

6<sup>th</sup> November 2017

It was a particularly quiet week on the playing front with only our U18 girls in Cork league action away to Donoughmore.

The girls were a little slow out of the blocks and allowed the home side to score the first two baskets of the game. Once the girls settled into the game, they soon got on top and raced into a 17-11 first quarter lead. There was a slight holdup in the game in the second quarter after the heating system in the gym packed in after a loud bang. The holdup certainly had an impact on both sides as the scoring rate dropped off in the second quarter. Nevertheless the girls held a comfortable 9 point lead at the interval. Donoughmore had a good third quarter, but our girls upped the tempo late in the game to run out deserving winners on a score line of 52-36.

Ruth Dollard, Orla Zundel, Elaine Murray, Aoife Morrissey and Jody O' Halloran shared the top scoring honours while Caoimhe O' Neill had an excellent game in defence.

Next week moves up a notch with all club teams in action.

The U18 girls are on the road again next weekend as they have a double header against the two Carrigaline teams in the Cork League. Our U15 girls play Ballincollig in the Cork Championship.

Our U16 girls are home to Carraig na BhFear in the Cork League.

Our U10, U12 and U14 girls open their North Munster League campaign with home games against Springfield.

After a short break, both our senior teams are also back in North Munster league action.

13<sup>th</sup> November 2017

The club had all age groups in action during the week with a hectic schedule of games.

Our Senior Ladies Division one team were first in action with a North Munster League game against Shannon. The girls had a good spread of scoring in the first quarter with 4 players on the scoresheet which helped them into a 6 point lead. Pressure applied on the opposition point guard by Lynsey Purcell and Laurie Brosnan forced some turnovers and scores on the fast break. This coupled with good outside shooting by Joanne Deloughrey and Deirdre Barton helped open up a 14 point interval lead. Sharon Griffin, Aoife O' Connell, Ruth Dollard and Siofra Gleeson did great work under the boards both offensively and defensively, which never allowed Shannon back into the game. Lynsey Purcell capped a fine individual performance with 11 points in the final quarter and she was helped in the scoring stakes by Aoife Donovan and Kana who was making her debut.

All in all, a positive team performance in a comfortable win.

Our Senior Ladies Division two team went down in overtime to Tipperary Tornadoes in a very tight game. Nuala O' Flaherty controlled the game from the point position and chipped in 8 points in the first quarter to establish a 4 point lead. The scoring stalled in the second quarter but good defensive work by Liona Carroll and Siobhan Long kept the damage to a minimum with Tornadoes edging into a 1 point interval lead. Under 17 player Orla Zundel took over the point guard position and some good scores by Michelle Walsh, Joanie Hargrow and Grace Kavanagh settled the girls down and they went into the final quarter with a 6 point lead. Despite sterling defensive work by Siobhan Keane, Eimear O' Malley and Olivia Deloughrey, the height advantage of Tornadoes began to show. Tornadoes went inside for their scores and levelled matters up at the end of regulation time before winning out 31-27 in overtime.

Our U15 girls travelled to Cork to face Ballincollig in the quarter finals of the championship. The girls went into this game as warm favourites and underlined this status with a comfortable 15 point win, with all 10 players contributing in a very positive performance.

Our U18 girls faced 2 games away on Saturday against Carrigaline Bulls and Carrigaline Rockettes with just 7 players available on the day due to exam duties. A slow start against the Bulls gave the girls an uphill climb, but spurred on by a 18 point contribution from Ruth Dollard, they slowly got back into the game. Siofra Gleeson, Isabelle Meaney and Clara Teren-Hogan also contributed well on the scoreboard. Amy Higgins played super defence and set up many baskets for her team mates with great offensive work. However the tardy start proved the girls undoing, with Carrigaline winning out by 12 points.

The girls had to regroup an hour later for their second game against Rockettes. The girls established early dominance in this game but were hit quickly with two injuries to Amy and Clara which forced them out of the game. The rest of the girls really upped their performance with some good scoring by Orla Zundel, Ruth Dollard and Elaine Murray just proving enough. They dug deep and showed great spirit to hold on for a 4 point win.

Our U10, U12 and U14 girls were in North Munster action against Springfield.

The U10 game, even though non-competitive, proved to be a great advertisement for underage basketball. Both teams are to be complimented on their skill levels and technical abilities which highlights the unseen work that goes into these girls behind the scenes.

The U12 game was a real edge of the seat thriller which kept the large crowd entertained right until the end. Only a point or two separated these sides throughout with the lead changing constantly. It

was only in the final few minutes that our girls got the win against a very good Springfield team. A basket by the tireless Ava O' Halloran put our girls a point up. Grace Liston then bagged two free throws under severe pressure to push the lead out to 3 points before a final basket by Grainne Ni Cholbaird sealed the win on a 17-12 score line.

Others to shine for our girls were Melissa and Nofeesat.

Our U14 girls were very slow out of the blocks and allowed a good Springfield side exert early dominance. The girls did show signs of improvement as the game wore on. However it was evident that Springfield is much further down the development path than our girls. This was the girls' first game of the season, but there was enough evidence on display to suggest that they will develop quickly with more games under their belt.

Ruby Mulholland had a very good game for the girls and had great support from Alana Moran, making her competitive debut, Susannah Holland, Kate Barry and Lily O' Halloran.

The U10, U12 and U14 girls are back in action again next week away to UL Huskies.

Finally, our U16 girls hosted Carraig Na BhFear in the Cork League. The girls put in a very pleasing performance with a controlled offensive game which laid the foundation for a comfortable win. The girls showed great patience in their offensive patterns and scored some excellent in close baskets, after creating space with their constant rotation. The girls were once again very solid in defence and allowed their Cork opponents very little scoring opportunities.

Bronagh Dollard had an exceptional game and had a massive influence on the game. Jody O' Halloran and Izzy Murphy also played very well, and with a lot of confidence which was great to see. A big shout out to Jana Zundel who stepped in for the injured Amy and was very impressive.

20<sup>th</sup> November 2017

It was another busy week on the playing front with most of our teams in action.

It was North Munster Cup week with both our senior teams in action.

Our Division 1 team faced Celtics Division 2 team on Tuesday. The girls got off to a slow start. Despite dominating possession, they just were not converting their early scoring opportunities and found themselves down by 9 points. They soon settled however and the scores began to follow, reducing the deficit to 2 points. The girls defensive intensity increased as they began to shut down the Celtics offense. The girls kept chipping away with their own scores to lead by 7 at the interval. Celtics could only muster 3 points in the third quarter. Good outside shooting by Lynsey Purcell, Joanne DeLoughrey and Laurie Brosnan pushed the lead out to 18 entering the final quarter. With the game safe, the girls ran their offense with confidence to run out comfortable winners.

Our Division 2 team were away to Springfield on Friday. The girls like their Division 1 counterparts got off to a slow start and found themselves 10 points down at the end of the first quarter. The girls offense was misfiring and the height advantage of Springfield was not helping matters. The second quarter showed a marked improvement with 17 yo Orla Zundel playing the point. The girls began to work some scores to reduce the deficit to 5 by the interval. A drop in concentration in the third quarter contributed to some silly turnovers and once again the deficit was back out to 10-11 points. Springfield were able to maintain this lead to win out 39-28 despite some excellent outside shooting by Siobhan Long.

Our younger age groups were in North Munster league action against UL Huskies. Our U12 girls got the day off to a flyer with a well earned win. The girls certainly showed the benefit of their close win against Springfield the previous week. They were much sharper in this game and found scoring much easier. Grace Liston, Nofeesat Muniru, Melissa Do and Chloe McDonagh shared the top scoring honours in the game.

Our U10 girls put in another mighty impressive performance. They displayed some impressive dribbling skills and backed it up with great defense and some lovely scores. Players to stand out this week were Jade O' Neill, Molly Smith, Laura Chambers and Veronica Bodrova.

Our U14 girls are still looking for their first win of the season as they fell to two defeats against UL Gold and UL Blue in the North Munster league. The girls followed a similar trait to other teams in the club this week, by getting off to very slow starts in both games. In the first game the girls found themselves 6-30 down at the interval after a very nervous performance. The girls were much better in the second half but were never able to bridge the deficit losing out 49-21.

The girls had a nightmare start to their second game and found themselves 16-4 down at the end of the first quarter. The girls showed a lot of admirable qualities and played themselves back into the game. They outscored UL 6-4 in the second quarter. The first quarter unit had a point to prove and were unrecognisable from their performance early in the game. They outscored UL by 10-3 to leave only 3 points between the teams going into the final quarter. UL scored the first two baskets to open up a 7 point lead, but the girls came battling back to lose out on a score line of 25-29.

Our U15 girls were in Cork League action as they faced Ballincollig for the second time in a week. The girls put in a very professional performance to secure a comfortable win, to leave them in second place in the league.

Our U18 girls entertained Crosshaven in the Cork League. The girls followed a familiar trend this week in the club, by getting off to a very slow start allowing Crosshaven to score the first 12 points in

the game. Their situation was further compounded with Ruth Dollard having to sit out the game after picking up a knee injury early in the game. The girls did battle all the way with Orla Zundel and Clara Terren-Hogan both playing particularly well. However the girls know that you cannot give teams from Cork an easy lead and hope to come out on top.

Next week Our U15 and U16 girls are away to Carrigaline in the Cork League. The U16s are also at home to Cobh the following day in the Cork League. Our Ladies Division 1 team are in North Munster league action against Celtics.

27<sup>th</sup> November 2017

Following a hectic few weeks on the playing front, there was some respite with only the U15 and U16 girls in action last weekend.

The girls travelled to Crosshaven to play Carrigaline in the Cork League.

The U15s continued their recent good form with a hard earned win against a dogged home side. Carrigaline worked hard in defence and made it hard for our girls to get good scoring opportunities. Our girls led 9-2 at the end of the first quarter and moved 19-6 ahead at the interval. Carrigaline could not maintain their defensive intensity in the second half and our girls began to get on top. Gaps in defence began to show and our girls especially Jana Zundel, began to convert the scoring opportunities that were been presented. Carrigaline briefly rallied in the final quarter, but our girls were always comfortable in a 46-24 win.

Jana Zundel top scored for the girls with 20 points with Buki, Abbie, Sophie and Bronagh also contributing on the scoreboard.

Our U16 girls came up short in their encounter with a well drilled Carrigaline side. The home side were quickly into their stride and went inside for early scores to push them 10 points clear before our girls settled. The girls defence improved markedly and they gradually worked themselves back into the game to trail 16-10 at the end of the first quarter. The second quarter was an even enough affair but Carrigaline did stretch their lead out to 31-21 by the interval.

Our girls put in a superb defensive performance in the third quarter led by Jody O' Halloran and Izzy Murphy to restrict Carrigaline to only 3 points as they pulled the deficit back to 32-34 going into the final quarter. The break between quarters came at the wrong time for our girls as Carrigaline were able to regroup. They scored the first 3 baskets of the final quarter which meant our girls were chasing the game again. The final score line of 46-36 certainly does not reflect the competitiveness of this game as both sides must be commended for a superb game.

Top scorers for our girls were Sophie Moore 12, Aoife Morrissey 9 and Bronagh Dollard 9.

Congratulations to Sophie, Bronagh and Jana after they were selected for the U15 South Academy. They meet up next weekend, with the best underage talent from Cork, Kerry, Tipperary and Limerick for their first training session of a 6 month programme.

Next week our younger teams are in action with North Munster league games against Rockets and Glen Cruisers.