



Clubs & Societies **NEWS**

Aontas na Mac Léinn University of Limerick
Ollscoil Luimnigh Students Union



Ambitious Multi Million Euro Projects Planned for UL Student Referendum

Students will be asked to vote in a referendum later this semester to discuss the possibility of a three site project development across the University Campus, including a new state of the art student centre, extension to the UL Arena and development of the Maguire's training pitches. The scale of this project would run into the millions of Euros, which in recessionary times might seem ambitious BUT a recession is apparently the best time to do business when you want to get value for money.

Adam Moursy, General Manager, Philip Mudge, Entertainments Manager, Keith Quinlan, and yours truly on behalf of Clubs & Societies have been engaged with the University Director of Finance, Mr. John Field, Director of Buildings & Estates, Mr. Robert Reidy about bringing these highly ambitious projects to life. Prior to the summer as well members of Clubs & Societies met with the Director of Sport, Mr. David Mahedy about the possibility and implications for the Arena Extension.

The projects in question on the basis of their timeline of inception and discussion are as follows and not in the order of a priority ranking:

- An extension to the University Arena
- The Development of the training fields known as "Maguire's"
- A New Student Centre

SEE PAGES 10 & 11



There is no doubting that this is a massive undertaking which has many obstacles to be overcome and certainly is not a fait-a-complis but it's certainly not just a pipe dream, the vision is much more advanced than that.

During the summer the Students Union delegation in the form of President of the Students Union,



ulwolves.ie

**CLUBS & SOCIETIES
RECRUITMENT DRIVE
WED. WEEK 1 - ARENA BUILDING**



Welcome

Welcome back to the Wolf Pack

It has as always been a very busy summer here in the Clubs & Societies Office over the summer and as we move and prepare for the return of the hordes to wake us from our relaxed summer schedule, there is always that feeling of foreboding have we everything ready for your return?

At the moment the checklist is going to plan even though some deadlines are as Alex Ferguson would say hitting "squeaky bum time". Liz has been buried in that annual challenging task of filtering through over €600,000 of Clubs & Societies budgets, invoices, receipts, bank statements, spending and assessing plans for the future term, handover documents and everything else in between, to ensure money is being used wisely and appropriately according to the rules of Clubs & Societies. NAMA would be hard pressed to exercise more financial probity and dedication to the task than Liz does. So as always the expectation is for week 2 for the figures to be posted up and made available.

There have been serious and weighty discussions over the

summer between members of the Students Union and the Universities Senior Management on trying to progress the debate on the possibility of a number of multi million euro projects to benefit the students and wider campus of UL. Clubs & Societies would obviously form part of the student body to derive a specific benefit for the development of their interests (for more refer to the feature on centre pages)

Considerable thought has gone into the progress and development of the ULWolves brand and its future evolution and development with Adele O'Carroll our Reception Manager and the promoter of the merchandise. That should become obvious as and when you arrive to the campus and will feature heavily on the ULWolves Facebook page and at future discussions of the Clubs & Societies Council and it's Executive throughout the year. www.facebook.com/ulwolves

Also in keeping with the 40 years of celebration of the University it is also 40 years of the Students Union. I have been heavily involved with my colleagues

over the summer developing the celebrations for the Students Union's anniversary and Keith Quinlan the Entertainments Manager in particular as the joint co-ordinator to "40 years of Mayhem and Memories" on the 3rd of November in the Radisson SAS. Check out the Facebook page ULSU 40th Celebration (40 years of Mayhem) for some fascinating history <http://ulsu40th.eventbrite.ie> in case anyone else is looking for where to buy their ticket

We have attempted to up our game in terms of the delivery of one of the consistently largest events on campus which will be the annual Clubs & Societies Recruitment Drive in the University of Limerick Sports Arena on the 12th of September. We have been in consultation with ITD, Ronan Hennessy of the University Arena, Computer Society and our Wolves Web Admin, Keith O'Neill on delivering wired internet access to facilitate a more seamless sign up. My advice is to pre-register your interest in joining a club or society BEFORE the night in question or face long queue's instead of going straight to your

club or society of choice where they can very easily and quickly activate your membership.

Special thanks to Keith O'Neill on his sterling work on developing the ULWolves Website and Sean McTernan, Kayaker and Alumni extraordinaire for the C&S Promo video. It promises to be a very exciting year but as always totally dependant on the support we get from you the committee's and membership of clubs and societies.

There are many more Clubs & Societies in existence than those listed in this publication but log on to www.ulwolves.ie to see the full range on offer

Welcome back to the Wolf pack

Paul Lee

Clubs & Societies
Development Officer

University of Limerick
Students' Union



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Students' Union

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Hi there,

My name is Liz Gabbett and I am your Clubs and Societies Liaison Officer. I work with Paul Lee in the Clubs and Societies office on the 1st floor of the Students Union building.

If you're beginning your University life, welcome to UL! I encourage you to join a club or society or two. Being an active member of a club or society in UL can help make your University life all the richer in terms of friendship, fun, skill and that sense of belonging with a group of people that share your

interests and passions. Make sure you get to the Clubs and Societies recruitment fair on the 12th of Sept in the UL Arena Sports Hall. You can create or renew your personal account on www.ulwolves.ie and pre-register for any of the 70 clubs and societies on offer. If you can't make it on the 12th Sept, don't worry, you can apply to join any club or society throughout the year. Just contact Paul or me and we'll point you in the right direction.

I am here to provide you with administrative assistance to your clubs and societies committees. I assist in processing your Student

Union cheque requisitions; I look after the C&S minibus, sprinter and Landcruiser in terms of insurance, bookings and servicing; I liaise with student affairs on your behalf for room bookings in the University buildings; I liaise with our insurance broker for personal accident claims; I look after the post; I attend meetings and take minutes; I evaluate your budget submissions and anything else that crops up!

I'm here to help you and your club or society, so please drop in, email me or phone if you need any assistance.

I'm looking forward to meeting you.

Regards,

Liz Gabbett

Clubs and Societies Liaison
Officer

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Archery: Aiming for Gold

Archery really is a sport for everyone. Beginners and advanced shooters alike can get huge amounts of satisfaction and enjoyment from training sessions and competitions. And the level of progression is totally up to you.

Take Sean Curtin who before coming to UL had never shot a bow, and 11 months later qualified and shot for the Junior Irish Team. Sean is actually a typical university archer. He came to UL, knew someone in the club, came on down to a training session, and never left. The camaraderie in the club drew him in, but the competition kept him there. With only three months training and at his second competition Sean put in a huge score of 510 out of a possible 600 and made the leap from the category of Beginner to Advanced in the ISAA Intervarsity League. At each following IV he raised the bar over and over, putting up increasingly higher scores. At the IV Finals here in Limerick he hit the coveted benchmark of hitting over 500 points on the smaller advanced target face. This is an outstanding achievement for

someone who has been only shooting for seven months. In the middle of this indoor season Sean entered the Irish Indoor Championships and finished 4th, shooting the more difficult, Olympic style head to heads.

The close of the Irish indoor season in April turned Sean's focus to the outdoor competitions. With the jump in distances from 18m indoors to up to 90m outdoor Sean kicked up his training and equipment to get him hitting the gold with ease. There was a limited number of shoots available in Ireland this year so Sean made sure that he was at his best for each one he attended. He came out with medal finishes in both of the international Opens in Ireland, Silver in the Athboy Open and Gold in the Irish Open. Sean still needed his Irish team qualification scores and shot both of them at the annual Summerhill Double FITA. Two days shooting with each day consisting of 144 arrows over distances including 30m, 50m, 70m and 90m is enough to tax even the most experienced archer but Sean not only got both scores that weekend

he managed to increase his scores over the weekend, with a 1032 on Saturday and a 1083 on Sunday.

Sean qualified for the Junior Male Recurve team on the Irish Squad and spent three days at the International Tournament in August. With Ireland bringing home Silver in the Male Recurve team event and Bronze in the Mixed Recurve event in the team shoot on Day Two spirits were high going into the individual shoot on Day Three. Sean was unlucky to face Jack Grogan of England in the quarter finals and was narrowly beaten in his head to head shoot. Jack went onto take Gold on the day. The addition of three Silver medals and a Bronze for Team Ireland to complement the previous days takings resulted in a delighted squad and management team.

The Irish Nationals were held in Galway on the 18th and 19th of August, and UL was represented by three of their most eager archers. Colm Glynn, Steffan Ashe and Sean all took it upon themselves to represent UL in the less than desirable Irish weather.

Steffan was knocked out in an unfortunate battle where the wind took its toll. Sean finished up with a Silver medal after some interesting shooting in the head to head matches. Archery like most other sports has its ups and downs, but it is the athletes who are willing to give it their all that will get the results. And with this in mind we hope that this coming year will see some more eager archers willing to go the distance.

We train twice a week during the academic term. Monday evenings from 20:15 to 22:30, and on Wednesdays from 19:30 to 22:30

in the Main Hall of the P.E.S.S building. Anyone with an interest in joining us can do so at the Recruitment Drive or any of our training sessions. Membership is €8, and all equipment is provided for you. For more information feel free to email us at ularchery@gmail.com. We are hoping to have our new website up, with many pictures and more information regarding our successes and stories, in the coming months.

*Margret Carey
Honorary Lifetime Member of
ULAC
Junior Team Ireland Manager*



Busy Summer for UL Athletes and Olympian Jessie Barr



There have been numerous UL athletes competing representing their Club, county and country since last semester. Many have won county, provincial and all Ireland titles since last semester, congratulations to all.

And what a summer it has been for Jessie Barr. She has just returned from London 2012 where she was a member of the Irish women's 4x400m relay team that came sixth in their heat. Jessie came very close to representing Ireland in the 400m Hurdles at the games also, having been only 0.43 of a second off the 55:50. A qualifying standard.

Before London Jessie raced at the European Athletics Championships in Helsinki where she ran her PB of 55:93 in qualifying for the final of the championships, Jessie's younger brother Thomas also a member of UL Athletics ran in Helsinki qualifying for the semi-final of the 400m Hurdles.

The last academic semester was some one of the most successful for the club in many a year, winning Gold in both male and female events at the inaugural Munster University Road Relays.

The New Year started with the IUAA Indoors in Nenagh, with UL Athletics taking home almost half the medals on offer and topping off the day by beating DCU in the Gold medal count. A few days after the IUAA Indoors the Munster Colleges Cross Country was held in CIT, with UL claiming the men's title in convincing style led by Michael Carmody. In March the IUAA Cross Country was hosted by WIT. UL had their most successful day in over 10 years claiming 2 individual medals Una Britton 2nd and Michael Mulhare 3rd in their respective races. The men's team came agonisingly close to getting on the podium only to lose out on third place by 5 points.

On the fundraising front UL Athletics promoted a leg wax in November which was an outstanding success and will promote many similar fundraising drives this year.

The cost of joining the Club is €5 (this covers insurance), which is great value. There will be group training sessions 2 evenings a week for both Sprints and Distance groups (evenings TBC). Distance, Cross

Country and Road runners (of all levels) are especially advised to make themselves known to club and committee as Road Relay season begins this term and we will be developing a relay squad. There will be a club meeting for all members and future members in the second or third week of this semester (time, date and venue TBC.), check out our facebook page and website for updates. Hope to see you all at Recruitment Drive as the club prepares for another big year!

Follow us on:
facebook.com/ULAthletics
ulathletics.webs.com
Kevin Moore UL Athletics PRO



BADMINTON... BORING... I THINK NOT!!



Like the rest of the country recently, you may have been absorbed in the Olympics in London. Did you notice the badminton? Did you see Chloe Magee and Scott Evans play their hearts out for Ireland? You may have been alerted to the disgraceful behaviour of the Chinese and South Korean teams that threw their matches and were eventually disqualified. That's not how UL Badminton Club rolls, we are more like Magee and Evans. We are a sporting and inclusive club that is both fun and competitive, and for a mere €7, you can become a part of this!

Training takes place on Monday and Wednesday nights from 8.15pm – 11pm and all newcomers are welcome. Whether you don't know one end of a shuttlecock from the other, or have played competitively before, there is a place for all levels with UL Badminton Club. We provide rackets and shuttles and there will be coaching sessions later in the semester. We will also be looking for people to join our league teams that compete locally throughout both semesters. We have enjoyed great successes in the league and are current Grade 5 champions which we hope to retain this year.

There are also a number of International Student Badminton Tournaments (ISBTs) that we take part in, the first of which is in UL at the end of October. There will be opportunities to go

to ones in Enschede (Holland), UK, Galway and Dingle. These tournaments run over a couple of days with students from all over Europe taking part. As well as playing badminton over the few days, there are organised nights out and a fancy dress (always the highlight). They are always good fun and a great way to meet new people.

We have continued to play over the summer months on a Wednesday night with attendance running between 20-30 people. A group of us also travelled to Dingle to take part in an ISBT over the June Bank Holiday weekend. While none of us were successful in winning, great fun was had by all.

We will also be running the Badminton Inclusion programme in conjunction with the Limerick City Sports Partnership again. This programme helps teach people with intellectual disabilities to play badminton. Members of the club can get involved and help out with what is a rewarding and fun volunteering opportunity.

So if you are interested in joining our club then visit our website at <http://badminton.csn.ul.ie/> and find us on Facebook by searching for "UL Badminton Club". Looking forward to seeing some new faces at the recruitment drive in September!

Caragh Lynch, Events Officer.



UL Boxing Club

Ireland's most successful Olympic sport starts its second year in UL, and is bigger and better than ever. Open to all students, whether you are a novice looking for a way to exercise and get fit, or an experienced boxer hoping to compete in 3rd level intervarsity's, UL Boxing Club has something for you.

Training focuses mainly on fitness and agility, as well as practising the skills of boxing. A full body workout will consist of circuit training, skipping and core exercises. Members will have access to everything from boxing pads, bags and gloves to sparring fights and one-to-one training with coaches. All members will have the chance to represent UL at Intersvarsity's, as well as other fights around the country.

An excellent way to meet people who share a common interest in boxing, as well as an enjoyable activity away from stress of college studies, UL Boxing Club is welcoming members to join this semester.

Training times: TBA

Planned activities: Training will consist of cardio fitness, circuit training, strength and conditioning training, boxing technique and more.

Membership fee: €10

Find us on facebook: UL boxing club
Contact: James: 10118764@studentmail.ul.ie
or Peter: 10130799@studentmail.ul.ie



No Refusals for UL Equestrian Club

We are delighted to welcome back all of our members and those of you who are new to University of Limerick - Welcome to the best experiences a university can offer! The current Equestrian Club was founded last year and building on our efforts, we plan to make this year twice as good! The National Intersvarsity Championships were the Highlights of our calendar, and we are already planning for Dublin '13. We aim to make it affordable as possible this year as well as having our first Prix-Caprilli Team to represent UL. The Equestrian Club is an ideal club to make new friends with a shared interest in all things equestrian and a great way of keeping involved with Horses while at university. Clonshire Equestrian, a short car journey away, is the ideal venue for all our

equestrian activities, where beginner and advanced riders are catered for alike. Last year the weekly Club lessons by their BHS Instructors proved an extremely popular activity among all our members. This year we will continue the group lessons and build on the team experience through weekly meetings on-campus and expand on our incredibly successful table quiz and bake-sale fundraisers and a few surprise activities thrown in! Keep updated with our facebook page at www.facebook.com/ul.equestrian and don't hesitate to ask us any questions! Remember to pre-register before the C&S Drive, Wednesday Week 1 where you can find out all about our upcoming events and activities.

See you there!



UL Flying Club

We have clearance, Clarence. What's our vector, Victor?

After our first semester on trial run as a new club, things are really taking off for the UL Flying Club. Being the only University in the Republic of Ireland that teaches Aeronautical Engineering at an undergraduate level, we knew there would be a well of untapped pilot potential available to us! For our first semester running we attracted 34 active members, and a very dedicated and interested committee, including a surprising number of students who already had full private pilots' licenses. Who knew that there were so many walking amongst us?! We operate the actual flying from Coonagh airfield, just a 20 minute drive from the University, where we've built a very friendly relationship with the flying instructors. The weather conditions in Ireland are hugely influential in deciding how much recreational flying gets done, but so far we've gotten nearly 20 students up in the air to see how they like the experience. From these then, we've attracted

a number of students who have decided to keep up the flying and try to progress through the different stages of getting their license. Getting to go for an introductory flight is very exciting, once the instructor has lifted off the ground, the control of the aircraft is handed over to you, until about 40 minutes later when you're coming back in for landing.

We also had a very successful trip out to Atlantic Airventures in Shannon, where students got to take the controls of a full 737 simulator and practice their landings with the aid of a commercial pilot. We're definitely hoping to go out there a little more often from now on and take advantage of their commercial pilot grade equipment. A group of students from the Flying Club made it up to the Bray airshow in July where they got up close with much larger aircraft than we currently fly in the club! ... Until we find a good source for a 2nd hand Sikorsky that is! We

also plan on hosting races using miniature remote controlled helicopters and an assault course of some kind, so work on your dexterity in the meantime and hopefully you'll be in with a chance of winning a flying related prize! Plans for flight simulator events and competitions are also in the works. We are still in the opening year of the Flying Club and are very much open to suggestion for ideas on activities and events for us to participate in which could develop the club further.

Membership for undergraduate students is €5, and €10 for postgraduate students.

The UL Flying Club can be found and contacted on facebook where our photo galleries can also be seen, or you can email UL.Flyingclub@gmail.com

Daniel Mortell - President

Photography: Daniel Mortell, James Leahy



Getting to grips with the 737 Simulator in Shannon



First Time Flyer in Coonagh

UL Kayak Club

Nine out of Ten Students say they'd recommend it to a friend.



€5 doesn't get you much these days; if you're lucky it'll just about get you into the Lodge Nightclub. Another alternative for your money is joining the Kayak Club. As one of UL's most active clubs, your kayaking journey will be full of opportunity from the very beginning and –unlike a trip to the Lodge- probably won't end at 3a.m. outside Superdine. You're most likely won over already by this staggering value, but wait, there's more! Your money doesn't get you just one kayak-discipline but four! That works out at just over €1 per-discipline; with value like that you'd almost be losing money not to join.

So what are these disciplines and what exactly do they entail? Arguably, the club's most active discipline is Whitewater Kayaking. This usually involves paddling kayaks in environments ranging from simple, carefree gently moving water, to more demanding and challenging whitewater. Equally popular is Freestyle Kayaking. Like an energetic, younger brother of Whitewater Kayaking, Freestyle focuses not on running entire stretches of river, but instead on using particular features to make you and your boat perform tricks. Think surfing is only for boardriders? Kayak surfing is great craic; with UL situated just over an hour's drive from Lahinch and some of Clare's best surf spots, there

is plenty of opportunity to get stuck into surfing. Chances are you've played or watched water basketball at some point in your life. Well, Kayak Polo is similar enough but with boats, paddles, and goals suspended two metres above the water. Of course, the above four are only our most popular disciplines. The club accommodates others as personal interest and demand dictates. We own a number of long-distance boats as well two plastic slalom boats and an open canoe. If you're interested in trying long-distance racing, slalom, or canoeing, there will be opportunity to try all of these over the course of the coming semester.

Looking for a less average College Experience? With the Kayak Club you can quite literally see the world. Along with annual trips to Wales, France, Italy and Slovenia; the club –in the past few years- has also gone as far as Uganda's White Nile River and the World's second-deepest canyon in Montenegro. Looking for adventure closer to home? Starting with the now legendary Fresher's Weekend in Lahinch, we run a number of

weekend trips over course of the year; these trips generally take in surfing in Sligo, whitewater paddling in Kerry and Wicklow, and the ever popular Intervarsities Competition. Something for those quieter weekends? We generally run some manner of small scale day trip almost every weekend.

As you can see, there's a lot in store for the coming year. All you need now is to get out paddling. Fresher Pool Sessions run every Tuesday in the UL Arena Pool from 9:45 to 10:45; we'll also run a number of afternoon river sessions on the River Shannon which conveniently flows directly through the campus and past our boathouse. For more up to date information, be sure to stay in touch. Our facebook group can be found by searching "University of Limerick Kayak Club"; you can also contact us at ulkayak@gmail.com Be sure to check out our website: kayak.csn.ul.ie See you on the water.

*Website: <http://kayak.csn.ul.ie/>
Email: ulkayak@gmail.com
Find us on facebook by searching "ULKC - University of Limerick Kayak Club"*



UL Handball Club Strives to Build on Recent Success

Whether you are a seasoned GAA Handball player or someone who is looking to take up a new sport in college, then why not join the UL Handball Club.

The club caters for all levels of players from beginners to the experienced. The club competes in 3 codes throughout the year including 60X30, 40X20 and one wall. Training for the Handball Club takes place on Monday's (7-8.15) and Thursday's (8.15-10) evenings in the PESS building where we have two one wall courts. Training takes place in 60x30 and 40x20 alleys during the year in the run up to competitions. Why join the Handball Club? Besides joining a successful club, being a member of the UL Handball Club gives you the opportunity to compete against

handball players from Ireland's other Third Level Institutions at the Intersvarsity's. The club runs a number of social events during the year to allow members to get to know each other and have the craic outside of the alley.

The Club gives a chance to all members to play in the World Collegiate Championships to be hosted in Arizona State University, USA. Intersvarsity's are run over weekends in October, November and January with the World Collegiate Championships taking place over a week period in February. The Handball Club traditionally hosts a One Wall tournament in the PESS building in early to mid-April. These tournaments cater for all skill levels with players graded into their appropriate divisions to

ensure that competitive games and an enjoyable time are had by all.

Colleges Handball has developed greatly in the last 10 years and UL continues to strive to be the biggest and best club in Ireland. In the past year, one of our student teacher's, Catriona Casey won every female title in Colleges Handball, the All-Ireland Senior 60x30 and the 40x20, 19 and Under Final in the World Junior Trials to qualify for the Official Irish Team for the 2012 World Handball Championships which are being held this October in the Citywest in Dublin. Not to be out done many of our beginners also stepped up to the plate and won their grades making UL the most successful club in Colleges Handball in 2012.

The coming year promises to be a big year in the history of the Handball Club as the club is working hard towards the inclusion of alleys in a future development by the Students Union on campus.

So join the University of

Limerick Handball Club for great craic and even better handball and with a year's membership of only €5 where can you go wrong! Visit our website at www.ulhandball.com

*Mark O'Donovan
President*



KRAV MAGA



KRAV MAGA, derived from the Hebrew word "contact combat", is the hand-to-hand fighting system developed by Imre Lichtenfeld for the Israeli army and later adapted for the civilian population. Encompassing the most effective elements from various martial arts and with a strong emphasis on natural body movement Krav Maga is suitable for both genders and all levels of fitness/ability.

Krav Maga training addresses the need for one to be able to defend oneself from both a standing attack and ground attack. Taking into account the use of weapons

and multiple attackers, it is often described as a "real live attack situation" self defence system.

UL Krav Maga Club is now entering its fourth year since its founding in 2008 by Darren Simring. This year's President elect is Srdan Kovacevic (Sergio) who heads up a club of some 160+ strong.

Our aim as a club is for each member to enjoy the experience of Krav Maga training. As they complete each training session, it is our belief that a member will learn to defend themselves and their loved ones from attack,

improve their cardio, flexibility and strength.

UL Krav Maga means family. The connection between members is long term and great friendships came from it.

In UL Krav Maga Club we believe in a good training, having a great time and representing the University of Limerick on a high level.

The new college year, new plans for our great club...
Regards to all,
UL Krav Maga Club

MBUL - Pumped up and Ready to Roll

It's been a busy summer for MBUL. In addition to purchasing four new bikes - 2 women's, 2 men's - we've also tweaked, fettled and upgraded our existing fleet which is now ready for some serious trail riding at the hands of new members this semester - hopefully you!

As well as preparing for the new semester, we also took some time out for our annual summer training trip - the destination this year - Wales!! A new mountain biking experience for most members on the trip - Wales provided us with fantastic trails. From slow and technical to fast flowing, and with a few dirt jump trails in between, there was something for everyone. We spent six days there and started the trip in north Wales at Coed y Brenin. Here we found some fantastic long technical trails including The Beast - a

35km epic. Two days in, we took a short detour on one of the days to visit the trails at Llandegla. These were much wider and smoother and the jumps on the trails made for some fantastic fun learning the techniques required!

On the fourth day, we headed south to Afan where we spend the final three days of the trip, culminating in the 40+km Skyline Loop, an amazing spin which ended with over ten minutes of fast, uninterrupted twisty descending back to the car park.

In all we visited four different trail centres, rode well over 100km of trails, and climbed many hills only to descend back down with ear to ear grins. Add in the fantastic views and the great weather we were lucky enough to have and it all added up to a highly memorable trip! For the new semester we'll be

having regular off campus spins on Sundays - meeting at 11am at the Boathouse. As well as this, we meet up for pizza and banter on Monday's at 8pm in Scholars bar - often followed by street/trials riding. We also run evening spins on Wednesdays meeting at 7pm at the Boathouse.

We'll be planning a number of weekend trips away during both semesters as well as our summer trip abroad. With possible destinations in Ireland including Killarney, Carlingford, and Wicklow, and abroad including Wales and France it's going to be an action packed year!

Most of the biking we do is what would be called Cross Country - some hills, some descents, some flat - it's a good way to get into mountain biking. We'll also be running some activities in the realm of Downhill/Free ride biking

which is about short and very fast blasts down steep tracks. The range of spins we run covers most disciplines of mountain biking as well as the increasingly popular technical Trials riding.

As such we're a non competitive club, but some of our members regularly attend races, and we try to subsidise race entry fees to make it more accessible to our members if they're interested in competing.

You can find more information on our forum: mbul.skynet.ie, our facebook page: www.facebook.com/pages/MBUL/143053305792595 and don't forget to pre-register on ulwolves.ie before the recruitment drive.

See ye all there!

Daniel Kedney, PRO, MBUL



UL Outdoor Pursuits Club

A year of new beginnings and new heights

The OPC bounds forward into its 20th year, in the coming semester and remains as successful and buoyant as ever. This club has seen a consistent mix of Irish and Erasmus students at the core of its success for years and years. It is the student's willingness to get involved in the rock climbing, mountaineering, caving, hillwalking and orienteering that gives the club the power to take on any challenge.

Those times were most challenging for the rock climbing part last year. The refurbishment of the PESS building had left us without a climbing wall and official home. However, great efforts from members culminated in the opening of our new climbing wall and home across from the Arena. The long and tedious battle was well worth it as we now have a fantastic facility for the students of UL.

This will, no doubt lend

itself to helping the other sports of our club. Not that caving needs much help. The ever successful midweek trips are always a huge hit with members who enter the amazing caves of Ireland for the first time. In the past year the trips saw plenty of members exploring the caves of the Burren in an experience unlike any other.

That is a running theme within the OPC. The international trips provide adequate testimony. Whether it is the caving of Yorkshire, rock climbing in Spain or the inspiring winter mountaineering in Scotland you will never look back after one of those trips. This is attested to by the 21 people who made that trip to Scotland. From absolute beginners to more experienced climbers the trainings, climbs, hikes, and views were unparalleled throughout the year. It is a true testament to the things that can be achieved by UL Clubs and Socs.

It's difficult to surmise what the OPC is all about but so easy to see it as a member. Now that we have a home we meet up 3 times a week for the climbing and the banter; Monday, Tuesday and Thursday between 7 and 10. We venture off campus on Wednesdays for Midweek caving and Sundays for a hiking or climbing trip. And then... the weekend trips. The coveted spots on weekend trips are like gold dust such is their popularity. Check them out!!

Hopefully we'll see you at the recruitment drive to tell you more. It's on Wednesday the 12th of September and it costs €5 to join so really not too bad.

Website: www.ulopc.com
 Email: info@ulopc.com
 Or facebook us at: UL Outdoor Pursuits.

David O'Connell, President



Here we go! Truck to refrigerators, to dumpster, to crate, 360 gainer backflip into trash can! Hardcore Parkour!

Internet sensation of 2004, originating in France as "parcours" meaning course or path. Parkour involves overcoming an obstacle in a natural flowing motion. 400 words just isn't enough! Essentially, you are taking a direct path. A wall in your way - too bad, jump over that wall! A little kid in your way? Well you may want to go around them, but you get the idea.

At UL Parkour we carry the tradition of personal improvement and functional fitness to achieve this fluid movement to overcome obstacles. While training we work on basic fitness and moves to be skilled "traceurs". While there are no stunts or tricks like in skating or BMX there are basic moves as in martial arts and all traceurs must become proficient

in these to excel at Parkour. Once these foundations become second nature the cool stuff you see on the internet starts to happen!

We have three training sessions per week, Tuesday 21:00 - 22:45 and Wednesday 19:30 - 21:00, both in the PESS hall, practicing basic techniques, either indoors or outdoors, and improving on them each week. With the Club motto "Start together, finish together" everyone is encouraged to try something new each week, and push themselves at their own pace. Our third session is an early bird in the Arena, starting in Week 4, focusing on fitness, strength and conditioning for those cheese grater abs. We also try to arrange weekly informal jams for the weekends - we have no trips, so keep an eye on our facebook page!

The Club organises a number of trips to Dublin to train in some great spots, and an annual trip

to LONDON BABY! Parkour heaven! Parkour parks, spots to jam highlighted on online maps, and you'll also get to train with the best Parkour traceurs in the world as have our instructors; who have jammed with Sebastian Foucan from the opening scene of Casino Royal! We organise some great social events too, ask someone about our Zombie Jam or our infamous Slave Drive!!

All you need is a pair of runners and to want to have fun, try something new and meet new people along the way. At €5 for membership events are subsidised and all training is free, including the sweat! A small investment for a whole year of a new hobby, new friends and some great craic.

UL Parkour, a great bunch of lads!

Rory Moloney, Secretary.

UL Ladies Rugby:

The Race For Rio Begins

Olympic fever is still burning bright in everyone's mind, and with the inspirational Katie Taylor flying the flag for Irish women recently in London, the news that Ireland's women could potentially have another medal prospect in the 2016 Rio De Janeiro Olympic games is extremely exciting. The inclusion of Sevens rugby in the next Olympics has set in motion a chain of events that have led to the development of a national women's Sevens team in Ireland. The team has been busy competing on the

international circuit this summer and has successfully achieved qualification for next summer's Sevens world cup in Moscow. This is a major step in the team's quest to secure qualification for the Rio Olympic games. UL Ladies Rugby is proud to say that three of the universities players have been heavily involved with the national side, and so, are potential future Olympians! Our coach Gill Bourke is also involved with the squad, as the video analyst.

Olympic games aside; this is a huge step for women's rugby in clubs and colleges in Ireland, inspiring girls across the country to get involved. We are embracing this surge in interest and welcome any new players with open arms! We have two pitch sessions a week, and one Focus Group session held in the University Arena. Focus Group is a time set aside to developing specific skills and aid players in reaching their individual goals. College rugby is more often than not where most female rugby players begin their

careers. Many past and present international ladies players first picked up a rugby ball in university, proving that in just a few short years "newbies", (with some guidance!!!) can become internationals. With the success of these girls noted, it is important to mention that ULLR welcomes players of all levels of abilities. In the words of George Hook "rugby is still a game for big guys, small guys, short guys, fast guys, slow guys and everything in between!" ULLR is a melting pot of different skill levels, talents, personalities, interests, nationalities and this mix is something we pride ourselves on. Joining a club such as ULLR is the perfect way to meet new people and immerse your self in the social side of college life.

All work and no play you may ask?? Definitely not!! Here are a few words to describe the social side of ULLR – pre-season parties, fresher's party, bowling, paintballing, come-dine-with-me, shunting, mid-season party, popsicle parties, movie nights,

pancake parties, beach trips, Six Nations trips, post-match parties, team breakfasts, team lunches, Kinsale, awards night, bake off's, team bonding, to name but a few!! We strive to achieve the right balance between on and off the field activities; as a result of this there is great camaraderie between all our team members.

ULLR welcomes anyone interested in giving rugby a go – who knows, in four years time you could be following in Katie Taylor's footsteps to Olympic

gold!! Or worse case scenario, have a cracking year with ULLR on and off the field!

If you have any questions please don't hesitate to contact us on our facebook page by searching "UL Ladies Rugby" or dropping us an email @ ulladiesrugby@hotmail.com. You can also find us on the UL Wolves C&S website!! We look forward to seeing many new faces this season!

ULLR Committee



UL Men's Rugby

WELCOME

It with great pleasure we welcome you to University of Limerick and more importantly to UL Men's Rugby; UL is the home of Munster rugby and Ireland's Sporting Campus. We are one of UL larger clubs with close to 100 members and have 2 teams that compete at the highest level.

Coming off the back of what has been one of UL Men's Rugby's finest seasons to date with our senior team topping our divisional group, narrowly losing out to in the quarter finals of the All Ireland Colleges Cup. Not to forget our Fresher's team being extremely competitive. So season 2012/2013 looks bright and YOU can be a part of it too.

Over the past few years we have been very lucky that our coaches have been of the highest standard in Europe coming from clubs such as Munster, Saracens, London Irish and UL Bohemians.

Many people think if you join UL Men's Rugby you can't play for your rugby club. That

is not true. You CAN play for you College and your Club, which can only improve your game by training with players from other clubs, while keeping our 'rugby for fun' ethos.

A number of our members represented the college on the Munster College's squad that took on the Munster Junior squad in a very competitive fixture.

Membership is only €5 so sign up to UL Men's Rugby, pre register on <http://ulwolves.ie/wolves/> and come have a chat with us at the Recruitment Drive.

TRAININGS

We train 2 times a week, alternating between the state of the art newly built North Campus all weather pitch and the Maguire's pitches (located behind Kilmurry). Matches are held on Wednesday afternoons so your timetable should be kind and you might have it off! Make sure to keep an eye on our facebook page in case we have a special training session planned, i.e. Indoor Fitness training, circuits, etc. We offer the chance to get personalised

training programmes and much more, so sign up and be part of our mailing list.

RUGBY COMMUNITY

Off the field the Club's Social Committee organise team bonding sessions which in the past have consisted of the UL's first international Suit Up night, Paintballing, a night with the Hardy Bucks, training trips to far away places and Take Me Out.

The *Annual Colours Match* is the Club's showpiece event. The match is contested with LIT in commemoration of the two O'Brien brothers who

died tragically in the 1980's and is traditionally held in Thomond Park Stadium. Last year we were victorious over rival Limerick I.T. on the home of Muster Rugby, Thomond Park.

HIGHLIGHTS OF 2011/2012 SEASON

"Being a part of one of the Best teams in Ireland" *Tadhg O'Donovan (2nd Year.)*

"Beating our Rivals LIT in a 4 try thriller" *Eoghan Freyne (4th year)*

"Making new friends and enemies on that unforgettable team bonding trip to Thurles"

Tadhg Campell (UL Rugby Player 2011/2012)

"International Suit Up Night" *Paddy Boeye. (2nd Year)*

For more information don't be afraid to contact one of our committee members. Their number can be found outside the Clubs & Societies room located in the Students Union. Like UL Men's Rugby on facebook or email us on ulrugby@gmail.com.

Ashley Wood
UL Men's Rugby Treasurer





ROWING CLUB

UL ROWERS PULL THEMSELVES TO VICTORY!!

The UL Rowing Club earned its first scalp at the Senior Men's level at the national championship level this year with a win in the men's Senior Quadruple Scull in July.

ULRC has been knocking on the door of senior men's rowing in the last few years but was not able to achieve the national championship status that was agonisingly just beyond their reach so many times. The club's first boat, the men's Senior Quadruple Scull, had some mixed results recently at London Metro Regatta – the home of the London Olympic rowing course 2012. This was an event that the quartet had won in 2011, but failed to take the silverware in 2012. This wasn't to stop the clubs two single scullers – James Brinn and Alice O'Sullivan, both long time club members, taking the honours in their respective events – the men's and women's single sculls, which they both did in style.

The Senior Men's quad had some rebuilding to do under coaches James Mangan (former US Team coach) and Eugene O'Brien (ULRC Senior championship winning coach). The line-up was examined and the squad expanded.

At the national championships the composite boat of Liam Rice (Mech Eng) and Stephen Penny (Sports Science) raced with two local schoolboys from Castletroy College and Castleconnell Boat Club to take the title over the much fancied Skibbereen boat which contained a former ULRC rower. Along the way the ULRC rowers beat this year's favourites – Queens University and former champions Carlow Rowing Club.

ULRC led from the start and fought hard to retain control with the much fancied Queens only marginally behind for much of the first 700 meters of the 2000 meter course. By half way Queens had passed UL and then so did Carlow, but the big men of UL were always comfortable to be able to up their game in the third quarter of the race.

The battle was hard fought and the winning margin was less than one second but the experience and skill of the ULRC rowers coupled with the determined, focused attitude of the Castleconnell youths would determine that the most deserved crew on the day were victorious.

There were some impressive performances by the Womens team also with a third place finish in the women's novice four. The crew were always up against the odds against the much fancied Trinity, whom they had not beaten all year but with the tough training regime supervised by Lead Women's coach Rachel Meehan the crew speed had seriously increased. Unfortunately it wasn't enough to overcome Trinity. However, in a completely unexpected turn of events, NUIG (a crew that ULRC had beaten several times) had a surprisingly good race and claimed the women's Novice fours championship.

In spite of this the women's squad had a very successful year with two Intervarsitys this year to their credit and wins in Limerick Regatta and several Heads of The River during the winter. This group will form an integral part of the developing women's group that will certainly be competitive in Irish rowing in the coming years.

ULRC starts recruiting at the start of Semester 1 – look out for our stand at the Clubs and Societies recruitment day. We can be contacted at IROW@ul.ie or checkout our facebook page www.facebook.com/ulrowing or website ULrowing.com. Please join us for some great fun and challenging training in Semester 1 - Experienced rowers and the uninitiated welcome.

“Penky” – ULRC Club Captain



UL Skydiving Club

I Think I'm Falling for UL...

Skydive UL are the countries first University based skydiving club. We participate in skydiving events around Ireland, along with other clubs of course such as the UCC Skydiving Club and WIT. There is also an annual trip to France for two weeks too, and every member is invited to join us for the trip of a lifetime! Member ship fee is only €5 and jumps are only €25, the cheapest you'll get anywhere in Ireland. We'll get you all geared up in our own Skydive UL rigs and send you on your way to your skydiving license, we'll even help you learn to pack your own parachute (which is necessary for your license also) which makes your jumps cheaper again! Our annual trip to France takes place after the exams and it's always sunny over there so it's two weeks of jumping out of planes and having mental craic... all responsibly of course, we have planes to jump out of after all!

Skydive UL organises everything from flights to accommodation and transport for you so you just have to sit back and enjoy the ride. The most recent trip saw the group of 17 that went get to A-license standards or above (7 got to B-license). This trip is a MUST if you're thinking of getting into the sport big time, even if you aren't too! It's a great way to meet others in the club and is a truly once in a lifetime experience.

Our home events have recently included going to the Skydiving IV's up in Derry with the Wild Geese Club, members from UCC, WIT and Queens University Belfast attended and it was definitely a weekend to remember. Everyone got at least 4 jumps in over the weekend and it was a great progression trip for all. However, it's not just the experienced guys that get to have all the fun, our student jumpers are high priority and the Irish Parachute Club recently held a Student Week where all students were welcome to come, progress

and generally have a good time. Students were top priority and the instructors were happy to help with any questions, those willing were even given lessons in parachute packing and those who felt confident enough could get their test done too!

But hold on, it's not always about skydiving either. We organise nights out with the club and there's always a few of us around up for a good night out! So don't be shy by any means, come chat with us and we'll get you on track with one of the best clubs UL has to offer.

Rory Tyrrell - Skydive UL PRO



SAILING CLUB

The University of Limerick Sailing Club is a competitive team racing club which caters for all levels of ability. ULSC enjoys a reputation as one of the best on the University circuit having three successive Intervarsity titles in the last 4 years. This year it's UL's turn to host the annual Intervarsity Championship and it's an event not to be missed. If you have an interest in sailing, a sense of adventure and want to meet new people then ULSC is the club for you. Be part of something exciting and join us for what is sure to be ULSC's best year yet!!

ulsc.email@gmail.com

Ambitious Multi Million Euro Projects Planned for UL Student Referendum

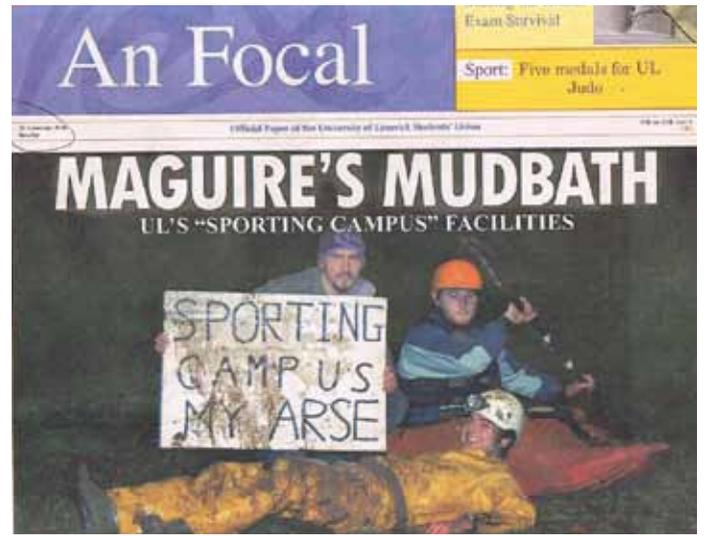
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The extension to University Arena has been in planned for quite some time and was developed to the point of planning permission before the project was deferred due

Climbing Wall, and a Diving “pit” with the depth required for a high standard of buoyancy training... the bit that’s critical to becoming a competent diver. Others that we would expect to benefit from a potential extension would be Trampoline & Gymnastics, Tae Kwon Do, Karate, Krav Maga, Parkour; Dance Club not withstanding many that are already housed in the current Sports Halls and swimming pool such as kayakers and waterpolo.

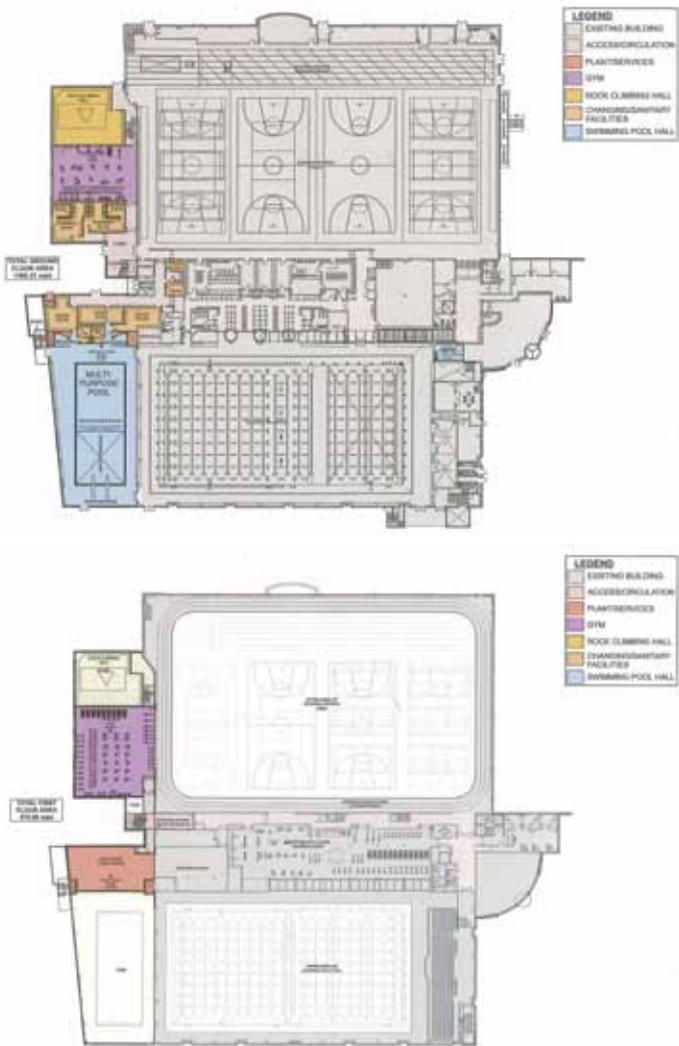
for most of semester one and two as classes run throughout the hours of daylight in the winter months. Compounding the problem was that the surface could not take the volume of training which was compressed into the area where a very outdated set of floodlights were arranged in a very narrow strip of land. Sports clubs trying to train for national competitions and intervarsities feel that such training facilities do not correspond with UL’s Sporting Campus image and completely undermined the efforts of student’s striving for sporting excellence. The Universities Sports Department and Buildings & Estates ground maintenance staff have consistently worked to preserve the 10 acres of playing pitches but with limited success. There was and still is the old “astro” pitch but many clubs felt that this was not suitable for sports specific training. We also had the scenario of the UL GAA Club playing matches under lights in Newtownshandrum in Co. Cork at a cost of several thousand euro’s a year as well. In the intervening years we have got the North Campus “field of dreams” but access to that for student sports club training on a commercial product is far too costly and access after 6pm restricted. The demand for top quality student designated grass pitches with floodlights remains, and a proposal from Sports Turf Research Institute (STRI) is on the shelf since February 2009. This project affects the Men’s and Ladies Rugby Club, the GAA: Hurling, Camogie, Ladies and Men’s Gaelic Football teams, Softball, American Football and the UL Soccer club: both ladies and men’s as well.

The possibility of a new student centre first appeared in a real sense under the guidance of



ULSU President Ruan Dillon McLoughlin, and his sabbatical team. They developed the idea through fact finding in Leeds and other Universities in the UK in 2010 of a student centre that would truly be the centre of student life for all students: those active in clubs, societies or other aspects of the Union as well as those who just choose to relax and enjoy their leisure time between classes. Last year’s President, Derek Daly and General Manager Philip Mudge were in USA at a World Students Union conference where there is a scheduled two day visit of US Campuses in New England. Preceding that visit in 2009, I travelled with the former General Manager fact finding at that time on a similar basis. As the only Students Union staff member that moved into the current Student Centre back in 1999/2000 it certainly was a quantum leap for the Students Union when you see what the facilities were like before.

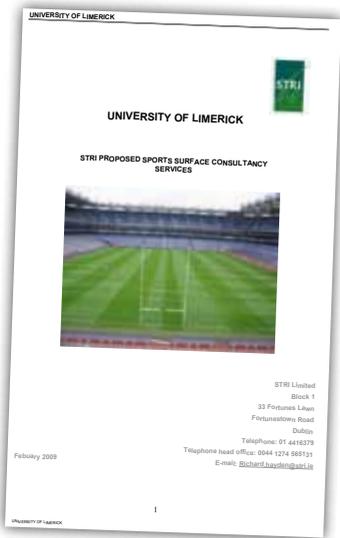
Since then the Students Union and its Clubs & Societies has grown and we are struggling for space within the existing footprint. The meeting rooms are too small for the demand placed upon them from Class Representatives and Clubs & Societies and many offices essential to run a busy outgoing organisation like a students’ union compete for space with the activities that the union is here to support. Many of the offices for the Students Union staff are poorly located down a dark corridor at the back of the building removed from the people they represent. The Students Union reception is unwelcoming and inadequate as a space to offer the best service to students. The other new big ticket item would be an opportunity which we don’t have in the current building to host entertainments like gigs, head-line acts, disco’s to audiences of hundred’s of people, possible student drama performances and



to a lack of government funding. It has been a subject of discussion at the Arena Board of Directors, (of which I am a member since its inception circa 1999, on behalf of the Students Union) for a number of years now, probably dating back to 2007. The plans have been available since 2010. From a Clubs & Societies point of view, our Outdoor Pursuits and Sub Aqua Club are the immediate and long terms champions (pre 2004) for a new and permanent

The next project is that of the Playing Field Sports Club that lobbied back in 2008 for upgrading of the **Maguire’s Training pitches** and the controversial front page article that followed in An Focal, with the then ULSU President Pa O’Brien. The basic nub of the matter is that Maguire’s was always deemed by the students sports clubs as sub-standard and suffers very quickly from inclement weather, it has inadequate lighting and is virtually unusable





any and all of the projects outlined not to mention the very thorny subject of an increase on the current levy to cover the costs associated.

In the same manner that your student's predecessors had a significant part to play in past with the creation of facilities you now get to enjoy such as the University of Limerick Sports Arena (€4.5M student contribution), the current Student Centre (€3.5M student contribution) and the UL Boathouse (€4.3M student contribution), through selfless decision making, this years generation also get to ponder the possibilities for the future.

As the Greek Proverb which fittingly appeared in a UL Presidents Volunteer Award application this year succinctly put it: **"A civilization flourishes when people plant trees under which they will never sit"**

Let the debate begin.

*Paul Lee
Clubs & Societies
Development Officer
University of Limerick
Students Union*

the like which would be immensely important for the future financial viability of the Students Union and to develop other commercial streams of revenue into the future. From the point of view of Clubs & Societies it would benefit a whole host of societies.

This is a huge opportunity and it will require a fully engaged student body, from Class Representatives to Clubs & Societies to the Students Union AGM for all students of the University. This has been done before and the latest of these developments was the University of Limerick Boathouse completed in 2007 at a cost of €5.1M for the benefit of the Kayak, Rowing, Sub Aqua and Mountain Bike Clubs. There were significant lessons learned from that project which would have to be brought to bear on



CONCERN worldwide

Clubs & Societies Working with Concern for Haiti

In today's world of instant 24/7 news channels and the social media phenomenon people's insatiable appetite for the next big story often means that people quickly move on from one major story to the next one. Which in some senses is understandable but when it comes to the likes of a catastrophic natural disaster it takes more grit and determination to stay with the story and make a difference in the long term.



On the 12th of January 2011 the fatal earthquake in Haiti that affected 3 million people, causing over 222,570 deaths and 300,572 injured across Port-au-Prince, Léogane/Gressier, Petit and Grand Goâve and Jacmel. The Clubs & Societies of UL wanted to help, given that

previous societies in UL the former St. Vincent De Paul and other individual members of Clubs & Societies had done charitable work in Haiti prior to the Earthquake.

We agreed to try and stick with the idea of students helping students over a 3 year term and then to review at that point in time mindful that the student audience tends to be on a 4 year cycle. In effect it was University of Limerick Students helping Haitian Students. There were pretty awful statistics with hundreds of school teachers killed and hundreds of schools demolished in the disaster. Our response within Clubs & Societies was to work with Concern and their efforts to develop Child Friendly Spaces (CFS) and Temporary Learning Spaces (TLS) amongst other initiatives. Since that time we did an annual Haiti Fundraiser from our volunteer Clubs & Societies but last year due to the issues surrounding the Students Union the focus was lost and the third and final year of our commitment

prior to our review of the Haiti project did not happen as we would have liked except for Rose Barrett of the Windsurfing Club and her stalwart efforts at a Bar Boot sale which raised over €400.



Concern at my request have provided the article contained within this newsletter and I am appealing to the Clubs & Societies to start the debate again and see if hopefully we can come good on our initial intentions

*Paul Lee
Clubs & Societies Development
Officer
University of Limerick Students
Union*

University of Limerick Clubs and Societies has contributed over €6,000 to help rebuild Haiti

In January 2010, the Caribbean island of Haiti was rocked by a magnitude 7.0 earthquake that had a devastating impact on the already impoverished country. 230,000 people lost their lives and a further 1.5million people were left homeless. To compound the dire situation, the surviving population were plagued by a cholera outbreak that took another 7,000 lives. Haiti's existing infrastructure had been struggling to deliver adequate services for the country's population, hence Concern's presence in Haiti since 1994. The destruction wrought by the earthquake destroyed much of the infrastructure that was in place and left the survivors facing a bleak future. As with all emergency situations the most vulnerable were women and children.

Prior to the earthquake, more than 500,000 children did not attend school at all. Haitian children attend primary school on average for less than four years. This is largely because many Haitian parents cannot afford to pay school fees. The government has recently announced that primary education will now be free for all, but widespread access will take time to achieve. In addition, the earthquake damaged or destroyed

87 per cent of Haiti's schools, and those that are safe for children are often overcrowded. Large numbers of teachers were killed in the earthquake, thus necessitating large-scale efforts to recruit and train teachers. Many of Haiti's children experienced significant trauma as a result of the disaster. Thousands were separated from their families after the earthquake, while hundreds of thousands were left homeless and without a school to attend. To provide children with a safe place to play and learn and to offer a sense of stability and routine in the wake of the crisis, Concern established Child Friendly Spaces in Port-au-Prince's camps and communities. In these spaces, trained facilitators provided children with basic education, recreation, and psycho-social support to help them prepare for the transition back to formal schools as efforts to rebuild and repair progressed. Today, Concern is running Transitional Learning Spaces in camps and communities, providing more than 2,000 children with access to quality education. True to our commitment to ensure that children exercise their basic, human right to education, we will continue work with government

run and private schools to find permanent school places for displaced children, rehabilitate and rebuild schools, provide classrooms with learning materials, and train teachers so that children receive the quality education to which they are entitled.

The world must not forget about Haiti. This January sees the three year anniversary of the tragedy, and fantastic progress has been made. More people living in the capital Port au Prince have access to safe drinking water than before the earthquake. Since the earthquake the University of Limerick Clubs and Societies has contributed over €6,000 to help rebuild Haiti. In spite of these great strides forward we still need help to build a better future for Haitians, and the next step is to help children back into the formal education system after three years away. With your continued support we can ensure that the time away has not been wasted.

*Liam Barnard
School Speaker / Public Affairs
Concern Worldwide
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W: http://www.concern.net*

UL Soccer Club



We would like to say a very big welcome to all new UL Students for the upcoming season! Whether you are male or female, Study Abroad or Erasmus, Mature Student or Post Grad, you are most welcome to get involved with the UL Soccer Club.

Within the first month of term, we will be organising our 2nd Annual Harding Super League. This is a recreational 8 week league, and only players eligible for the Harding Cup (that's the colleges Freshers All Ireland) are allowed play. Your team can be based on your class, your accommodation, your county, just so long as you get 12 players weekly to play in this 9-a-side event. Our Harding

Cup squad is selected from the league, so it gives players an 8 week opportunity to catch the managers 'eye.

We have a strong tradition in the Harding, contesting 5 of the last 7 finals, but we also have a strong tradition in Women's Soccer. We have our Premier and Regional level teams, with training taking place weekly in Cappavilla. Our players are a mix of Senior International to beginner, and all levels are welcome.

Anyone that's interested in Senior College soccer, we will be running Open Trials this semester, and hoping to identify new talent for our squads, of which we have

3 senior teams playing across 3 different levels of the colleges league. We will also compete in the Collingwood and Crowley Cup competitions.

There is always a high level of interest in the Soccer Club, and we want for nobody to miss out, so if you want to play, coach, manage, get involved with committee, all you have to do is contact us!

Club Email
ulsoccerclub.mail@gmail.com

Eoin Killackey – Soccer Club Alumni & Collingwood Manager
eoin.killackey@hotmail.com



Explore Your Hidden Depths with UL Sub-Aqua

Explore Your Hidden Depths with UL Sub-Aqua

“Scuba diving? Scuba diving in Ireland?” The most common reaction to our recruitment efforts no longer fazes anyone in the club. This is followed by one of the traditional three questions; “Is it not very expensive?”, “Is it not freezing?” and “Is there anything to see?” The answers: “Not the way we teach it”, “Undeniably chilly, but we provide all the protective equipment you need” and “You’d be amazed.”

Diving is one of the most accessible sports. All that is needed is a sense of adventure and a basic level of comfort in the water. The UL Sub-Aqua Club offers students the opportunity to learn to dive in an environment that is fun, relaxed and affordable.

No previous experience is required..Training takes place every Tuesday evening, beginning with classroom-based dive theory lectures followed by practical skills in the University Arena 50m pool. Upon completion of their training, members are awarded internationally recognised qualifications from the Irish Underwater Council (CFT).

It may surprise you, but the west coast of Ireland is largely regarded as one of the most amazing underwater shorelines in the world. The full force of the Atlantic Ocean has hammered out dramatic topography over the millennia, and the meeting of the chilly north Atlantic waters with the warm currents of the North Atlantic Drift give us a uniquely wide variety of life, from sharks

to rays, eels to anemones and sea slugs to grey seals. For those interested in history, the seabed is strewn with German submarines and famous shipwrecks such as the Aud, which if it had not sunk, could have dramatically changed the outcome of the 1916 Rising. Within 40 minutes' drive of the University is Portroe Quarry, Ireland's first inland dive centre, offering weather proof diving for those days when the coast just isn't viable.

The club has a 7.4m boat, the Plassey Bird, which we use throughout the year. During the summer we pull out all the stops, and try to arrange a trip every weekend with good weather. For trips that are further afield, we will occasionally have a weekend trip. For instance, our Inis Oirr weekend trip this May set student members back

a whopping €22, including food, ferry and hostel accommodation.

Of course, even the most stoic of divers occasionally wants a break from the above water Irish weather, so for these, the club organises semi annual trips abroad to sunnier climes. This year, our winter break trip was to Lanzarote, where between dives, members relaxed in sun loungers on the porches of our rental houses, a whole 20 feet from the beach. The perfect antidote to the Irish winter!

Once the summer hits, and the members who have achieved their qualifications want to flex their fins in waters more exotic than Kilkee Bay, we organise a big foreign trip to reward them for their perseverance. Traditionally, this has been a week living

on and diving off a boat in the Egyptian Red Sea, however this year the club departed for a week near Zadar, Croatia to explore the dramatic reefs, sea walls, and turquoise water surrounding several islands in the Adriatic Sea.

UL Sub Aqua Club opens registration on September 12th at the recruitment drive. The limited number of spaces available for new divers quickly fills up on the day, so be there early! Membership costs €30 for students, €60 for staff or alumni and €90 otherwise. CFT membership last year was €25 for students and €75 otherwise, including a club subsidy.

For more info and pictures check out subaqua.csn.ul.ie or [facebook.com/ULSAC](https://www.facebook.com/ULSAC)
For CFT info: diving.ie
Eanna Cronin



TaeKwonDo



U.L TaeKwonDo - What has Galway in common with South Korea?

Answer: - Hopefully the U.L TaeKwonDo Club will be seeing both of them in the coming 12 months!!! The U.L TaeKwonDo Club is the longest-running martial arts club here at the University of Limerick, catering for both beginner and practised members. The club has been running now for nearly 20 years, and in that time has seen many of its members achieve the rank of black belt over the course of their time here in college.

So what is TaeKwonDo? It's a Korean Martial Art, one of only two such recognised by the Olympic council, and literally means "The Art of Hand And Foot". TaeKwonDo is renowned for its kicking and leg techniques, and here at U.L TaeKwonDo we like to think that we provide a well-rounded, fun and rewarding training experience to all our members, new and returning.

The club trains 3 times a week, Mondays at 18:00, Wednesday at 21:00 and Thursdays at 18:50. All training sessions take place on campus, in the PESS (Old Sports) Building. Membership for the club starts at just €5 for undergraduates for the entire academic year - that's a year's training sessions for the price of a pint! The club organises a grading every term for members, where you can test for your next belt (grade) in TaeKwonDo and advance from white belt towards that much-vaunted black belt.

As well as training, the club has a lively and active social life, with regular social outings to give people a chance to relax and get to know one another outside of the dojang. Regular nights out in the Scholars Bar, training weekend(s) away and invited seminars are just some of the events we try to organise for people outside of the regular training hours. The club is remarkably flexible and is always willing to listen and entertain the suggestions of any of its members. So have an idea

for something fun? Then by all means, let us know about it!

On the topic of fun, and getting back to the link between Galway and South Korea, the U.L TaeKwonDo Club hope to train/visit both these locations this year. The NUIG TaeKwonDo Club will host a training weekend with U.L TaeKwonDo up in Galway early in semester 1 of the coming academic year, and in Easter of semester 2, 12 lucky members of the club will travel to Korea, birthplace of TaeKwonDo, to train with the Korean masters for a week! And the good news:)? YOU could be going... all you need to do is join TaeKwonDo!

To join the club, you can email us at ul.taekwondo@gmail.com, visit our page on the U.L C&S Wolves site, or simply drop down to training any night and sign up. We'll have a stand at the C&S Recruitment Drive Wednesday Week 1 as well, if you're around and see us, feel free to call on over!

Tennis Club

Hello All, What an exciting college year 2011/2012 was for UL Tennis Club.

We were playing in our first Ever Intervarsities and coming home with the "plate". The 'Varsities was held in Cork city at Sunday's Well Tennis Club hosted by University College Cork. UL rounded up their best teams and had an amazing four days in Cork with some superb tennis talent on display.

UL Tennis also hosted their own first ever mini 'Varsity "Munster Cup" where they defeated UCC in the final to take home the cup. We also run fun leagues throughout the year amongst ourselves and intense but fun training against each other. We cater for all level players from beginners to advanced.

We hope to see you all joining the Tennis Club this year, as we prepare to make even stronger teams for competing. Happy Tennis :)

ultclub@gmail.com
www.facebook.com/ultennis



UL TENNIS CLUB

Trampoline Club

Let's Bounce! UL Trampoline and Gymnastics Club

So 2011/2012 has been an extremely busy time for the members of the UL Trampoline Club and the same is set for the year 2012/2013. As always we have a competition in Scotland, this year we have varsities in Trinity and as well as that we will be hosting our own competitions where we know all you're best and brightest will do us proud.

In my opinion I think this has to be mentioned again, but in the summer of 2011 members of the UL Trampoline Club as well as members of UCC and other Universities broke a Guinness World record for the number of somersaults completed in 24 hours by 20 bouncers. They didn't just break the record they smashed it, by an extra 5, 312 somersaults. UL 1, World 0.

Not only have world records been smashed but shiny medals have been won both by individuals and as the club as a whole. We will start with the ever coveted Munster Open Title piping our ever competitive neighbours UCC to the post. As well as this we won 2nd place team intermediate at varsities and the club won Most Improved Club of 2012 at the Clubs and Soc's Awards. But I think it is safe to say on behalf of our entire club our most prestigious award of the year was ... ISTO 2012 gladiator champs! Go team! We have an Intermediate Gold at the National Finals and Grand Prix Silver at Intermediate level. Not to mention numerous individual medals so there's plenty to polish in the trophy cabinet this year.

But we're not all about going out and winning medals. The UL Trampolining does not do things by halves; we go on trips to the best training facilities in the UK. We go to Scotland for a competition every year, the land where dignities are lost but the craic is definitely had and of course, we will be hosting our own competitions.

And if you're really good, every summer some of

the team fly off to Loughborough University to train in their world class training facilities. Some of which literally has to be seen to be believed.

So to put this all in perspective, if you like to have fun, spend a little bit of time in the air come down and have a look. If you're really interested and you stick with us we actually send our own members on training courses to become Qualified Coaches and Judges.... Yes you could have the power to judge your fellow competitors - nice for the CV too.

Our number one priority in the club isn't that you come back with loads of medals, it's that you come in, have a good time, learn new stuff and go as far as you want to go.

So if you're interested in becoming a high flyer (no experience necessary) look out for us at the Clubs and Soc's Recruitment Drive, someone is generally up in the air. If not, find us at training in the PESS Building every Tuesday and Thursday, exact times are available on our website <http://www.csn.ul.ie/~trampoline/>. Joining is just as easy; just check us out on the C&S website under Trampoline Club. Looking forward to seeing you all at training,

Lauren Hennessy - ULTGC Welfare Officer
 Shannen Minter -ULTGC Captain



UL Shotokan Karate

Welcome again to the UL Shotokan Karate Club! The past year has been a time of change for the club: along with a new committee and a new constitution; we have had to say goodbye to familiar faces as many of our senior members graduated. We are exceptionally proud of their commitment and we wish them the best of luck in their future endeavours.

The coming year promises to be both exciting and action packed! After our terrific performance in last year's Intervarsity Competition in UCC, we now have the honour of hosting the event in the UL Arena this year. This competition will feature a range of contestants from around the country who aim to take part in sparring matches and displays of technique called Kata. Last year, ULSKC ranked third in the overall competition thanks to the

great efforts of the squad who showed exceptional talent and skill throughout the event. We are confident that this year will be no different as the club welcomes in new members to compete for UL.

That said, competition is only one part of the whole Karate experience, training is another piece of our club's success! This year ULSKC sent a squad of 14 members to train with the Grandmaster of Karate, in Tokyo Japan. We are set to send more dedicated members to the land of the rising sun soon. With this, it gives us great pleasure to announce Sensei Brendan O' Dowd (3rd Dan) will take the helm this coming semester. Brendan has been a long term member of the club and he has kindly agreed to teach the weekly training sessions. Sensei O'Dowd began teaching at the end of last term, and trust me when I say,

we are looking forward to seeing the level of technique increase tenfold.

Karate is all about the thrill of competition, the desire to achieve, and the chance to improve discipline and better your own abilities. We are proud to say our club dynamic encourages newcomers and fosters many strong and lasting friendships. It is with sadness that we see members move on into the world, but it is great that they leave with lasting memories of the club. And of course with every person who goes we will be glad to see many more join up! All are welcome and none shall be disappointed. So, come along to the C&S recruitment drive on Wednesday 12th of September and pre-register on the UL Wolves website (<http://ulwolves.ie/wolves/>). Ossu!



UL Ninjas Travel to Windmill Windup

It was an early start for the UL Ninja's as they boarded their flight filled with anticipation for the upcoming three day tournament Windmill Windup, the biggest ultimate grass tournament in Europe.

Armed with their bags, the Ninjas attempted to make their way into the city. One wrong train later coupled with some persuasive talking out of being fined, we arrived in Centraal Station. Ultimate players fed we began our final trip to our new home the Nationaal Rubgy Centrum Amsterdam. Tents eventually pitched it was time to enjoy the opening nights festivities.

The Ninjas awoke bright and early in anticipation for their upcoming day, scheduled to play three games. Seeded 40th, we entered into the games with a steely determination, our goal to beat our seeding. Our opening match saw us go up against the Austrian team CatchUp Graz. We took time to find our stride and to begin to work cohesively, but the game gave us a platform on to how to improve. The final result proved a loss for the Ninjas, on a scoreline of 5 – 15.

Spirits remained optimistic going into our next game after some motivating words. Our next opponents were the Turkish

Nationalish team. Learning from our mistakes it saw us take our first victory with a score of 15 – 11 to the Ninjas.

In high spirits from our win, our final match saw us paired against Padova Ultimate Frisbee (PUF), a team the Ninjas lost to the previous year. The beginning of the game saw us trading points but eventually saw PUF begin to pull away. But the Ninjas regrouped and began to find their flow and a comeback was on. The games intensity rocketed witnessing us coming from 9 – 12 down to win the game on nerve -wracking universe point that resulted in a final score of 13 – 12 to the Ninjas.

Another early start was in store for the Ninjas on Saturday but with two victories the previous day we were rearing to play more Ultimate. With four games ahead of us, we began the day against a team known as Diabolic Heaven. A hard fought game was had, but in the end it was a loss for us on a scoreline of 6 – 15.

Not dampened by the loss the Ninjas kept up their morale for their next game, which saw them matched against the team UFO. We faltered here, not playing as well as in our previous game. After a disappointing loss with a scoreline of 5 – 14 our spirits

needed lifting in anticipation for our third game.

After an uplifting talk from our captains, we entered our game against Tsunami Vintage with a renewed vigor. After suffering a loss of 5 – 15 to them the previous year, this was the game to win. The opening points were close, both teams fighting it out with Tsunami taking the lead into half time. But the Ninjas orchestrated a great comeback, coming from 6 – 9 down, we took the victory with a final scoreline of 11 – 9, after an intense second half of Ultimate.

Our final game of the day saw us come up against the Barcelona

team Catalyst. An intense game was had, with Catalyst taking an early lead, but we refocused and began to come back against them. However the early lead proved crucial, and the final score was a loss for the Ninjas, the game finishing 9 – 15 to Catalyst. After a tiring day of Ultimate, it was time to enjoy the customary gigantic game of Mingle Mingle and join in the tournament's traditional Saturday night festivities.

Sunday saw us with only one scheduled game against the team IzNoGood. A great closing game was had but unfortunately we suffered a loss, with the final score being 6 – 15 to IzNoGood.

Putting the loss behind us, it was time to have our final team huddle, which saw Conor Carey walk away with both MVP and MSP. Eoghan Lalor awarded with A – Game, while our Captain Barry Walsh was rewarded MGP. The Ninjas finished 38th, beating our seeding by 2, also coming 16th overall in Spirit, a great achievement for us. Thanks also to Enda and Spot for playing with us. Overall an amazing tournament was played and enjoyed, the Ninjas leaving with valuable experience for the coming year.



WATERPOLO

Under Water Tackling?



Water polo is a sport some perceive involves horses but that is not the case.

Water polo is a team game played in a swimming pool, with the aim of the game being to retain the ball and score goals by getting the ball to your forward players who are in a position to score. A good comparison is a game of soccer that is played in the swimming pool. All you need is yourself and the motivation to swim on a team to play. The hours we train are not too time consuming. We have two training dates a week. This is Mondays and Wednesdays, with a total of three hours pool time. If you are not a very strong swimmer it will not prohibit you taking part. We will teach the skills needed to play, which are the most important element. The

time spent practicing swimming in lanes is an hour a week on the Wednesday. The rest of the training time will be spent learning and practicing the skills necessary to be part of the water polo team.

The game is not a one gender sport. We cater for woman and men. Our men's team won the Intervarsities in 2010 and have had good results the past few years in all games. The club is not all about training and competing. We have nights out and trips away to the different competitions that will allow us to go out in the different towns we go to and sample the night life there. This is also the best way to meet new people. The friendships made in the club have lasted for years and will continue

for life. Many people who swam at a competitive level previously like to try out this sport and find that they can continue an aquatic sport, while also having time for other college activities.

Exercise is the best way to keep on top of everything in college. The best way to meet new friends and form new relationships in college is to join a club or society that offers both a competitive and social outlet, and water polo can offer this. If you have some swimming ability and wish to meet new people while improving your fitness levels, why not get involved in water polo. It may be the sport for you.

For more information contact: ulwaterpolo@gmail.com

Windsurfing

'Best Club' for Wet and Windy Fun

How would you like to experience gliding across the water, wind in your hair, beautiful scenery all around while a rather large, slightly abrupt but always funny English man shouts at you to not stick your bum out? You can experience this dream with the UL Windsurfing Club (ULWC). You are given the opportunity to try a fantastic sport with top gear and instruction for a fraction of the normal price. Opportunities to travel to such wet and windy spots as Donegal, Mayo, Kerry, Galway, Tenerife, Tarifa, Fuerteventura and Egypt.

There's also our rip roaring social scene. Come hang ten at our infamous beach party complete with beach balls, sand, leis, bikinis and more. Then illuminate the night with the ULWC UV party, here we encourage your artistic side. From our Halloween party and the Intervarsities weekend long event of competition and fun; we have as much fun off as on the water.

But now back to you, gliding on your board, sail in hand. The club is based in the beautiful Castlegregory, Kerry, where Jamie Knox, ex pro windsurfer, runs his watersports school and shop. Jamie's instruction is enthusiastic and always entertaining. He has a passion for teaching beginners and will have you tacking and gybing (turning) in no time.

Most of our windsurfing takes place in Kerry over a weekend. For most trips the bus will pick you up in UL and you are whisked away to the cosy hostel in Castlegregory. All food, accommodation, transport, gear and instruction is included with the average trip costing a mere €40 and membership only €5. As the hostel is well situated above Fitzmaurice's you can relax in the evening after a great day on the water and enjoy a tasty dinner, if you are lucky, a bowl of our hearty stew.

Two big highlights of the year for the club are the big trip in January which has been to Dahab, Egypt for the past three years and other windsurfing meccas of Tenerife, Fuerteventura and the Dominican Republic. This offers the opportunity to train and have fun in warm water when conditions back in Ireland are normally unsuitable for most club sailors. Then the Intervarsities (IVs) in March, where all college clubs come together to compete. This is a weekend of fun with fancy dress, some fancy windsurfing, new friends and possibly some romances blossoming. ULWC are IV champs for four years running and are looking to hold on to the title again in 2013, come be part of that team.

The club was also voted 'Best Club' at this years' Clubs and Societies Ball. To us this was recognition of what a great club we have, one of friendship and family. This can be seen where most of our committee went off to tame the South together this summer in the States and where more of our alumni returned to Castlegregory this May to see two of our past windsurfers tie the knot. So many people have made lifelong friends through the club from various other courses and countries. The wedding in May saw past ULWC windsurfers returning from Australia, Belgium, France, Spain, UK, USA, Canada, Turkey, Germany, Hong Kong and, of course, the Irish contingent.

Come join in the fun and I dare you to try your hand at this brilliant sport surrounded by fantastic people and not have a smile on your face; challenge on. We can be found on facebook just type in 'ULWC', via email at: ulwc.committee@gmail.com, committee contact details are available on the touch screens upstairs in the Students Union and come say hi at the Recruitment Drive.



UL BASKETBALL

The Name "UL" is nationally known in college basketball. We are regarded as the trend setters; we set the bar, leaving other colleges to follow.

The Basketball Club is a "Family" club where we pride ourselves on looking out for each other. Our club, which caters for men's and women's teams, is seeking interest from players of all levels and abilities; we would also welcome individuals who are interested in participating or working behind the scenes to improve the club.

Currently we are working

toward our 2013 plan, which you should not miss out on being part of. We want to win the Intervarsities this year that are being held in UCC. We want to retain our Ladies League trophy and also get the Men to the finals. Our motto is one of performance & excellence through this we believe that all our goals are attainable. Don't miss your chance to be part of something special that doesn't come along every day.

Come and chat to us at the Clubs and Societies night on Wednesday September 12th from 16:00 – 21:00 where we

will provide you with all the information you require. For further information contact us through the UL Wolves Website.

Congratulations on achieving your first goal of getting to UL, now you should join the UL Basketball Club and help us to achieve our Goals

*Noreen O Connell
President UL Basketball Club
Noreen.oconnell@ul.ie*



LIGHTS, CAMERA, DRAMA

Hey you! Are you interested in the wonderful world of the theatre? Here at UL Drama Soc, we cater to all! We are not only actors, but singers, dancers, whatever the world needs us to be! We love everybody with the mildest interest in the theatrical world, if you're interested in acting, singing, dancing, lighting, writing, fighting, whatever you want we're sure to cater to you somehow! You could be as young as Justin Bieber or as old as our grandmothers and we'll find something for you! Not only do we have students from various academic backgrounds, we also have students from either side of the Atlantic! And we do this for the low membership fee of €5!

Worried that you don't have enough experience? No worries! Join us and we'll give you the experience you'll never forget through our various activities. Last year in our first semester, we started with the hilarious stage production of "Allo Allo," which went down a treat with boobs, broken glass, angry Germans, flamboyant French and fruity Italians. Following that there was Drama Soc's first original musical "Pop Goes The Indie," which told the tale of a "mainstream" girl coming along and destroyed the hipster way off life through singing, dance-offs and casual groping. In the second semester we had a gigantic production of Terry Prachett's "Mort," where everyone who wanted to get involved was able to show their greatest passion, whether

costume design, set design or acting. "Something Musical" was a variety show, containing musical from lesser known shows, such as Billy Elliot or the Scarlet Pimpernel to well known shows like Chicago or Wicked. Naturally that was full of singing, dancing, and a lot of green face paint. There was also the One Act Festival "5 reasons to laugh, clap and cry" which was such a success we plan on having another One Act Festival in the early weeks of Semester One! So hurry up and get joining. As if we

didn't have enough shows going on, we also had a few smaller shows last year.

If that doesn't sound like enough for you, UL Drama also likes to support the local Arts in Limerick by taking its members to various venues. Last year we saw Miss Saigon, the Scarlet Pimpernel and Bouncers to name a few. Wonderful workshops for beginners and the more advanced also await you once you join Drama. The workshops aim to guide students through

understanding the basics of the theatre, improving confidence and having a good time.

The most important thing UL Drama wants to do is make wonderful memories and plenty of new friends. By getting involved in a production it's easy to make wonderful and bizarre friends, but these can also be found at our workshops! We're also open to new ideas so feel free to shout if you have any suggestions! If we haven't convinced you to join us here, seek us out at the

Recruitment Drive and we'll gladly answer any questions you have! Make sure to bring your €5 to the drive! While we may be odd, we don't bite! If you wish to contact us with enquiries, to submit scripts or anything of the sort e-mail info@uldrama.ie or through our facebook page! <https://www.facebook.com/uldrama>

Colin Doherty, Public Relations Officer.



Debating Union University of Limerick Debating Union (DebU) moves up in the world rankings!

What is DebU?

Deb U is UL's debating society and is among the oldest and most active societies in the University. The society aims to the promotion of debate and discourse on campus. We hold internal competitions on campus along with sending teams to national and international competitions. We're proud to say that DebU has moved up in the World Debating rankings to 61st place out of 800 societies and is ranked 4th place in Ireland besting UCC and NUIG.

What does DebU do?

DebU holds in-house debates on issues of public interest and current affairs as well as private members motions on lighter issues chosen by members.

The society holds many public debates during the academic year, which include high profile speakers and guests. Public figures such as Max Keiser, Michael Noonan, Senator David Norris and the late Dr. Garrett FitzGerald were among our guest speakers in the last 2 years. This coming semester a Hunting Debate is planned for the 20th of September in Week 3 and many other debates ranging from issues of prisons, US presidential election, developing nations and gay rights. Posters will be put up around campus and emails sent out informing members of these public debates which are welcome for everyone to attend.

Another major area of DebU is competitive debate. We compete regularly at Intervarsities all over the world! During the college year, we participate in competitions across Ireland and the UK. These take place at weekends during both

semesters and the society sends competitors and judges to these events. We also send teams to the European and World Debating Championships which took place in Serbia and Manila this year. The World Debating Championships will be taking place this year in Berlin and DebU will be hosting trials to send speakers to attend!

DebU is also hosting Munster Colours this October which is a competition between UL and UCC (Cork). It is somewhat of an old grudge match and will see teams from both universities compete against each other for nothing else but our university pride and enjoy a night out in Limerick together! It is a great way to meet new people from Cork and socialise with them away from a major competition. How can I get involved/sign up?

Each week DebU holds Speaker Development (SD) classes at 7pm on Mondays in the ULSU Room 3. This is where members get the opportunity to practice debating and public speaking. These classes are informal and try and create a relaxed atmosphere where people feel comfortable talking in front of people and discussing issues people feel passionate about. Members also receive advice on improving with public speaking and improvements in competitive debating. Members who wish to compete competitively can sign up at classes or by responding to our weekly email updates.

We also host a number of Private Members Motions on Thursday nights, where members can speak for five minutes on any subject matter of their choosing. These are light-hearted events and have included propositions by

members to arrest "the batman". What internal competitions are there?

Each year DebU holds three internal competitions: The Pro-Am, The Freshers' Mace and the Ciaran Treacy debating competitions. The Pro-Am is a competition which pairs a first time debater with an experienced speaking partner and they compete against other pro-am teams to win the title and trophy. The Freshers' Mace is open to all first time members of the Society. Members participate individually against only other beginner speakers. The Ciaran Treacy competition is held annually and all members are welcome to participate individually.

What external competitions are there?

Competitive debating in external competitions is a great way to meet, befriend and network with people from other Universities. There are competitions held specifically for first time speakers such as the UCD Novice Competition

which is held each October and there is also the National Maidens Competition held in Semester 2 for first year competitors from all over Ireland which will be organised and held in UL this year. There are also many other competitions we send teams to including UCC UCD, TCD, NUIG, DCU, NUIMaynooth, Cambridge, Oxford, Edinburgh, Manchester and many more!

We have improved our competitive success this year as speakers David Hartery and Stephen Egan were semi finalists for the prestigious Irish National Mace and Irish Times competitions. We also had Lorna Bogue, Sarah Hardiman, Michelle Coyle, Stephen Egan and David Hartery reach the out rounds including quarters, semis and finals of various competitions including the Trinity Intervarsity, Oxfords Women's Open, the Edinburgh Cup and UCD Earlsfort Open.

The European University Debating Championships 2012 were also hosted in Serbia this

August with Stephen Egan and Michelle Coyle placing 34th out of 211 teams from across Europe. Stephen was ranked 58th best speaker and Michelle was ranked 70th best speaker out of 422 speakers.

The past year has been extremely successful for the society, both competitively and in terms of active membership. The society has increased its active membership by two thirds and we hope to see this growth continue in the coming year.

How do I get in Contact?

Find us on facebook at <https://www.facebook.com/uldebating> or contact us if you have any questions at uldebu@gmail.com.

Hope to see you all at our first SD class on Monday the 17th of Sept in ULSU Room 3 at 7pm!

Best wishes,
Michelle Coyle
Auditor
UL Debating Union



Though only a year old, UL's Comedy Society is shaping up to be one of the most exciting, active and unique societies on offer in the UL Wolves initiative. UL Comedy Society, in its short life, has already built up a solid reputation university-wide for offering a diverse range of activities for anyone interested in the broad landscape that is Comedy.

Having run numerous successful events last year including regular screenings of well-known Irish comedies (e.g. Father Ted), improvisation and performance workshops with a popular local improv-artist, and weekly creative writing 'Writer's Sessions' for comedic writers-to-be. All this before finishing the year with the University of Limerick's first ever All-UL Standup Comedy Club night showcasing some of the societies up-and-coming comedians – which was widely talked about as one of 'the' events to be at.

This year, UL Comedy Society seeks to build on that reputation by offering all its members, both new and old (as well as the wider university in general), some really fun and new things.

As well as running the successful improvisation and performance workshops, the creative writing 'Writer's Sessions', society bonding nights, group trips to comedy shows across Ireland, regular comedy club nights, and various campus-friendly comedy-based table quizzes; UL Comedy Society will be showcasing some exciting new features to its already bulging roster including the writing and creating of comedy shorts, a comedy panel show called 'Mock UL', and the production of UL's first ever student-made sitcom ('Life Sucks When You're Sam Swan'). As well as a standup comedy performance by the hilarious resident comedians in the opening weeks of the semester - keep the eyes peeled for that one!

And the best part? All of these activities are open to all members of UL Comedy Society!

You've stuck around reading long enough to get to this part, so what are you waiting for? Get involved and take part! Whether you're an aspiring standup, a closet writer, or you just want to relax and make some new friends watching some funny shows – UL Comedy Society has something for you. You know, probably.

People can contact the society on: ulcomedysociety@gmail.com / www.Facebook.com/UL.ComedySociety

UL FAN FORUM SOCIETY

WHY WOULDN'T YOU BE INTERESTED IN WHAT WE DO??

UL Fan Forum Soc does exactly what is says on the tin, we provide an environment for fans of anything to exchange opinions, ideas and media. If you like Harry Potter, Lord of the Rings, Dr Who, going to the cinema, The Big Bang Theory, Social Media, Memes, Comic Books, Game of Thrones, Cult TV Classics, Popular Culture, blogging, vlogging, tweeting, making fun of things like Tallaformia..... Ok, I'll stop listing now, but I did say anything!!

Meeting will be held weekly at 6pm on Thursdays in Red Raisins (The Canteen in Block B, Floor 1). We run events for society members as well as events between other societies (which in the past have included Literary Soc, Games Soc and Dance UL) to our members are always meeting new people. We want Fan Forum Soc to be the place where everyone knows your name!

We meet weekly as a group to discuss goings on in the world of the internet, have chats and share stuff we are fans of! We also run regular events which in the past have included a charity Zombie Walk, several cinema trips offered at a special price, table quizzes and speed dating! Our Zombie

Walk was the first of its kind in the University of Limerick and raised money for the Clfona Ring Foundation. Future events to include the 2nd Annual UL Fan Forum Charity Zombie Walk, Happy Potter Week, more special price cinema trips as well as inter society events!

For the OUTSTANDING price of only €4 you will gain membership to Fan Forum Soc as well as membership to the Odeon Premiere Club, Odeon being the local cinema located 15 minutes from the UL campus. You will earn 10 points for every €1 spent online or instore which can be spent on food and cinema tickets when accumulated. As a Fan Forum Soc member you will get 15% off tickets booked online and 25% Tuesday Tickets!!

Just a quick reminder, Fan Forum Soc's first meeting of this semester is at 6PM in Red Raisins THURSDAY WEEK 1! Fellow Fans, we hope to see you there!

Contact Us:
ulforumsoc@gmail.com or
search UL Fan Forum Soc on
facebook!

Sarah Dowd, PRO



UL Ogra Fianna Fail Continued Success

After having a remarkable past year, the Con Colbert Cumann in UL is looking to improve once again over the next academic year.

UL Ogra achieved numerous awards including the prestigious Gobnait O'Connell Award for most outstanding Ogra Fianna Fail unit in the Country and was presented the award by FF Leader Micheal Martin at its National Youth Conference in Cork last November. At the same NYC, several of our ex members were successfully elected to the Executive body of Ogra after excellent canvassing by members. The Cumann also successfully competed in the national debating competitions, coming 2nd and 3rd respectively in the team event in Munster, and winning the national prize in the individual category.

UL Ogra is hoping to defend the Jack Lynch Cup when it hosts the competition at the end of September. It is a Gaelic Football

competition that also includes workshops, and a social event afterwards; making it a packed weekend.

The Jack Lynch Cup is a perfect opportunity for new members to get involved and meet young people from around the country and other universities.

UL Ogra will be inviting a variety of speakers including Senators, councilors, TD's including Fianna Fail Leader Micheal Martin and a variety of other speakers from the community, academic, economic, social and non profit organization fields this Semester. The Cumann also intends on visiting Dail Eireann over the upcoming weeks, along with several events such as National Council, policy workshops, seminars, social events, charity fundraisers, local canvassing for TD's and councilors and of course our National Youth Conference, a weekend to remember!

UL Ogra has been very active

over the Summer, attending the De Valera Cup (Debating) in Letterkenny, the Fianna Fail Education Conference in Galway, the Small Business Seminar hosted by Cork East Ogra, Ogra National Council in Dublin, the Annual Ogra Summer School in Galway, Longford Ogra AGM, Tipperary North Summer BBQ (Incl. a Mental Health Seminar),

Roscommon Ogra AGM and a Summer BBQ in aid of Suicide Awareness hosted by the UCC Cumann in Cork.

Ogra Fianna Fail is for anyone interested in politics, current affairs, economics, society and community. It has a proud republican ethos where every

member's opinion is expressed with equal respect at our weekly meetings.

If you are interested in joining, add us on facebook, email us at ulogra@gmail.com, or drop into our meeting on Monday nights at 6pm, Room 3 of the Student Union. Membership is just €3.



Games Society

The Games Society, invite your friends along...and then kill them. Hope you all had a great summer and a big welcome to all the new first years. We had another brilliant year here in the Games Society, there were many great LANs, paintballing trips and our campus wide games were bigger than ever. Lets not forget our two weekly events, Games Night and Console Day, continue to grow and offer more than ever.

There was a great mixture of LANs for both consoles and P.C's with Halo, Call of Duty, Minecraft, Starcraft and Team Fortress all getting a look in as well as a night dedicated to Open Source games. Despite Ireland's reputation weather wise, we managed to get out for several unforgettable paintballing trips. I love the smell of biodegradable paint in the morning. Zombies and Assassin, which are run over several days and encompass the entire campus continue to grow. People are never quite sure how to react when a mob of zombies comes charging round the corner.

With each of the current generation consoles to placate all fanboys and a selection of retro consoles to bring you back to your childhood, we cater to all tastes. With a large collection of games, Wednesday's Console Day is sure to have something for you. It runs from 12pm – 6pm in Room 3 of the Students' Union.

Games Night is laid back with board games, card games, tabletop wargames and RPGs. Monopoly, Risk, Magic: the Gathering, Settlers of Catan, Twister, Apples to Apples and Warhammer are just a few of the games that make a regular appearance on a Games Night. If you're looking to get into a particular games system or just want a game to pick up and play, swing by EG-0 on Monday night from 6pm – 11pm.

Our aim is to provide those in UL who enjoy gaming, in all forms, a way to relax and enjoy their experience while a part of the University of Limerick. Whether you're fully prestiged in COD or you don't even know where

to find Mayfair on a Monopoly board, feel free to drop on by.

Perhaps the most exciting project that the Games Society partakes in is the Annual Brocon. Brocon is a gaming anime convention spearheaded by The Games Society, UL Anime and Manga as well as general university students who join together to form a committee with the aim of hosting the event. Last years Brocon was the most successful yet with record numbers attending, the event involves many activities over a weekend based in the university, it has special guests, games, anime, manga, competitions and so much more. The convention is growing yearly and you can be a part of it.

Join us at <http://ulwolves.ie>



INTERNATIONAL SOCIETY

Want to be part of the biggest and best society in UL?

Join the UL International Society!

Whether you're Irish or from Timbuktu, here for four years or just a semester, an undergrad or a postgrad, we've got a place for you. With over 700 members last year, we reached a new milestone for the society and cemented our position as the biggest society in UL. We are "Students Helping Students" facilitating the meeting of young people from around the world and embracing their different cultures and backgrounds.

We want visiting students to feel at home while they are here, while still being able to experience Ireland and not just getting stuck in a "I will only hang out with fellow international students" bubble. We also want to help Irish students get a chance to meet people who speak the languages they are studying and experience the different cultures that visiting students have to offer. We do this via showcase events such as our International Week and Food Fair as well as our weekly activities including our Friday Night parties in the on campus bar, our

Mentor Meals scheme in which groups of people cook for each other and share traditional foods from their countries, book club which shows off some great Irish literature and (cheap!) trips around Ireland so you can really experience what our country has to offer! Whether you've an interest in radio and want to broadcast from our slot on ULFM, or if you're into sports or fancy volunteering as a tutor to local teenagers, we offer it all! And all of this for just €5!

We were extremely proud to be voted Best Society in UL 2012 - a title we have now won two years running. We are constantly improving and taking on your feedback and offering new ways for our members to "have the craic" so why wouldn't you join? We'll be on campus from Week 0 so we may see some of you at Orientation, or our Meet 'n' Greet on Friday September 7th! Our EGM will be Thursday the 13th, come and find more information on the society, what we offer and how you can get involved :) For more info email us: ulinternationalsociety@gmail.com or find us on facebook: www.facebook.com/ulinternationalsociety. And don't forget to sign up at the C&S drive on September 12th!





Love Diversity! Join Out in UL!

By Niall Russell Richardson,
Public Relations Officer, Out in UL

Hi everyone! Welcome to the University of Limerick, and welcome to Out in UL, the LGBTQ Society. Our main role on campus is to ensure that all lesbian, gay, bisexual, transgender, and queer students at UL have the best university experience possible!

We do this in 4 ways: by offering support to LGBTQ students, by educating the wider community on queer issues, by showcasing the queer community, and by bringing the queer community and the wider community close together.

Last year, Out in UL was incredibly successful in providing for its members, winning a grand total of 3 UL Society Awards, and also being named the Most Improved Society in the country by Board of Irish College Societies! This year, we hope to continue this success, and give all Out in UL members and amazing experience, amazing friends, and amazing memories!

We offer one-on-one chats to anyone nervous about joining, and have a close relationship with the university's LGBTQ counsellor. We also host a 2-part coming out programme every semester, as well as workshops on homophobia, bisexuality, transgenderism, drag, sexual health and empowerment, and many more.

We host meetings every single week, as well as a huge number of events throughout the year (last year we hosted 12 events, on top of workshops, meetings and trips). This year, we will be hosting our annual events Rainbow Week, Alternative Miss UL, Sparkles, and many more. Last year, our main event Queerbash won the award for UL's Best Society event. This year, Queerbash will celebrate its 10 year anniversary, in what promises to be a night like

no other!

We also host several trips throughout the year. Last year, we went to Cork, Dublin Pride and Alternative Miss Ireland. This year we hope to go to Glasgow arts festival in Glasgow! We're also very engaged in LGBTQ activism, hosting an annual petition against to IBTS's blood drive on campus, having been published in the Irish Independent in response to a homophobic article, hosting a mock marriage, and much more. If you're ever in Limerick city, take a swing by the Post Office. There you'll see Out in UL's 'Love Diversity' mural which has now been standing for a year in the heart of the city!

This year, Out in UL will host UL's first society event. On Tuesday 4th September, The Secrets Party will take place in Baker Place as part of the Limerick Pride Festival. Inspired by PostSecret.com, this is an art piece with a twist. We're asking you to send us your secrets on postcards. They can be anything you want; whether it's that you wet the bed, or that you're afraid of the dark, or something more sinister. If it's something you haven't told anyone else, write it down and send it to us. You can design the postcards yourself, or you can get one at the shop. This is your secret, make it your own. On the night, all the secrets we collect over the next few weeks will be displayed on the walls of Baker Place. You can come, have a drink, read other people's secrets, and put your own secrets on display. All secrets will be anonymous. It doesn't matter who you are, what you do, or who you love. We are all connected by our secrets.

You can drop your secrets into the bucket at Students' Union reception, where you can also get free cards!

We hope you all join Out in UL this year, and have a fantastic college experience! For more info, contact us at outinul@gmail.com, visit our website Outinul.com, or add us on Facebook on [facebook.com/outinul](https://www.facebook.com/outinul)

UL RAG



UL RAG: Giving a little, learning a lot

RAG (or raising and giving) is one of the newest additions to the UL Wolves family. Founded in February 2012 it has achieved a remarkable amount in a short space of time. But what is RAG? RAG is your chance to give back a little to the community while having a blast at the same time. We are here to provide you the student's a platform to become active members of the Limerick community. A society run by the students for the students.

What do we do? Whatever you want us to do. Last semester was in our first year we held several charity fundraising events. We had a sky lantern launch to bring us to the attention of UL. During Charity Week we successfully organised the "Nearly naked, nearly mile". Basically a load of students raised money for the privilege

to run around campus in nothing but their underwear or conveniently place party cones.

The highlight in some ways of the semester for us was our charity gig "RAGSTOCK". We successfully hosted none other than Dublin's own "The Original Rudeboys" along with a host of other talent such as Ka Tet, Atlanta and Petri Chor. The band rocked the stage as we raised money and awareness for Pieta House for suicide and self harm prevention.

We're not just about fundraising however and this year we want to build on the success and continue in our efforts to rebrand RAG. We're looking to run a series of social projects throughout academic semesters to get students more involved and engaged with the community. These ideas are fuelled by the student mind. We need you to bring your great idea to us and

make it happen.

Among the ideas being floated around at the moment are the likes of the nationally acclaimed "Bus banter" social project that is part of the newly formed RAG Ireland brand. The idea is to get people to stimulate conversation with strangers on buses and at bus stops. The project hopes to raise awareness of mental health issues as well as serving to integrate the volunteers with the community.

Thanks to RAG Ireland and it's success in winning the Arthur Guinness fund we will now be providing training, mentorship and professional development to our members in everything we do.

So what are you waiting for? Join UL RAG and be the change you want to see in the world.

Kevin Bolger,
President & co-founder of UL RAG



Music Society

If you've just started your UL journey, the Music Society welcomes you! And if you're one of those who made it through the dreaded exams for another year of mayhem, welcome back! We only just scraped through ourselves . . .

We usually hold meetings on Wednesdays at 8pm in the SU Common Room, so come along, see what we're about and meet some new people. A quick rundown of what we do: We provide lessons on certain instruments - email the Music Soc email at the end of this

article for more info. We also run Open Mics in The Stables every Monday, open to anyone to play, (we even provide the guitar!) so all you have to do is bring yourself and enjoy what are always easy-going, chilled-out nights; a great outlet on those middle-of-semester evenings when there's nothing else to do.

If you're in a band, you'll know that it can be hard to get a good jam going in, say, Thomond Student Village. Lack of space means you end up playing guitar in your

sink, while your drummer, a bona fide reincarnation of John Bonham, attracts the undesired attention of village management (not to mention security) as he beats the lard out of his hilariously oversized kit. Therefore, there are a few options as regards practice space - Music Soc has its own fully kitted-out Music Room, which can be booked during the week via Eadaoin, our Room Manager at musicroombookings@gmail.com. Alternatively, if you want to step it up a gear, there is a new rehearsal space after

opening in town - Limerick City Rehearsal Studios. The rooms are big, properly treated and well-kitted out, with proper acoustic drum kits and cheap rates for proper lengthy jamming sessions. Email Simon at limerickcityrehearsalstudios@gmail.com for more info.

We'll be running a lot of events during the semester, but the big one we want to highlight for you now is The UL Music Soc Battle of the Bands. This will be a memorable night of wanton divilment and great

music. If you're starting out this semester harbouring ambitions to rock the very foundations of UL (in a melodically metaphorical way) then The Battle of the Bands is one to aim for!

If the above all appeals to you then do please join us, our recession busting price of 3 is hard to beat! Email ulmusicsoc@gmail.com for more info and throw us a like on Facebook at www.facebook.com/ulmusicsoc.



Choral Society

Like to Sing? UL Choral Society Wants You!

Here in UL, the Choral Society has flourished from a small group that formed as part of the First Seven Weeks programme to a fully fledged society with regular events during the year, an exciting repertoire, and fun times to be had among its members. We pride ourselves on being an open group – there is no audition process. Even if you can't read sheet music, if you enjoy singing and want to be part of something big, this is your chance to do it!

We have performed various concerts throughout the year, including the lighting of the Christmas Tree here at UL and at St. John's Cathedral for the Limerick Choral Festival. Our main event in 2012 was at Dolan's Warehouse where we got to perform at the Queerbash Festival. We had an amazing time performing and got to enjoy the night afterwards with the crowds! We also have trips to other parts of Ireland for various festivals and events in the pipeline for next year.

If you have never sung in a choir, or are not able to read sheet music, this is an even better reason to get involved. We will be helping members during the year with harmony and sight reading, and we have sectionals so that your group can work

on your parts before we put the whole thing together. We are looking for people who enjoy singing, regardless of previous experience! If you play an instrument as well, we would love to include extra instrumentation into our music, so let us know.

Our repertoire consists of a

variety of songs, both old and new, from Adele to Handel! We discuss and revise our repertoire during the year as well, so requests are always welcome. Membership is only €5 for UL students for the year and we rehearse every Wednesday evening at 6PM in the Jean Monnet Theatre, just inside the Main Building.

We're a lively bunch and are always looking for new members to join our group, so don't be shy, and get those vocal cords warmed up! ulchoralsociety@gmail.com www.facebook.com/ulchoralsociety

Jamie Ryan – Chairperson



Photography Society

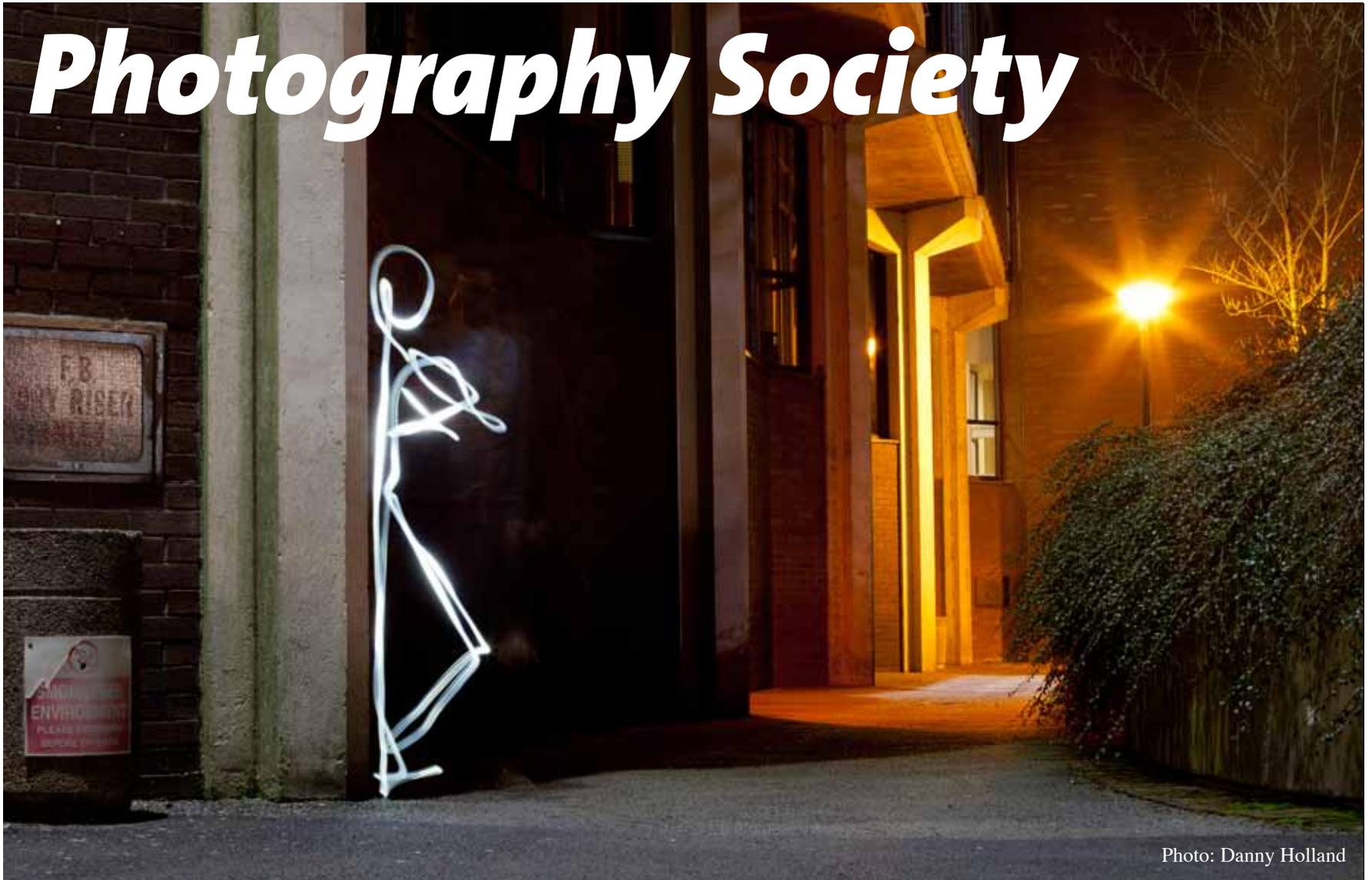


Photo: Danny Holland

STOP! ... Picture Time?

So, you like taking pictures? You like looking at pictures taken by other people? Come and join the UL Photographic Society (AKA PhotoSoc). We don't care if you have a reflex, a compact camera, a mobile phone, shoot film or digital, prefer portraits to landscape or architectural marvels. Anyone, from artists to measurbators, is welcome to join us. Sometimes we organize workshops about things like framing, shutter speed and sensibility.

Sometimes we organize workshops about image edition and processing. And sometimes we do workshops outdoors, where we practice things like long exposure and painting with light (see the attached picture). We have been known to go on trips to distant and not so distant places to take pictures. We have also been known to wake up early in the morning to take pictures during the early magic hours, because the light then is really something special. Some of us have even been known not to sleep for a night, because they did not want to wake up early, but they still wanted to take

pictures at dawn. Basically, what we mean is: the PhotoSoc is a diverse society with room for anyone who enjoys photography. If you like taking pictures, join us, you may have a good time, learn some stuff and even teach us some stuff.

Our membership fee for undergrads is €10. You can contact with us through our facebook page <http://www.facebook.com/photoul> or email at photoul@gmail.com.

Your friendly PhotoSoc president, Aram

UL SofA



SofA is a cultural organisation that promotes art, design and architecture in all of its forms in UL!

How do we achieve this you ask?

Well, similar to previous years we will continue with our lecture series inviting architects, artists and designers from the real world to inspire and interact with UL students. These lectures take place regularly throughout the semester and are open to all members.

However SofA returns this year with a greater emphasis on design in the UL campus. We feel if the society is to promote design in UL then how better than amongst this modern campus? We hope to hold design workshops throughout the year that will focus on elements throughout the campus so if you see us feel free to stop by! Our first workshop is to take place on campus during orientation week-keep an eye out for us in our eye-catching shirts!

As well as the lectures returning so will events

such as the foreign trip to a design fuelled city - previous destinations have been Budapest, Edinburgh and Barcelona, who knows where we'll be attracted to this year!

But don't worry there is also a social element to the society! There is the annual SofA Ball, a great event to integrate members, new and old alike. We also keep strong links with design societies from other universities, paying a visit to their events and vice versa.

As a society we are dedicated to spreading the word about what's happening in the vast world of design right now. You can check us out at www.sofaul.ie or like us <http://www.facebook.com/sofaul>

Membership is for everyone - not exclusively for architects, product designers, graphic designers or artists. We are happy to see anyone with a creative interest and enthusiasm!

Jane Kissane
President

UL Psychology Society Going Mental

The Psychology Society of UL would like to welcome all students to the coming year, one that is sure to be very active for everyone. Our own society has provided many activities since reinstatement last semester and plans to continue to do so for students of all interests and areas of study.

During last semester, the society hosted guest speakers Miriam Duffy and Declan Aherne, the Twisted Quiz, and the end of year Psychology Ball. Miriam Duffy, from the Rape Crisis Centre, discussed the role of a counsellor after a traumatic event, and how to get into that field of work.

Declan Aherne, head of the University's counseling centre, also came to speak. He practices Clinical Psychology, both through the University and in his private practice, was the Sports Psychologist to the Munster Rugby team,

and recently spoke to the European Parliament in regard to the over prescription of medication for mental health issues.

The semester's fundraiser, The Twisted Quiz, provided an active take on the table quiz that included some trivia, and contestants were invited to test their boxing skills against a trained athlete.

The Psychology Ball culminated the semester with an evening out and included a performance by live band 'Gin and Juice'. Students and lecturers had the opportunity to relax with each other, either in discussions or on the dance floor.

Current events include a logo design contest and replication of famous psychology experiments. The logo design contest open to all students regardless of society

membership, with a €5 prize to the winner. Entries should be submitted to our email address, psychsocul@gmail.com, by 7 September. The winner will be announced at the AGM in week 2.

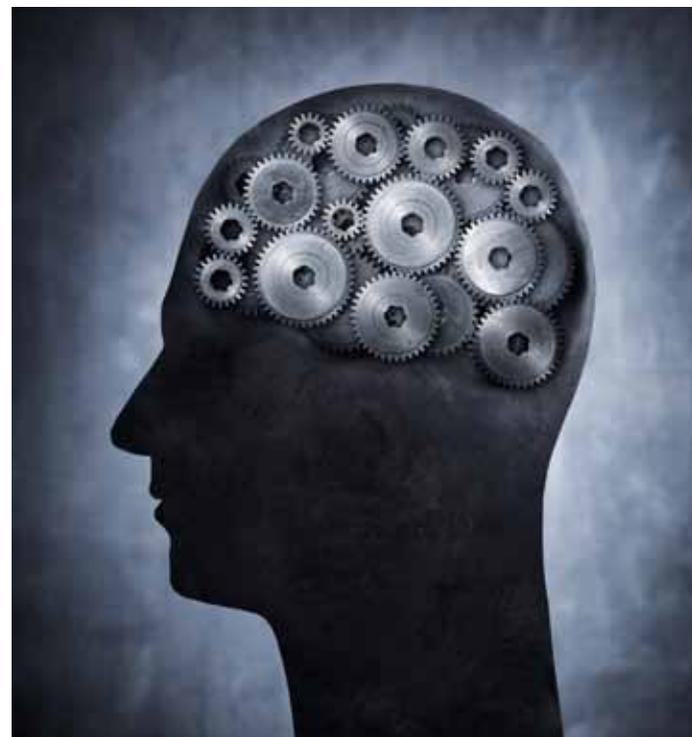
The society additionally intends to replicate four famous experiments from within Social Psychology, which specifically studies how groups influence behavior. The research will be followed by a party, with an unveiling of the results and an explanation of how that information is used in everyday life.

Because psychology studies people and behaviours, it has connections to many of the areas of study within UL and several of the extra curricular activities that students may get involved in. This means that the Psychology Society has something to offer any student, regardless of their

interests. To get involved, visit us at the Recruitment Drive on Wednesday, 12 August. Membership fees are €2. Don't forget to also register with the society on Wolves.ie

to become a full member. We look forward to seeing you this coming year!

Lauren Beadleston, Secretary



UL Young Fine Gael

ULYFG is quite an active society with a mixture of local and national events throughout the year like visits to the Dáil, canvassing, the Ard Fheis, hanging out with the Taoiseach and mini golf! At all these events you get the chance to connect with people from all over the country and get your voice heard. At any YFG gathering, official or otherwise, you can guarantee a friendly atmosphere, people discussing politicians like Yugi cards and some form of political debate.

Our first big event last year was the national conference in Tullamore, over the weekend we elected new members to our national executive, heard from some interesting speakers, played 'Who wants to be a Taoiseach?' and of course heard a speech from An Taoiseach. We also got to fancy ourselves up a bit for an evening meal and do some networking. The stories of conquering of one of the rooms- "the peoples' republic"- and turf on the dance floor will never be

forgotten... Summer School was the most recent get-together, held in Killarney this July. This is where our voices are really heard. Any member can put forward a motion for debate which the rest of us then vote on. This year we passed some controversial motions like the legalisation of marijuana for medical use and the introduction of a graduate tax scheme. This is the most interesting part of the weekend as everyone is given the chance to stand up and

have their say.

More importantly Summer School is a time for some fun! We had free entry into a nightclub for both nights and on the Saturday we had the choice of Kayaking or a cruise after which we all met at the hotel for a barbeque. The hostel we stayed in was almost exclusively filled with Young Fine Gael which meant there was always craic to be had.

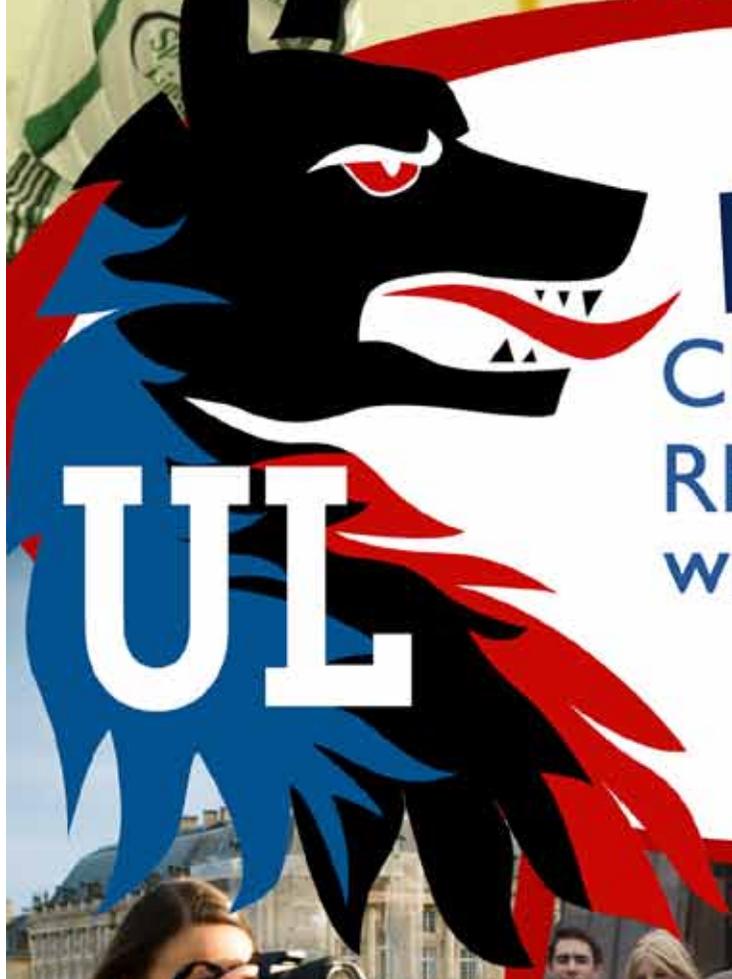
We usually have a committee meeting every Monday and a

few general branch meetings throughout the year.

Come have a chat with us at the recruitment drive or add us on FB to find out more...and join up ;) <http://www.facebook.com/ulyoungfinegael> or just have a look at our page to see some pictures of what we've been up to.

Taylor-Jade Guillen, PRO.





ulwolves.ie

**CLUBS & SOCIETIES
RECRUITMENT DRIVE
WED. WEEK 1 - ARENA BUILDING**

