

11th January 2016

The club were quickly back in action after the Christmas break with three of our teams in action.

First up were our U14 girls who hosted Rockets in the North Munster League. This was a dress rehearsal for the Cup semi final to be played within the next few weeks.

Both sides showed signs of ring rustiness following the festive period as evidenced by a low scoring first quarter with our girls holding a slender 8-4 lead.

The girls stepped up markedly in the second and third quarters tagging on 15 points per quarter to race into a 38-15 lead entering the final quarter. The final quarter was used to give all the squad players valuable court time before the girls closed out a comfortable win by 50-25.

The Rockets girls showed a great attitude throughout and were competitive right to the end.

Best for Colms were Aoife Morrissey 16, Sophie Moore 11, Bronagh Dollard 10 and Jody O' Halloran 6.

Our U12 girls have been on the wrong end of some close games recently, but came good against their Rockets counterparts, this time, winning out 28-21. Again both teams were extremely slow getting to grips with the game with Rockets outscoring our girls 2-0 in the first quarter. With the 5 on 5 off rotation employed at U12 level, the second quarter was an extremely different affair. Our girls completely dominated this quarter to go in at the interval ahead 16-4. Rockets came back strong in the third quarter to reduce the deficit to 13-18 with Cara Ni Dhonobhain scoring our lone basket. It was felt that Rockets needed to be ahead going into the final quarter considering the firepower that Colms had to come in for the final quarter. So it proved, with Colms scoring 8 quick points to leave the result in no doubt. Again Rockets to their credit came back strong in the final few minutes but did not have enough to bridge the gap.

Best for Colms were Julia Cunneen, Abbie Pigott, Lily O' Halloran, Jade McNamara and Amy Minihan.

The final game of the day was a challenge game between our U13 girls and Rockets U14. This was a competitive game with Rockets winning out on a score line of 31-24. There was only 2 points separating the two teams entering the final quarter. However the difference in the final quarter was that Rockets took their scoring opportunities while our girls did not. These challenge games are giving a number of our new inexperienced player's valuable court time.

Best for Colms were Krista Berzina and Grainne McKeogh.

Next week our U12 and U14 girls are in Dromcollogher to play Springfield, while our U10 girls play in a blitz hosted by Rockets.

Our U16 girls are away in Cork League Action.

18th January 2016

The club certainly did not have the rub of the green last weekend, as they came out on the wrong side of two games that went into overtime.

Our U16 girls travelled to Mallow for an U16 Cork game, which turned out to be a tense and exciting game. Mallow started the brighter and hit 3 outside shots to open up a 6-1 lead. Our girls soon settled into the game and played great defence keeping their taller opponents away from our basket. Mallow retained their 5 point lead until half time as both teams matched each other score for score. The introduction of Elaine Murray early in the second half was the spark for a 6-0 run by our girls. Mallow regrouped and the remainder of the game saw the teams exchange scores and leave the teams tied at the end of normal time.

Our girls hit the first 2 baskets in overtime and went all out for the win. However their cavalier approach left them vulnerable in defence and Mallow hit on the counter to edge an absorbing game 39-35.

Orla Zundel put in another terrific performance top scoring on 14 points followed by Aoife Morrissey on 9 and Amy Higgins on 4.

There was also some good defensive work by Isabelle Meaney and Caoimhe Hogan who got some vital steals.

The following day our U13 girls played Springfield in the semi finals of the North Munster U14 Plate. Springfield dominated the first quarter and should have led by more than the 7-2 scoreline. Our girls were much better in the second quarter with young u12 star Jade McNamara leading by example with a number of steals. The girls were on top in this quarter and trailed by only a point at the interval. The second half was a story of missed opportunities by both sides. Our girls missed 8 consecutive free throws towards the end of the game to win in normal time, while Springfield missed an open basket right at the end to win.

So for the second day in a row a team from our club went into an overtime game and for the second day in a row came out on the wrong side with Springfield edging an exciting game 30-26.

Top scorers for Saints were Julia Cunneen 10, Lucy Liston 6 and Aoife O' Neill 6.

Our U12 girls were completely asleep in their league encounter with league leaders Springfield, which was completely at odds with how they have recently been playing. The girls to their credit improved immensely in the second half but still came out on the wrong end of a 20 point defeat.

Our U14 girls were very sluggish and off colour in the first quarter of their league encounter with Springfield and spurned a number of scoring opportunities. The second quarter unit were slightly better to bring the half time lead out to 17-12. The girls at last showed what they are capable of, when in the mood, as they scored 16 points alone in the third quarter to make the game safe. Final score 40-24.

Top scorers for St Colms were Aoife Morrissey 12, Sophie Moore 10 and Bronagh Dollard 9.

Our U10 girls played in a blitz hosted by Rockets. These are great days for these young players as they are introduced to the game of basketball in a non-competitive environment. A big thanks goes to Rockets Club and to Springfield and Glen Cruisers for two sporting and entertaining games.

Next week our U16 girls are on the road again with a Cork league game away to Ballincollig. Our U13 girls host Brunell in the Cork League. We have a number of teams away to UL huskies in the North Munster league, while our U10 girls travel to Dromcollogher for a blitz hosted by Springfield.

24th January 2016

There was a mixed bag of results and performances during the week by our underage teams.

Our U16 girls made the trip to Ballincollig last Friday for an U16 Cork League game. The team were delayed on the way due to heavy traffic and had to start the game with little or no warm up. This showed as Ballincollig opened up a 13 point first quarter lead. The girls settled down to play some good basketball thereafter, but were unable to convert their good work into scores. Once again, the girls defence was excellent, but were let down by poor shooting. Once the girls start converting their scoring opportunities, they should be able to notch a few more wins before the end of the season. Final Score Ballincollig 35 St Colms 16.

Our U13 girls faced up to Brunell in a Cork league encounter. The girls were way off the pace in the first quarter and allowed Brunell easy scores to build up a 18-4 first quarter lead. The second quarter unit were much improved and outscored their Cork opponents 11-5 in the quarter to trail by 15-23 at the break. The girls were on top in the third quarter but spurned too many easy lay ups which allowed Brunell to keep 6-8 points ahead. In the fourth quarter Brunell gave our girls a lesson in how to take scoring opportunities as they piled on 21 points to run out 59-34 winners.

The girls are well able to compete at this high level but need to be more clinical with their finishing. Best for Colms were Bronagh Dollard, Sophie Moore and Abbie Piggott.

Earlier in the day the club had three teams in action away to UL Huskies. The home team proved too strong for our U12 girls who did not do themselves justice especially in the first quarter. This is a very young squad and they will be all the better next season.

Our U13 girls warmed up for their Cork league game against Brunell with a challenge game against UL. Our girls were always in control in this game and won out by 7 points in the end with strong performances by Julia Cunneen, Abbie Piggott and Krista Berzina.

Our U14 girls faced a fired up UL Huskies team knowing that a win would probably be good enough to seal their place in the All Ireland Club Championships in April. UL were by far the better team in the first half, but boosted by a terrific performance by Sophie Moore, our girls still managed to go in at the interval tied at 22 points apiece. Our girls slowly but surely began to get the measure of the home side. The girls cut out the silly errors that plagued them in the first half and opened up a narrow 4 point lead going into the final quarter. The girls were well on top in the final quarter to close out the win on a 48-38 score line.

Top scorers for Colms were Aoife Morrissey 18 and Bronagh Dollard 12.

Our U10 girls travelled to Dromcollogher to play in an U10 blitz hosted by Springfield Basketball Club. The girls that played on the day were Grace, Sophie, Kitiga, Ella, Grainne, Alice, Melissa, Anna, Claire, Natasha and Sintija. Coach Noreen was especially pleased with the defensive aspect of the girls' game.

Next week our U16s travel to Kanturk for their fourth away Cork league game of the month. The girls will have a welcome break from travelling in February. Our U12, U13 and U14 girls play Rockets in the North Munster League. Our U12 girls also play Glen Cruisers in the league.

Finally our two senior teams face each other in the North Munster Senior league.