

21 October 2019

Everyone at St Colms Basketball Club would like to extend our congratulations to Sophie Moore and Bronagh Dollard on their recent selection to the Ireland U17 panel for the coming season. This is a great achievement for two talented and hardworking players and very much deserved.

Its been a busy couple of weeks on the court with all our teams getting plenty of court time.

The U18s took part in blitz hosted by UL Huskies. The girls had an excellent day on the court winning all their pool games before losing to a strong Galway Titans team in the final. Well done to our own Abbie Piggot who picked up the MVP award on the day.

Our thanks to our friends at UL Huskies for organising such an excellent event.

The U12s were on the road heading to Galway for a blitz organised by Moycullen.

The girls played games against Moycullen, UL Huskies and Corrib winning 2 out of the 3 games.

Their final game was against St Pauls from Killarney where unfortunately injuries took their toll. But the girls had a great roadtrip and will have learned a lot.

Thanks to all the parents for making the trip.

The U14s continued their excellent start to the season picking up an excellent win against Skibbereen in Parochial Hall. The girls are now 3 – 0 in Cork this year and are showing real improvement with each game.

The execution of the fast break with Maxim rebounding and some excellent defence from Anna saw the girls open up a 9 point first quarter lead. The second quarter was a bit chaotic with the girls losing possession too easily and missing some easy scoring chances. Skib took advantage of this outscoring the girls 8 points to 5 to narrow our halftime lead to 21-15.

Despite losing Gráinne to injury the girls composed themselves in the 3rd quarter running the fast break again and taking their chances with Sarah Jane picking up two excellent baskets. They also upped the tempo in defence with Ciara and Melissa rebounding well to limit the Skibbereen scoring threat helping the girls to an 11 point led at the end of Q3. The fourth quarter saw the girls extend their lead with baskets from Treasa (5 points) and Grace (6 points) helping them to a 39-25 point win. Nofeesat also continued her excellent form this season with a big 21 point game.

A special mention is due to U12 players Clare and Jade who had their first experience of Parochial Hall stepping up due to player injury and unavailability.

Our U16 and U18 girls were on the road once more again this week in the Cork League. Our U16 girls travelled to Mallow last Thursday hoping for a win. The girls started brightly and opened up a 6 point lead. An early time out by Mallow was called and they came back on court a different proposition.

Their more physical approach began to pay dividends and they went in at the end of the first quarter 11-8 ahead. They increased their lead out to 10 points in the second quarter before a late rally by our girls brought the deficit back down to 21-23. With the momentum back with our girls, we were hoping for a quick start to the second half. Instead it was Mallow who started on fire hitting two big "3" pointers. The teams went score for score for the rest of the game, with our girls just falling short on a score line of 44-54.

The scoring honours were shared between Abbie Pigott, Susannah Holland, Julia Cunneen, Kate Barry and Amy Buckley. Alana and Aoife contributed to a good team effort.

Our U18 girls travelled to play Fr Mathews. This game was originally scheduled to be a home game, but with the BIPPS taking place in Limerick, it was agreed between both clubs to play the game in Cork. The girls put in a very polished performance and dominated from start to finish. All 10 players saw plenty of court time and all contributed on the score board which was really pleasing., ahead of the National Cup in a couple of week's time.

Top scorers for the girls in the 56-25 win were Sophie Moore, Jana Zundel and Abbie Pigott with Jana picking up the MPV award for her performance. Bronagh, Izzy, Isabelle, Buki, Jody, Julia and Amy were also all on song in this good team performance.

Next up for the girls are North Munster games against UL Huskies in Lisnagry with the U12s playing Tuesday and the U10s and U14s playing on Thursday. The U18s meet Limerick Celtics on Sunday. Finally, congratulations go out to Kate and Nofeesat, who helped the South West to the final of the U15 girls BIPPS in UL this weekend. Well done girls.

Best of luck to all the girls.

28 Oct 2019

This week we had 3 of our junior teams in action with the U10s, U12s and U14s taking on UL Huskies in Lisnagry.

This was the u10's their first North Munster game of the season and the excitement levels were high among the group. The girls were hit with illness beforehand but luckily Jacob stepped in at the last minute to help out. The girls defended well throughout and took their scoring chances well with Niamh, Roisin, Blaithin and Kate C showing their composure to make some lovely baskets.

Taylor, Lexi and Grace were playing their first north Munster game and they passed, scored and defended well.

Well done to everyone and thanks to UL for a fun game.

It was also the U14 girls first North Munster game of the season. After a slow start the girls found their composure, with baskets from Nofessat, Grainne, Maxim and Anna, allowing the girls to lead by

10 points at the end of the first quarter, despite missing numerous chances of easy scores. Treasa took over the job of point guard in the second quarter and with some great passes allowed Grace and Ava in for a couple of baskets. Ciara's defence was exceptional yet again, working hard and stealing the ball on numerous occasions. The girls took control in the third quarter and didn't look back, further increasing their lead. The UL Huskies girls fought to the end in a competitive game. In the final quarter the girls game started to flow, with Melissa hitting some lovely baskets. Natasha, who is just back from injury, defended well and also got on the score sheet. The team is improving with every game and again 10 players contributed to the overall result. Thanks again to Jade, Claire and Alice who came along as the team is struggling with injuries and all played their part in the win.

Unfortunately the U18s game against Limerick Celtics was cancelled at the last minute giving the girls a much needed break.

The coming week will be a busy ones for our U11 and U13 squads who will participate in the development blitzes in Springfield.

Best of luck to all the girls.

04 Nov 2019

4 NOVEMBER 2019

Top billing this week most certainly goes to our U18 girls who played unbelievable basketball to qualify for the quarter finals of the National Cup. These young ladies write themselves into the history books of our club after 4 sensational performances last weekend.

The girls could not have asked for a tougher opening to their campaign with a pool game against Liffey Celtics, last year's U16 AICC Champions who were playing on their home court. The girls started on fire to open up a 10-2 lead. It was evident from early in this game that our girls had the measure of their opponents. They controlled the game from start to finish winning out 56-43 with Sophie Moore 20, Bronagh Dollard 12 and Jana Zundel 9 top scoring for the girls.

Next up for the girls was a game against up and coming Dublin side Malahide. This was a much more competitive affair with our girls 2 points up at the interval. A scoring burst early in the third quarter by our girls led by Isabelle Meaney and Izzy Murphy and strong defence by Buki Adejohemin created a cushion for our girls. The girls controlled the rest of the game and despite a late fightback by Malahide, won out on a score line of 51-42. Top scorers for the girls were Sophie 11, Jody O' Halloran 9 and Abbie Pigott 9.

The two wins meant the girls topped the pool and would play in the second semi final against the kingpins of Kerry Basketball, St Marys from Castleisland on Sunday morning. To say this game was a cracker would be an understatement. Both sides fought tooth and nail in an epic that ebbed and flowed throughout. The sides were practically level throughout the whole game with neither side

unable to get the upper hand. It was therefore no surprise to see the game go into overtime and then double overtime. In the end it was the performance of Amy Higgins in the final few minutes, that eventually swung the game in our favour. Amy scored some crucial baskets down the stretch to help her team mates over the line on a 74-72 score line. Huge credit must go to St Marys who played some exceptional basketball and on another day, the result may well have fallen in their favour. Top scorers for the girls were Sophie 22, Bronagh 20 and Amy 16.

The win guaranteed a quarter final spot in the U18 National Cup. The girls had to drag their exhausted bodies out for one final game against top Dublin side Templeogue. Templeogue had been most impressive over the weekend and had blitzed all opposition on their way to the final. The girls managed to stay in touch at the end of the first quarter to trail by 3. Early in the second quarter, Templeogue went on a scoring run and opened up a 10 point lead. Our girls showed tremendous grit to score the next five points and were still very much in the game at half time trailing by 5. The girls somehow found the energy in the second half to stay competitive and slowly but surely they began to eat into the deficit. If Templeogue scored, our girls would counter with a score of their own. The turning point in the game was a sensational basket on the run by Julia Cunneen under tremendous pressure. She picked up the bonus point from the free throw to tie the game 54-54 with just under a minute to go. With one last burst, the girls got themselves three points up with seconds to go. The drama in this game continued with Templeogue awarded three free throws at the death. The first two were scored with the third rimming out to leave the minimum margin of 1 point between the sides at the end. Final score 57-56 with top scorers Sophie 21, Bronagh 12 and Abbie 8. The win guarantees our girls a home quarter final now in the National Cup.

Take a bow girls, Abbie, Amy, Bronagh, Buki, Isabelle, Izzy, Jana, Jody, Julia and Sophie. You were fantastic. A big thanks to all the parents who drove up on both days to support their girls. Their support was massive. A big thanks to all the well wishers for their generous words of support on social media.

At the other end of the age spectrum our U11s development squad played their first games in Springfield last Saturday.

This league gives an opportunity for kids to get extra valuable playing time and the girls had two sporting games against Springfield and Limerick Celtics.

The girls started slowly missing easy chances but as the games progressed they continued to improve with great defense and shots starting to fall. The squad was Niamh, Kate C, Kate O, Kate D, Eabha, Laura, Jean, Kim, Kayla, Grace, Roisin, Robyn, Samantha and Lexi.

11 Nov 2019

Our senior ladies were first on court this week taking on UL Huskies in a North Munster league game at St Munchins. The ladies have been on an impressive winning run and this continued with the girls

notching up their third win in a row thanks to some impressive outside shooting and fast breaks on the night. Well done to all involved.

Saturday saw the U12s and 14s head out to Kilmallock to take on Morning Star in the North Munster League. First up were the U14s. This was the girls first game after their mid-term break and in truth the girls were well below their usual high standards.

They were very slow out of the blocks with some wayward shooting and lax defence letting them down. As the game progressed the girls upped their defensive effort but a lack of concentration on offence meant they made this game very hard work for themselves against a tall and committed Morning Star team. Thankfully the girls came out on top in the end to remain unbeaten in the North Munster League this season. One bright spot from this game was the welcome return of Aisling and Natasha after their recent injuries.

The U12s followed their older club mates onto the court and there was no mid-term rustiness on show for these girls who put in an excellent performance. The girls came out of the blocks fast taking an early lead that they never relinquished. Combined with an excellent defensive performance the girls were never in danger in this one and coaches Alex and Annette could not have asked for much more in what was an all round excellent performance.

Particularly impressive for St Colms on the day were Laura, Kayla, Caoimhe and Eabha.

The U14s were back on the road on Sunday with an early morning tip-off in Donoughmore for a Cork League. The girls knew this was going to be a tough physical game and that they would need to up their performance from the previous day if they were to maintain their unbeaten start to the season. Luckily they did just that putting in a gritty performance throughout.

This was a low scoring game with numerous St Colms shots that would drop on another day bouncing out. The teams were neck and neck in the first two quarters however some excellent passing again this week from Treasa set up some excellent scores which helped St Colms build up a narrow lead in quarter three. Aisling and Melissa then upped their defensive intensity in the final quarter limiting the opposition scoring threat helping our girls see out game for a hard fought 29-26 win.

The girls are now 4-0 in cork this year and with an even spread of scores throughout the team this week this is a good indication that this team is starting to flow.

We wish the U10s, U12s, U14s and U16s the best of luck this weekend when they all travel to take on Springfield in the North Munster League.

Best of luck also to the U16s in their game against UL Huskies this Thursday and to the U18s who take on Brunell in Parochial Hall on Friday night.

18 November 2019

It was certainly a busy week on the court with all our junior teams in action.

Busiest of all were our U16 girls who played 3 games in the space of just over a week. First up for the girls was a Cork league game away to Bantry. The girls received a huge boost with the return of Aine O' Tiarnaigh to the extended panel. The girls started brightly in this game and led 17-10 at the end of the first quarter with good scores by Suzannah Holland and Julia Cunneen. The second quarter was one that the girls need to forget as they conceded 20 points to allow the home team to lead 30-26 at the interval. The girls came out much more focused in the second half as they produced their best all round performance of the season in the third quarter. They outscored Bantry 25-5 in this quarter and were able to coast home for the rest of the game. Top scorers for St Colms in a 59-44 win were Abbie Pigott who was the stand out player on the night on 26 points followed by Kate Barry and Alana Moran.

The girls were next up against UL Huskies in a North Munster league game. The girls controlled this game right from the start and were never headed. They won all 4 quarters with all the squad getting plenty of court time. Sarah Cantillon and Aine O' Tiarnaigh worked very hard in defence, while at the other end of the court Julia Cunneen was in fine form scoring 14 points followed by Suzannah Holland on 10 and Amy Buckley on 6. Final score was a home win for the girls on a 44-23 score line.

Finally, on Sunday the U16 girls travelled to Dromcollogher along with their U10, U12 and U14 clubmates for a series of North Munster league game against Springfield. The U16 games doubled up as a Cork League fixture so there was a lot at stake on the outcome. This was a very close game throughout, with our girls just edging it by 3 points in the end. A big outside shot by Aoife Brown gave the girls a timely boost on the stroke of half time to go in at the break ahead by a point. The girls quickly put daylight between the two teams early in the third quarter, but a dogged Springfield side kept coming back reducing the deficit time after time. Our girls showed a little bit more experience and held out for the narrow win. Top scorers for the girls were Abbie, Amy and Kate.

Next up were the U14s who played out a tense, low scoring encounter where both defences were very much on top. This game was nip and tuck up to half time with some excellent work under the baskets by Natasha O'Neill at both ends of the court helping the Colms girls to a slender lead. The girls extra experience then started to tell in Q3 and Q4 where strong defensive performances from Gráinne Culbert and Aisling Downey along with some well taken scores by Melissa Do and Anna Zundel saw the girls see out a 10 point victory and remain unbeaten for the season so far.

If the U14 and U16 games were tense affairs the under 12s had no such worries in their game. The girls started this game on fire and quickly opened up a healthy lead with Ava Downey and Laura Buckley scoring well. Springfield came back hard in Q2 but the Colms girls continued to play some excellent basketball throughout to secure a well deserved win with Caoimhe Sweeney particularly impressive throughout.

Finally Sundays entertainment was brought to a close when the U10s from Springfield and St Colms put on a great display for the watching parents. There were impressive skills on display from both teams and it is great to see these players improve week by week. The St Colms squad on the day were Lexi, Taylor, Kate C, Kate O, Jacob, Niamh, Ciarán, Amy, Shane, Eibhne, Grace and Blaitin. Our U18 girls were also in Cork league action and had a comfortable win over Skibbereen. There was a bit of shadow boxing in the first quarter as our girls held a narrow 14-10 lead at the end of the first quarter. The girls gradually increased the tempo of the game and began to show their dominance on the scoreboard winning all 4 quarters in a workmanlike win on a score line of 70-36. Top scorers for the girls were Sophie Moore 23, Jana Zundel 11 and Abbie Pigott on 8.

This week the U14s travel to Mallow in the Cork League. The U16s are also on the road again with a Cork league game against Skibbereen. The U18s warm up for their National Cup quarter final against DCU Mercy with a North Munster league game at home to UL Huskies.

And best of luck to our senior team who take on Limerick Celtics.

24 November 2019

A packed St Clements Gym witnessed an epic National Cup U18 Girls quarter final between St Colms and DCU Mercy, with the Dublin side edging it in the end. The game was a terrific advertisement for Basketball as both sides gave it their all in a pulsating game. The lead changed hands numerous times throughout the game with the result in doubt right up until the final seconds. DCU Mercy edged a tight first quarter to lead by one point 19-18. DCU Mercy's post player Rachel Brennan was doing the damage for the away side contributing 10 of their points. She would later have a telling impact on the final outcome St Colms edged a tight second quarter finishing the half with 3 consecutive "3" pointers shared between Abbie Pigott and Jana Zundel to lead at the interval 37-36. The worrying aspect for the home side was that two of our starting 5, Jody O' Halloran and Amy Higgins were now in foul trouble. DCU Mercy edged a high scoring third quarter to lead 59-56. This lead was stretched out to 8 points early in the fourth quarter. The girls suffered another blow with Amy fouling out with five minutes to go. However, this bunch of girls are hugely resilient and mounted an extraordinary come back to trail by 2 heading into the final minute. A huge "3" pointer from Sophie Moore in the corner nosed the girls 1 point ahead with 14 seconds to go. However there was one final twist in this game with DCU's most dangerous player, Brennan scoring inside the paint and drawing the foul to finish the game with a 3 point play.

Final score St Colms 73, DCU Mercy 75.

Top scorers St Colms Sophie Moore 33, Abbie Pigott 19, Jana Zundel 9.

DCU Mercy Rachel Brennan 38, Emma Carroll 11, Sara Browne 10

All on the U18 panel wish Julia a speedy recovery from her knee injury, which kept her out of the quarter final. We all look forward to welcoming her back on to the court in the New Year.

The U18 girls would like to thank the huge support from the greater Limerick Basketball Community they received during and after the game. They would like to thank their parents and families for their unflinching support and finally a big thanks to Limerick Lions Basketball for allowing us the use of St Clements for the game and extra training sessions.

The girls have now got a taste for the big time and hopefully, with most of the squad still underage will be competing at the business end again next year.

Earlier in the week, the girls played a North Munster league game against UL Huskies. The girls proved much too strong in this game with Sophie, Bronagh, Abbie, Jana and Jody all recording double figures in a comfortable win.

Our U16 girls travelled to Cork to play Skibbereen in a league game minus the injured Julia and unavailable Aine. Treasa and Nofeesat from the U14 panel filled in for the two girls and both acquitted themselves well. The girls made hard work of this game before grinding out a narrow 60-56 win. Top scoring honours were shared between Abbie Pigott, Amy Buckley and Aoife Brown with Abbie picking up the MVP award for her all round display in the game.

Earlier on Saturday morning the under 14's were also on Cork league duty in Mallow. The girls put on their best display of the season to record a comfortable win making it 5 wins out of 5 in Cork this season.

The girls started this game strongly with Nofessat playing point in the first quarter making some lovely drives to the basket to breakdown the Mallow defence. Gráinne and Caoimhe ensured that the girls could run the break as they stole the ball on numerous occasions with Natasha working well in defence as always and also contributing on the score board. Maxim rebounded well on our offensive board to score 8 points and this along with Gráinne picking up 4 points from the fast break gave the Colms girls a 15 – 0 lead at the end of this quarter.

The second quarter saw Mallow come more into the game. Treasa ran the point and her passing and movement of the ball ensured some easy scores for her team mates, Grace with 6 points and Melissa with 4 points kept the score board ticking over. Treasa's defensive game especially her and Claire's rebounding were exceptional. The girls lead by 25 to 7 at half time.

The girls continued to run the fast break and pushed out their lead even further by the end of the 3rd quarter. Emma and Jade worked well on defence with a lot of steals and were unfortunate not to get on the scoreboard. The girls controlled the game from start to finish but Mallow never gave up making some lovely scores in the final quarter. Melissa and Grace both ended the game on 10 points with Maxim on 9 points.

Many thanks to Jade, Claire and Caoimhe from the under 12 squad who came along to help as the U14's were hit by illness and also had four players otherwise unavailable.

Next up for the girls are UL Huskies on Saturday 30th November in a Cork League game.