

6<sup>th</sup> November 2016

It was a busy weekend of basketball for our underage teams. Our U14 and U16 girls travelled to Cobh for Cork League games while our younger squads were in North Munster league action away to Morning Star.

Our U14 girls can be well pleased with their weekend's work recording two easy victories.

The girls were extremely impressive in their win over Cobh. They dominated proceedings right from the off, opening up a first quarter lead of 19-6. Cobh matched our second five unit in the next quarter but still found themselves in arrears 29-15. Our girls upped the pace and intensity of their play in the second half and played some spell binding basketball which was a joy to watch. They completely overran Cobh in the second half scoring at will to win out on a scoreline of 70-25.

Lily O' Halloran and Susannah Holland stepped up from the U13 Development squad to make their Cork league debuts and both had solid games.

Top scorers for Colms were Bronagh Dollard 18, Julia Cunneen 16, Sophie Moore 10 and Jana Zundel 8.

The following morning the U14s travelled to Hospital to play Morning Star in the North Munster league.

Our girls proved way too strong for the home side racing into a 41-1 interval lead. A number of the younger squad got plenty of court time in the second half before running out easy 60-12 victors.

Top scorers for Colms were Sophie Moore 16, Bronagh Dollard 13 and Lucy Liston 6.

Our U16 girls lost a very close game 37-39 to Cobh in the Cork League. The girls did not play well in this game with their outside shooting not finding the target on the night. Their defense was keeping them in the game but their offense was rushed and lacked cohesion. Entering the final quarter, Cobh led by 9 but our girls came storming back with baskets by Isabelle Meaney and Jody O' Halloran. Orla Zundel in her first game back from injury nailed two free throws to draw the teams level on 37-37 and an unlikely win now looked on the cards. However Cobh had the final say hitting two free throws of their own to win out 39-37.

Top scorers for Colms were Amy Higgins and Aoife Morrissey on 10 points each.

Our U12 girls went into their North Munster league encounter with Morning Star minus a number of players and fell to an agonisingly 11-12 defeat. The girls showed great heart in this game and continue to gain experience. Best for Colms were Elisha Noonan, Nofeesat Muniru and Ellageorga O' Shea.

A number of these players were back on court to play Morning Star's U11 team in their own age bracket. Our girls proved way too strong in this game recording a 45 -2 win. Our 2 under 10 girls Grainne Ni Cholbaird and Grace Liston combined for 14 points of the team total with Melissa Do top scoring on 10 points ably assisted by Ava O' Halloran and Karolina Sztormecka.

Our U13 development squad played Morning star U14 girls in a challenge game. This game was right in the melting pot with a few minutes to go before the home side edged a titanic game on a scoreline of 20-14. The girls showed huge improvement in this game and will continue to improve with the more games they play. There was big performances by Lily O' Halloran, Suzannah Holland, Amy Minihan, Emily Callanan and Sarah Cantillon.

Next week our U15 girls travel to Cork for an invitational tournament. They face Carrigaline and Tolka Rovers from Dublin in their pool games.

14<sup>th</sup> November 2016

Our U15 girls certainly take top billing this week after fantastic performances in the U15 Invitational Tournament in Cork last Saturday.

The girls had an early start with a game against Carrigaline at 9.00 in the morning. Our girls were quick out of the blocks and opened up a 10-3 first quarter lead. The girls continued to dominate and were comfortably ahead 33-22 entering the final quarter. Carrigaline came storming back in the final quarter led by their international player Kelly Sexton to force the game into overtime. Our girls regrouped in overtime to win out 42-37, but only after a massive wake up call. The girls next pool opponents were Tolka Rovers from Dublin. Our girls started this game at a blistering tempo never letting their opponents settle. The girls stormed into a commanding 28-6 interval lead. With the game in safe keeping, it gave an opportunity for the rest of the panel to play most of the second half in a comfortable 39-15 win.

The girls after topping their pool now moved into the quarter finals with a game against Titans from Galway. Titans held the upper hand in the first quarter to lead a low scoring game 6-5. The girls game plan was always to play at a high tempo. This started to pay dividends in the second quarter as the taller Galway girls struggled with the pace of the game. Our girls went in at the interval 16-10 ahead and managed to stretch out the lead for the rest of the game winning out a tough game 32-21.

So to the semi-finals and a game against surprise packages St Pauls from Killarney. Our girls were always in control in this game and eased to a 35-25 win with again a number of the squad players getting plenty of court time.

After a long day of basketball, the final scheduled for 6.00 pitted the only two unbeaten teams remaining with our girls facing Cork Kingpins Brunel, who had recorded 4 impressive wins culminating in a dominant win over Meteors from Dublin in the semi-final.

The final was a close encounter throughout with Brunell holding a slender 15-13 lead at the interval. The defining period was the third quarter as Brunell hit a purple patch to stretch out their lead to 10 points before a "3" pointer by Sophie Moore gave our girls some hope. Two early baskets in the fourth quarter had the deficit down to 3 points. However fatigue was beginning to show with both sides. Defences were on top for the final few minutes as Brunel hung on for a deserved 25-21 win.

The girls will gain enormous experience playing some of the top underage teams in the country, and though disappointed to lose the final, should take great pride in their performances over a long day.

Top scorers over the five game for St Colms were Aoife Morrissey who had a superb tournament leading all scorers on 77 points. She got great support from Bronagh Dollard 26, Sophie Moore 18, Jody O' Halloran 14, Amy Higgins 12 and Jana Zundel 9. The other squad members who played their part were Abbie Pigott, Aoife O' Neill, Caoimhe O' Neill and Isabelle Meaney who all contributed on the scoresheet.

A big thanks to all the parents who travelled to support the girls.

Both our senior ladies teams were in North Munster league action with contrasting results.

Our Saints went into their game against Thurles Knights minus Aoife O' Connell who had to sit out the game after picking up a knee injury. The game was highly entertaining with both sides committed to attack which produced an open free flowing game. Thurles had the better of the first quarter to lead 18-8, helped in no small way by some silly turnovers. The Saints eliminated the

mistakes and gradually began to eke into the deficit. With little over 3 minutes to go, the deficit was down to 3 points. However, Thurles finished the stronger to win out 61-52. Top scorers for Saints were Deirdre Barton 13, Fiona O' Connell 11 with Sharon Griffin and Caoimhe Gleeson on 6 points each.

Our Senior Scholars fared better against Garda College. The Scholars were missing a number of players and took to the floor with only 7 players. They still dominated the first half to lead 28-13. Fatigue played its part in the second half, but the Scholars had enough in reserve to win out 46-38.

Top scorers for Scholars were Nuala O' Flaherty and Emily Kavanagh on 12 points each follows by Michelle Walsh on 10.

Next week the club have a number of underage teams in North Munster League action away to Springfield. Both our senior teams are in league action against Shannon and Mary I respectively while our U14 girls are in Cork Championship action against Blue Demons.

21<sup>st</sup> November 2016

It was an excellent week on the playing front with 4 wins from 4 competitive games.

Our Ladies Scholars team were first in action against Mary I in the North Munster League. As is the norm with a lot of our teams, the Scholars started slowly and allowed Mary I take a first quarter lead on a scoreline of 10-4. The experience of the Scholars came to the fore in the second quarter as they allowed their opponents only 1 score to lead 13-12 at the interval. The game opened up in the second half. This suited the Scholars, and despite missing a host of easy scoring opportunities were always comfortable despite the final scoreline of 40-36 in favour of the Scholars.

Top scorers for Colms were Orla Blake on 9 and Michelle Walsh on 8.

Our U14 girls had a busy weekend with a Cork Championship game way to Blue Demons and a North Munster League game away to Springfield. The girls continued their recent rich vein of form with two very comfortable wins. The win in Cork was assured after a dominant first quarter display as they led 20-0 against game but outclassed opponents. This lead was extended out to 36-0 by the interval. The second half was an opportunity to run some plays in a game that really served no purpose for both teams.

Final score of 63-5 reflects the gulf between the two sides.

Top scorers for Colms were Bronagh Dollard 14, Sophie Moore 14 and Aoife O' Neill 7.

The following morning the girls travelled to Dromcollogher to play Springfield in the North Munster league. Unfortunately, this game was also a very one sided affair with our girls racing into a 17-0 first quarter lead and extending it out to 29-2 by the interval. The game gave an opportunity for some of the U13 development squad to get some more valuable court experience.

Top scorers in a 48-5 win were Abbie Pigott 12, Bronagh Dollard 10 and Jana Zundel 8.

Our U12 girls played some great basketball in their North Munster league game against Springfield. They were well focused and won every quarter narrowly, to win out 25-18. The girls are improving with each game and will continue to benefit from games.

Best for Colms were Ellageorga O' Shea 8, Kate Barry 6, Melissa Do 4 and Ruby Mulholland 3.

Our U10, U11 and U13 girls were also in action against Springfield in non-competitive games. Both the U10 and U11 girls played well in their games. However the U13 girls will be disappointed with the way they played as they never got going. These girls are a dedicated bunch and will continue to put the effort in at training. They will only improve with experience. Best for the three teams on the day were Grace and Claire Liston at U10s, Ava O' Halloran and Anna Zundel at U11 and Lily O' Halloran and Jade McNamara at U13.

Next week our Senior Scholars are in North Munster league action against Tipperary Talons. Our U14 and U16 girls are in Cork League action against Bantry.

28<sup>th</sup> November 2016

Our U14 and U16 girls maintained their impressive form in the Cork league after emphatic wins over Bantry. Both teams have positioned themselves for a high placing in their respective leagues.

Our U14 girls have been racking up big scores in their recent games and last Saturday was no exception. The girls totally over ran their opponents in the first quarter scoring a massive 33 points without reply against their shell shocked opponents. Bantry put up more of a show in the second quarter but still found themselves in arrears 5-48 at the interval. The intensity of the game dropped markedly in the second half with our girls cruising to a facile 74-7 win.

Five of the girls scored in double figures as follows: Sophie Moore 15, Julia Cunneen 14, Abbie Pigott 14, Bronagh Dollard 13 and Jana Zundel 10.

Our U16 girls also put in a very impressive performance considering they were missing their crossover U14 players. The girls dominated the first quarter to establish a 21 -6 lead which they never relinquished. A number of the squad players got plenty of court time in this comfortable win. There was a good spread of scoring with 4 of the girls in double figures.

Top scorers were Orla Zundel 16, Aoife Morrissey 15, Jody O' Halloran 12 and Amy Higgins 10.

The U16s are in Cork next Saturday to play a cup game against Cobh. The girls will be hoping to avenge their 2 point defeat to Cobh, early in the season, which is their only reversal this season.

Both our Senior ladies put up good performances in their North Munster League Games. Our Saints came out top in a tough battle with Springfield that was competitive right from the off. It took some time for the Saints to wear down their opponents but in the end came out top on a 39-32 scoreline with Aoife O' Connell on her return from injury top scoring in the game.

Our Senior Scholars had one of those nights where they did everything right except put the ball in the basket. Their defensive work was superb but they had no luck on the offensive boards. Their opponents, Tipperary Talons used their significant height advantage to do the damage closer to the boards. This was the difference between both teams as Talons won out by 8 points.

Best for Scholars were Noreen Campbell and Michelle Walsh with Liona Carroll excellent in defence.

The Scholars are in action again next week when they play Tipperary Tornados.