

13th January 2020

Following a break for the Christmas holiday period, our U16 girls were the first team back in action in 2020. The girls travelled to Cork minus a number of players due to a combination of factors, to play Fr Mathews in the Cork League.

Luckily U14 player Treasa Culbert was able to step in at the last minute to provide some badly needed cover.

The girls showed definite signs of ring rustiness in the first quarter and trailed 6-17.

However the girls stepped it up in the second in the second quarter and began to find their shooting range. They outscored Fr Mathews 14-11 in the second quarter to go in at the interval 20-28 down.

There was some disruption to the balance of the team in the third quarter when Kate Barry had to leave the game for a brief period due to illness. Fr Mathews were able to assert themselves again to extend their lead out to 42-27 heading into the final quarter.

However with Kate back on the court in the final quarter and a change in defence by our girls, they pulled themselves back into the game.

They were able to at last, shut down the home side's inside dominance with Aine O' Tiarnaigh doing a terrific job in her defensive duties. At the other end of the floor, the girls began to make inroads into the deficit. Slowly but surely they began to claw their way back into the game and with less than a minute to go the deficit was down to 3 points. However, try as they might, the girls could not get those final 3 points and lost out on a score line of 41-44.

The girls showed a great attitude in contesting this game right to the end and but for a few tiny errors could have pulled off the win.

Top scorers for the Girls were Abbie, Amy and Áine with Sarah doing great work in defence.

There is a busy weekend ahead for the girls with thankfully all the games at home.

The u14s play Donoughmore, hoping to consolidate their top of the table position in the Cork league.

The U16s play the top two in the league standings, Cobh and Brunell.

The U18s also have a double header against Cobh and Waterford Wildcats.

Best of luck to all teams.

20th January 2020

It was a very busy week on the court with our U12s, 14s, 16s and 18s all in action. For the U16 and U18 girls' teams there were double headers in the Cork League. Our U18 girls are really playing well at the moment and recorded two outstanding home wins. On Saturday, the girls put in a very polished and professional performance against Cobh who had beaten the girls early in the season. This game was decided very early as our girls dominated from the start. Great defence coupled with good decision making in offence had the girls 17-5 up at the end of the first quarter. The second quarter followed a similar pattern as the girls stretched out their lead to 32-14 at the interval. The girls continued to dominate in the third quarter and had this game well in safe keeping entering the final quarter. Cobh were unlucky to find our girls in such terrific form and their young squad should be commended as they competed right to the end. Final Score St Colms 59 Cobh 28. Top scorers for the girls were Sophie Moore 14, Bronagh Dollard 11 and Amy Higgins 9.

Buoyed by the win on Saturday, there was a quiet confidence amongst the girls that they could compete with the last remaining unbeaten team in the league i.e Waterford Wildcats. This was a superbly contested game between two talented and committed sides. The girls powered by an inspired performance by Abbie Pigott took a deserved 17-11 first quarter lead. Wildcats had a strong second quarter, playing tough defence to slow down our girls scoring rate. Our girls still led though at

half time 25-23. The rest of the game was basket for basket and it was no surprise that the game ended level at 43 points apiece at the end of normal time. Wildcats hit the first 5 points in overtime, but our girls have this never say die attitude about them this season. They are a real battled hardened group of girls who compete right to the end. It was the same again on Sunday with the girls scoring 6 unanswered points at the end to seal a memorable 49-48 win. Top Scorers for the girls were Abbie Pigott 20, Sophie Moore 14 and Bronagh Dollard 7.

The girls will hope to continue their rich vein of form when they play Midleton away next Sunday. Our U16 girls are going through a difficult patch at the moment and found it tough going against the two top sides in Cork this season. Injuries and loss of confidence are taking it's toll on this young squad and they know that a big collective effort is required from them all to get back to winning ways. On Saturday, the girls faced a Cobh side who had one of those nights when they shot the lights out. They hit 6 "3" pointers in an exhibition of shooting which just wore down our girls. The final score line was a win for Cobh 63-32.

On Sunday, the girls faced the league leaders Brunell. The girls played great defence in the first quarter but were rocked by an early injury to Aine who had to leave the game. The girls were right in this game at half time as they trailed 14-25 with all the team seeing plenty of court time. The wheels came off for our girls in the third quarter and matters were not helped by the fact that both Amy and Abbie had to sit out with little niggles. Final score was a win for Brunell on a score of 58-19.

The girls have a break next week which will allow them to regroup and refocus after a tough stretch of games.

The U14 girls had also had two games this week. First up was a Cork League game on Saturday against Donoughmore. The last time these teams met they were separated by only 3 points. This time around the girls weren't going to give us the same nail biting finish. They were fast out of the blocks running the court well with Nofessat, Anna and Grainne making some good scores. The second quarter was a tight affair and it took the girls a while to settle into their rhythm. Scores from Melissa and Maxim helped to calm the girls with Treasa playing well on the point. The team was rotated throughout the third and fourth quarters with Grainne playing point and her passing allowed Aisling, Maxim and Ciara get some easy scores. Scores were spread throughout the team. The only aspect that the girls need to work on is their free throw shooting. Top scorers were Nofessat, Anna and Melissa.

On Sunday the girls made the trip to Springfield for their North Munster Cup Quarter Final. A slow start and some turn overs and bit of nerves saw a very low scoring first half. The girls upped the tempo in the third and final quarter which allowed them pull away with good scores from Maxim, Nofessat and Natasha. The girls again missed too many free throws and should have put the game to bed much earlier. Well done to the squad who were available for both days and a massive thanks to Jade and Claire who stepped in on Sunday. Again scores were well spread throughout the team. Thanks to a very young Springfield team for a sporting game. Top scorers were Natasha, Maxim and Nofessat. The girls now progress to the semi-final where they will play Glen Cruisers.

But before that the girls have a busy week ahead as they play UL in the North Munster league on Tuesday 21st at 7.15pm in CBS. The team is then on the road to Bandon next Saturday and then play Morning Star on Sunday morning in CBS in a NM league game.

Finally a mention for the U12s who were made the trip to Parochial Hall on Saturday night to take on Bandon in the Cork Championship. The 12s have grown with every game this season and they were in excellent form here putting in a strong team performance coming away with a big win. This win takes the girls into the semi-finals of the championship where they will face Waterford Wildcats or Cobh.

And there is another busy week ahead with North Munster League games against UL Huskies and Morning Star followed by another trip to Cork to take on Carraig na BhFear in the League. Best of luck to all our teams over the coming week.

#### 27 JANUARY 2020

With the U16s getting a hard earned rest this week it was up to the U18s, U14s and U12s to fly the flag with a total of 6 games across North Munster and the Cork LEague. And all teams stepped up to the plate to record an impressive 6 wins out of 6.

Our U18 girls were in action in the Cork league with an away game against a fast improving Midleton side. The home team had started the new year with two consecutive home wins and were hoping to make it three wins against our girls.

Our girls are also unbeaten in 2020, so a close competitive game was expected. Our girls settled the better and dictated the pace of the game right from the off. They opened up an early 8 point lead and maintained it to the end of the first quarter to lead 16-9. In truth the girls should have been further ahead but missed some easy scoring opportunities. Midleton had the better of exchanges early in the second quarter to bring the deficit down to the minimum. However, our girls refocused and soon moved back 8 points clear.

The girls controlled the game comfortably for the rest of the game with all players seeing plenty of court time. The pleasing aspect of the game was the solid defence by the girls with Amy, Jody and Izzy working particularly hard. At the other end of the court Abbie top scored for the second game in a row with 14 points closely followed by Sophie on 12 and Bronagh on 10. There were also some solid contributions from Jana, Isabelle and Buki in a pleasing 49-32 win.

The under 14's had a particularly busy week. On Tuesday they played UL Huskies in the North Munster League. The girls started brightly with Grainne and Anna benefiting from some super passes from Nofeesat. Ciara rebounded well and as always worked hard in defense. The girls continued to run the fast break throughout the game with Treasa and Grainne playing on the point. Melissa hit some nice outside three point shots. Aisling and Maxim worked hard on the board with the girls playing some lovely flowing basketball. Scores were spread throughout the team with Nofessat, Melissa and Anna top scoring on 16, 14 and 8 points respectively.

The girls were on the road to Bandon on Saturday for their Cork League game hoping to extend their unbeaten Cork campaign. Again the girls ran the fast break and some lovely passing and outside shooting allowed the girls to open up a nice lead. They upped the tempo on defense and this allowed Sarah Jane and Emma to make some steals resulting in easy scores. Top scorers were Ciara with 14 points, Treasa and Nofeesat with 10 points each and Aisling and Emma with 6 points each in an impressive win.

The girls then faced Morning Star on Sunday morning in CBS in another North Munster League game. The girls were fast out of the blocks and opened up a 9 point lead early on. Some easy chances under the basket were missed in the second quarter and this allowed Morning Star back into the game. The girls settled again in the second half and ran out comfortable winners. Well done to the whole squad who are improving with every game. The girls free throw shooting improved from the previous weekend much to the delight of their coaches. The other encouraging note is that all players are scoring. Top scorers were Nofessat with 9 points, Grace with 6 points and Aisling with 5 points.

The girls have a break next weekend. Their next games are the Cork Cup semi-final on Saturday evening, 8th February against Carrigaline in the Parochial Hall followed on the Sunday morning with a home game against Springfield in the NML in CBS.

The U12s also had a busy weekend with two games on Sunday starting with an early game against Morning Star in North Munster with Carraig na BhFéar making the journey up from Cork. The girls put in two excellent performances to get the two wins. The performance against Carraig na BhFéar was particularly impressive with Laura, Jade, Claire and Kayla putting in big displays to dominate the game from start to finish. Well done to all our girls.