

8th January 2018

Our U16 girls were back in action after the short Christmas break.

The girls went into their Cork League encounter against UL Huskies with only one training session behind them over the holiday period, and there was definitely a bit of ring rustiness to their play.

The girls started brightly with Jody O' Halloran scoring the first basket of 2018. The girls were creating numerous chances but were not converting, allowing UL to stay in touch to trail only 6-9 at the end of the first quarter. The second quarter followed a similar pattern with our girls just doing enough to maintain their lead. Half time score 20-16. The girls switched to a man to man defence early in the second half and this paid immediate dividends. The girls outscored UL by 15-8 to go into the final quarter 35-24 ahead. There was a sharp drop in concentration by the girls in the fourth quarter with UL outscoring them 8-1 to leave the score at 36-32 going into the final few minutes. The girls' experience came to the fore, with a sharp increase in their defensive intensity and they were able to close out the game on a 43-36 score against a much improved UL side.

The girls certainly needed this game to clear away the cobwebs. They definitely showed glimpses of what they can achieve with some lovely well worked team scores. They will certainly need to up their defence for future games. They will be much the better for the game. They will also be in stronger shape once they welcome back Aoife Morrissey and long term injury victim Amy Higgins to the fold.

Top scorers for the girls were our U15 contingent of Sophie Moore 14, Bronagh Dollard 12 and Abbie Pigott 8.

Next week our U15 and U18 girls host Carrigaline in the Cork League. Our U18s are also away to UL in the North Munster league. It is also hoped that both our U12 and U16 development teams will play a challenge game next weekend.

15th January 2018

Our U18 girls were the busiest team within the club with two games over the weekend.

First up, the girls were away to UL Huskies in the North Munster League. It was great to have Amy Higgins back in action after a two month injury lay off. The first quarter was an even affair with UL establishing a one point first quarter lead. Thereafter our girls totally took control of this game and kept UL to only 5 points for the next two quarters. The game was an ideal opportunity for the whole squad to get good court time in their first game of 2018 and ahead of their Cork league game the following day.

Top scorers in the 45-30 win were Orla Zundel 16, Ruth Dollard 10 and Clara Terren-Hogan 8.

The following day the girls were in Cork league action against Carrigaline Rockettes. This was a competitive affair helped in no way by some terrific outside shooting from the Cork side. The girls had to switch their defensive set up a few times throughout the game before they got to grips with their opponents. A strong third quarter performance by our girls held Carrigaline to only 3 points. This proved decisive to the outcome of this game. Despite a spirited display by Carrigaline in the final quarter, the girls always held the upper hand to win out 41-33.

There were strong defensive performances by Izzy Murphy and Siofra Gleeson while the top scoring honours were shared between Orla Zundel, Aoife Morrissey and Jody O' Halloran.

Our U15 girls took a while to put Carrigaline to bed in their Cork league encounter to remain in second place in the Cork league. Carrigaline put in a gutsy performance to only trail by 13-19 early in the third quarter. Abbie Pigott was the main scoring threat for our girls in a disjointed first half performance. The girls needed a spark to get them going and this was provided by Lucy Liston who came off the bench to score 8 quick points. The girls were now able to relax and showed their full range of their skills to finally win out 40-17 after a searching test.

Top scoring honours were shared by Abbie Pigott, Lucy Liston and Sophie Moore.

Our U12 development girls put in a highly encouraging display in their challenge game against Rockets. It took a while for the girls to get to the pace of the game and found themselves 2-11 down at the end of the first quarter. This unit were excellent when they were back on the court in the third quarter, winning it 8-4. The second quarter unit were competitive losing out 6-8. However a knee injury forced Grainne Ni Choilbaird out of the game and this proved telling in the fourth quarter. Rockets won out on a scoreline of 35-22 in a sporting and entertaining game.

Players to shine on the day were Daria Radanovic, Maxim Loussakou, Treasa Ni Cholbaird and Lauren Cosgrove in the scoring stakes and Ellen Fitzgerald in the point guard position.

Next week our younger age groups travel to Dromcollogher to play Springfield in the North Munster league. Our U12 girls also have a North Munster cup game against Glen Cruisers.

22nd January 2018

It was North Munster cup action this week with both our Senior Division One team and U12 girls in action.

Our Senior Ladies were away to UL Huskies and came away with a comfortable win. A fast start by the Seniors put the girls 10-2 up after a few minutes, a lead they never relinquished. Their defence was excellent with Aoife O' Connell, Aoife Donovan and Joanne DeLoughrey controlling their defensive boards. The girls showed signs of ring rustiness in offense which was understandable since this was their first game since November. A number of missed scoring opportunities most notably in the second quarter allowed UL back into the game. The girls upped the tempo in the third quarter and ran in some lovely scores off fast breaks from Lynsey Purcell. Ciara Stapleton and Deirdre Barton. The fourth quarter was all about maintaining concentration and working on their offense. The only downside to this sporting encounter was an ankle injury picked up by Aisling Stapleton.

Our U12 girls proved much too strong in their cup quarter final against a very young but game Glen Cruisers side.

The girls will now face Springfield in the cup semi-final. Both teams faced each other in a league game last Sunday and if that game is anything to go by, we should be in for a cracker of a semi-final. Our girls were in control of this game for long periods establishing a 12-6 first quarter lead and stretching it out to 18-8 by the interval. The third quarter was a low scoring affair with our girls missing too many opportunities to keep Springfield in touch. Bolstered by the large home crowd Springfield came storming back in the fourth quarter to force the game into overtime. Our girls composed themselves in extra time to just scrape home on a 26-24 score line in a superb advertisement for underage basketball.

Melissa Do and Nofeesat Muniru shared the top scoring honours.

Our U14 girls have been showing steady improvement over the past number of months and a bold show was expected of them against unbeaten league leaders Springfield. Our girls got off to a blistering start scoring the first 8 points of the game. Unfortunately the game needed to be stopped for some minutes as the playing surface became too slippery due to condensation. The break in the game allowed Springfield to regroup. They showed why they are unbeaten by slowly getting back into the game. Our girls suffered a huge blow with Susannah Holland been fouled out early in the game which blunted our attacking options. Nevertheless our girls continued to play some great basketball and still led by 4 points heading into the final few minutes. The game turned in a 30 second spell when our girls gifted 3 quick turnovers which Springfield capitalised to the full. The final score line of 34-30 was harsh on our girls, who produced by far their most complete performance of the season.

This was a huge step forward by our girls with all 10 girls playing their part.

Top scoring honours were shared between Abbie Pigott, Julia Cunneen and Lily O' Halloran with under 13 player Ruby Mulholland a revelation on the day with an all action display.

Our U12 and U14 development teams played Springfield in two challenge games and were extremely competitive in both games. There is no substitute for games and these challenge games can only be of benefit going forward.

It is a busy week next week on the playing front.

Both our Senior teams are in action against Celtics. Our U16 girls have a Cork Championship game against Brunell before facing Carrigaline in the Cork League and Rockets in the North Munster League. Our U18 girls are away to Crosshaven and home to Carrigaline in the Cork league. Finally all our younger teams including our development squads are in action against Rockets.

29th January 2018

It was a very busy week on the playing front with all the club teams in action. A number of players played on 4 consecutive days which had an impact on performances.

Both our senior ladies teams were in action early in the week, but had contrasting results against Celtics. Our Division 1 team got off to a very slow start which meant they were playing catch up for the entire match. The girls settled a bit better in the second quarter and played some good basketball.

However they could not maintain this level of consistency and despite some tireless defence, they fell to defeat.

The division 2 team also played Celtics and fared much better. Our girls held a slender 1 point lead at the end of the first quarter. Strong defensive rebounding allowed the girls to run their fast break and convert some nice scores. The lead had stretched out to 7 by the interval. The girls put this game to bed in a dominant third quarter performance before sealing the win 37-23.

Nuala O' Flaherty and Eimear O' Malley shared the top scoring honours.

Our U16 girls travelled to Cork to play Brunell in the quarter finals of the championship. Aoife Morrissey and Sophie Moore had already played for their school in Dublin in the U16A Schools Final, so had a particularly busy day.

The game was a high quality game played at a terrific pace by two highly committed teams. Brunell hit 2 early "3" pointers in the game to open up an 8 point lead. A change in the girls defensive format shut down the outside threat of Brunell. Both teams from thereon went score for score for the rest of the game. Try as they might the girls just could not bridge the early deficit and fell to a 32-41 defeat. Bronagh Dollard had an immense game controlling the defensive boards in tandem with Amy Higgins. She also chipped in with 13 points followed by Sophie Moore on 9 and Aoife Morrissey on 6.

A number of the u16 girls were on the road the following day with their U18 counterparts against unbeaten league leaders Crosshaven in the Cork League. The girls played some magnificent defence which frustrated the home team. Bodies were put on the line time and again as they shut down the Crosshaven offence. Our girls were able to hit the home team on the counter attack and scored off some fast breaks. However, all the fast breaks did not lead to scores which allowed Crosshaven to stay within 5 points. Crosshaven threw everything at our girls in the final quarter, pressing hard. However it was great to see the girls remain calm as they played comfortably through the press to gain a well deserved win and blow the U18 league wide open.

The following day, both the U16 and U18 girls were at home in league action against Carrigaline.

The U16 girls played some terrific basketball in the first quarter but a failure to convert their superiority into scores meant they only led 15-11 after totally dominating the quarter.

Carrigaline upped their defense in a low scoring second quarter to only trail 19-21 at the interval.

Maybe the exertions of the previous two days began to catch up with some of our girls. Mental fatigue probably played it's part as they faded badly in the third quarter allowing Carrigaline to open up a healthy lead. The girls rallied again in the final quarter but were on the wrong end of a 40-52 scoreline.

Players to shine on the day were Jody O' Halloran, Aoife Morrissey and Izzy Murphy.

The U18 girls also never got going in their game against Carrigaline. The girls played with little energy and never showed the intensity from their previous night's game. Clara Hogan and Orla Zundel were best for the girls.

The following Sunday, the club were in North Munster action away to Rockets. The day started with the U10 girls playing a non-competitive game. It is great to see these young players improve with each passing game. Their skill and confidence levels are very high at present.

Our U12 girls continue to play at a very high level and proved much too strong for a very young U12 Rockets side. Grace Liston and Lauren Cosgrove shared the top scoring honours with other notable performances by Ciara and Aisling Downey.

A number of our newer U12 players then played Rockets in a challenge game. Ava O' Halloran, Anna Zundel and Maxime Loussakou shared the scoring honours with other notable performances by Ava Shire and Ellen Fitzgerald. Coaches Dorothy and Annette have a nice headache picking their team for next week's games.

Our U14 girls were rewarded with a win after another impressive performance. The girls raced into an early 14 first quarter lead. Rockets came back strongly in the second quarter to trail only 10-16 at the interval. Our girls had the better of the second half to earn a hard earned win. There were superb defensive performances by Megan Cunningham and Kate Barry with Abbie Pigott, Susannah Holland and Julia Cunneen sharing the top scoring honours.

A number of the younger U13 girls joined some of their U14 counterparts in a challenge game against Rockets. Strong performances by Lily O' Halloran, Sarah Cantillon, Ellageorga O' Shea and Azeezat Muniru paved the way for a 39-29 win after an entertaining game.

Finally Our U16 girls were in action for the fourth consecutive day. To say that the girls were running on empty was certainly an understatement. The girls put in a lifeless performance in the first quarter and a half. The introduction of U14 player Abbie Pigott provided them with a spark. They slowly lifted themselves and got some scores on the score board. The girls can count themselves very lucky to come away with a 35-21 win against a game, well coached and well-motivated Rockets team. However, it was good to see that when the girls had to really dig deep for the win, that they were able to do so.

These girls certainly need and deserve a rest, after a gruelling few days to recharge their batteries. They have a much quieter weekend next with only a North Munster league game against UL Huskies on their agenda. Our U10, U12 and U14 and senior teams will also be in action against UL Huskies.