Allannah, Jade, Zoe, Sarah, Kate, Lily and Susannah. Special thanks to both Dorothy and Emily who have done Trojan work with these girls over the past few seasons.

The girls will now set their sight on making it a league double as they entertain both Carrigaline and Brunell in the Cork league next weekend.

Our U16 girls not to be outdone by their U14 counterparts had an important win in the Cork league against Skibbereen in a top of the league encounter. The win sets our girls up for a league decider against Cobh in the last game of the season.

The game was a clash between the height of Skibbereen and the pace of our girls. Pace won out in this game. Our girls defended relentlessly for the whole of the game in the front court. This forced Skibbereen into playing at a much higher pace and also further from the offensive boards, than they wanted to. Our girls were always in control of this game and won all 4 quarters in what was probably their best performance of the season.

Top scorers in the 45-26 win were Orla Zundel 17, Aoife Morrissey 14 and Siofra Gleeson 4.

Our Senior Saints bowed out of the North Munster Cup to Celtics. The girls put in a terrific performance but just fell short against their more experienced opponents.

The club enter an important part of the season as they have both the U14s and U16s challenging for league and championship honours in Cork, Cup honours in North Munster and participating in the AICCS.

We know that the younger players look up to these older players and hope to emulate them in the coming seasons.

27th March 2017

Our U14 and U16 girls face a season defining few days next weekend. Both teams contest Cork championship finals and Cork league decider games.

Next Saturday is Cork Championship Finals day in Neptune Stadium. Our U16 girls will be first in action in an all Limerick affair against UL Huskies. Our U14 girls play in the last final of the day against Brunell.

On Sunday both our U14 and U16 girls are at home to Cobh in the Cork League. The winners of each game will be crowned league champions.

The club are right behind the players and coaches and wish them every success next weekend.

Our U14 girls warmed up for next weekend by playing Brunell 2 in the penultimate game of the Cork league. As expected our girls proved too strong for their young opponents and eased to a comfortable 65-7 win. All 10 players on the day got on the scoresheet with Lucy Liston top scoring on 11 points. She was followed by Abbie Piggott on 10, Buki Adojomehin 7 and Aoife o' Neill 7.

Our U13 girls played Carrigaline in a challenge game and came out on the wrong end of a 17-34 scoreline. This team are still very much a work in progress but showed enough in this game to offer hope for next season.

Best for the girls were Susannah Holland, Megan Cunningham and Ruby Mulholland.

Our Senior Saints play their final North Munster league game of the season against Shannon.