



Clubs & Societies NEWS

Aontas na Mac Léinn University of Limerick
Ollscoil Luimnigh Students Union



Historic Weekend for Rowing Club at National Championships



On an overcast weekend in July, months of training are put to the test as the Irish National Rowing Championships commence in Iniscara, Co. Cork. In less than seven minutes, down a six-lane, two thousand metre course is the one shot the University of Limerick Rowing Club has to fight for a chance for the All-Ireland Rowing Champs pot. For the rowers of ULRC, the countless hours on the rowing machines, 7 AM training times and the blistered hands from the innumerable time on the water culminate in this Championships weekend as their shot at glory in the Intermediate and Senior events. This marks the first year of ULRC under new Head Coach James Mangan and ULRC has their sights set high. ULRC has only won a Championships title once outside of the novice grade, with Cathal Moynihan (ML4- Beijing '08) and Paddy Quinn in the Inter 2- in 2005, but both squads this year are looking to change this.

This Championship, encompassing 4s and 8s, sees a University of Limerick Rowing Club entry across much of the categories, with ULRC fielding boats in Men's Inter 4+, Inter 8+, Senior 8+ and Women's Inter 4+, and a UL rower in a composite Women's senior 4- and Women's Senior 8+. The Men's squad is comprised of Andrew Hurley (Sports Science '10), James Brinn, Liam Rice (Mech. Eng. '11), Stephen Penny (Sports Science '12), David Meehan,

Brian O'Connor (UL Alumni), Conor Doorley (Sports Science '13), Paul Noonan (Comp. Eng. '10) and Damien Penkert (UL Alumni). The Women's squad is comprised of Rachel Meehan (UL Alumni), Emma Ryan (UL Alumni), Alice O'Sullivan (UL Alumni), Liz Gabbett (UL Alumni) and Laura Purdy (Lecturer at UL).

The first event of the Championships ULRC participated in was the Men's Inter 8+ early Friday afternoon. A straight final, ULRC was up against the formidable opponents Galway RC, Carlow, UCD, Trinity and Neptune. Even with the blustery conditions, UL was able to take an early lead and extended it further and further through out the race. They won by more than a length to Galway RC in this exciting race. This was an especially sweet victory for the squad, with this being five out of the nine's first ever win at the National Championships. The afternoon saw the heats and final of the Women's senior 4-, in which ULRC was represented by UL Alumni, Alice O'Sullivan. This composite boat of St Michaels RC, Killorglin RC and ULRC came fourth in the final, with Skibbereen taking the win. The Saturday of the Champs was the big day for the club, competing in four events. First, the heats of the Men's Inter 4+, comprised of Andrew Hurley, Liam Rice, Stephen Penny, James Brinn and Damien Penkert, with the first three, all UL students,

also representing Ireland at next week's Home International Regatta, taking place in Cork. This was followed swiftly by the heats of the Women's Inter 4+. Both crews gave it their all, but only the men advanced to the early afternoon finals. ULRC dominated the final of Men's Inter 4+, winning by over two lengths to Galway RC. Coming into the late afternoon, two of the biggest events in Irish rowing, the men's and women's Senior 8s, both featured ULRC representation. The Men's Squad put forth a Senior 8, comprised of the same crew as the Inter 8 and the Women's squad had Alice O'Sullivan competing in a senior composite boat. Unfortunately, a mix up with the men's Senior 8's Cox meant that they could not race. The crew was looking forward to see how they would match up with the senior crews, but they were not too disappointed because they had won both of the races they had looked to win. The Women's Senior 8 was a straight final, with the composite 8 coming in first easily. This is a big win for the club and especially Alice O'Sullivan, with this being only her third year rowing.

University of Limerick Rowing Club went into the weekend with hopes of winning a National Championship and came away with three illustrious wins. Undoubtedly one of the most successful years of the club, it has paved the way for more successful years to come. Under the tutelage of Head Coach James Mangan, the crew's hard work paid off tenfold and will hopefully set an example for crews for years to come. This work will be put to the test in two months time when the squad will be racing again in small boats in the September Championships. Well done to ULRC and to all those involved.

ULRC is especially looking to recruit novices this year, so if you're interested email irow@ul.ie or check out www.ulrowing.com. We will be posting our hours for new recruits on the website and be sure to check out our stall at the Clubs and Societies Fair!

UL BroCon 2010

UL BroCon is UL's first games, anime and manga convention. The first BroCon was held between the 16th and 18th of July 2010 and attracted over 200 visitors from all over the country.

Organised jointly by the UL Games Society and the Anime & Manga Society, BroCon took a year to plan and organise and emerged a massive success for both societies. It helped establish us as an active gaming, anime and manga community and connect us to others around the country. The convention was also a great way of showing off the university to people from all over the country. Visitors and guest staff could not fail to be impressed by our attractive, modern and spacious campus, and everyone agreed that the EGO rooms were well-suited to the convention layout.

The convention offered a great number of activities for its guests. We had table top war gaming on both Saturday and Sunday, a number of different role playing games, trading card game tournaments, video games (both for casual play and tournaments), a board game area where people could just play some games and meet new people, and anime (Japanese cartoons) screenings for people to relax a bit in between events.

We had some great guests too! Francesca Dani, a professional cosplayer (dressing up as characters from games or series) came to our convention to host a panel and answer any questions cosplay fans might have, she also helped judge our cosplay competition during the convention.

There was also a Swedish mangaka (comic artist) host a very informative workshop on how to draw urban and city backgrounds on the Saturday. She also did a panel on the 18th discussing manga (Japanese comics) and its high popularity in Sweden, which was both enlightening and entertaining.

Other events including a Rock Band tournament, displayed on the Jean Monnet Theatre's massive projector screen and

judged by a few of our less tone deaf committee members. This seemed to be off to a bad start with technical problems but it came together in the end and the bands really got the crowd going with some very entertaining performances, including a bonus rendition of 'Painkiller' by one Derek Sheedy that wowed everyone and, it is said, was worth the admission on its own.

Between all the events and panels, conference attendees could enjoy some quality shopping thanks to various vendors selling games, merchandise and manga during the convention. Limerick's very own "The Gathering" was out in force, with a large table selling almost every kind of collectible card, war gaming model and sundries. We are very grateful to them for helping us with the card game tournaments, lending us their knowledge of the tournament rules and allowing players' performances to rank them on the worldwide leader board if they so wished.

It wasn't all fun and games, though. Conventions like these typically have strong charitable elements, and BroCon 2010 was no different. One of our most anticipated events was a charity auction for suicide prevention group, 'Be Aware! Prevent Suicide', based in Killarney and offering information to those suffering from depression. The auction was a great success, with many people bidding outrageous sums of money on the items donated by generous guests and traders. The sought-after lots included VIP tickets to similar conventions around Ireland including WarpCon, ItzaCon and LepreCon, as well as several one-of-a-kind artefacts; not least the Perpetual Shield of our dear departed LUGCon.

Overall, BroCon 2010 can definitely be remembered as a massive success and all the staff of both Societies had huge fun running it. Our sincere thanks to Plassey Campus Centre for their assistance and the UL Arts & Sports fund for their generous funding. This year paves the way for making the convention even larger in 2011 and hopefully for many years to come.



Welcome

To the thousands of new arrivals to the University of Limerick campus and hopefully it's the beginning of at least a fantastic 4 years ahead of you. To all our existing members, great to see you back and I hope the summer was an enjoyable one and that you did manage to pick up some form of work in these difficult economic times! Not to worry now though maybe you can all immerse yourself in some much needed fun and distraction, making new friends and setting new challenges and raising the bar for Clubs & Societies development.

On that subject during the summer we certainly had that in abundance with the Kayakers Multi Day Trip through Montenegro, the UL Vikings winning a European title (I kid you not!), and the

Rowers creating a significant piece of club history at the National Championships, diving in the Red Sea, Mountain Biking in France, skydiving in France and Mountain Climbing in France (!!!..This advert has been brought to you by the French Tourist Board ☺) and the Archery Club were creating National Champions. Not to be out done our Societies have extended their season into the summer as well and just to mention some our Anime Manga and GSoc guys and gals ran a highly successful convention (Bro-Con) with in excess of 200 people attending the weekend event and our Music Society jumped ship to their first ever society organised trip to the Download Music Festival in Donington....well what did you expect them to do

after the exams?

From a Students Union point of view, the Clubs & Societies department is also attempting to raise the bar and a key part of our own future development administratively is, Liz Gabbett our new full time Clubs & Societies Liaison Officer (appointed last march). Liz has been extremely busy over the summer, with budgets and preparations for the new term and we expect with the extra pair of hands to be able to offer a higher quality service to assist Clubs & Societies growth. Our new on-line membership registration is another major undertaking in the planning now for 12 months and driven by our Clubs Officer and computer guru, Keith O'Neill. No small feat as we attempt to register nearly 7000 members on-line.

I have also been working closely with the UL Arts Officer, Patricia Moriarty and UL Sports Administrator to try and BIG-UP (sorry I keep forgetting we are middle aged and not in the young category anymore ☹, sorry what I meant to say was) ...improve the Recruitment Drive as per the request of Clubs & Societies committee's last year. I am quietly confident that all our collective summer efforts will pay off in a very successful delivery, thanks to Patricia and Neasa.

So what are you waiting for? Join the Largest Social Network on Campus
www.registercs.ul.ie
 Regards,
 Paul.Lee@ul.ie
 Clubs & Societies Development Officer, ULSU



A big hello...

to all you new UL students and everyone coming back for more fun and frolics in UL for 2010/11. I hope you had a great summer.

This summer was my first in the job and I wasn't bored. Nearly every Monday morning there was news in from the many clubs and societies who had their big trips abroad, local trips, championship events and conventions to organise and attend. You can read all about their successes and adventures in the following pages.

You might ask what has our C&S liaison officer been up to over the Summer months, well I've been busy getting to grips with budgets and learning more about how your clubs and societies work individually. To some that might sound boring but it's actually been really interesting. I'm getting an insight in to so many different interests and seeing the passion people have for their particular club or society. It is very inspiring. There is a lot of fun, friendship and challenges involved.

To anyone reading this if you are not already a member of a club or society or you want to start your own just go for it, get involved. You will not regret it. Paul and I are here to support you, help you get involved, to get going and keep on track.

I'll leave you with some food for thought. A couple of years ago a friend of mine sent on this extract from Sir Roger Bannister's book "The First Four Minutes". (For those of you who don't know who Roger Bannister is, he is the first man to officially break the 4 minute mile barrier.) I liked it, you might too.

"I have reflected on re-reading this book that, however ordinary each of us may seem, we are all in some way special and can do things that are extraordinary, perhaps until then even thought impossible. When the broad sweep of life is viewed, sport, though instinctive, physical and ephemeral, illustrates a universal truth that most of us find effort and struggle deeply satisfying, harnessing almost primeval instincts to fight, to survive. It gives us all a challenge, a sense of purpose and freedom of choice.

It is increasingly difficult to find this in our restricted twenty-first-century lives. The particular target we seek may not be important. But what is important is the profoundly satisfying effort in thought, feeling and hard work necessary to achieve this success."

See you around.
 Liz.Gabbett@ul.ie
 Clubs and Societies Liaison Officer
 ULSU

A message from the ULSU President...

Congratulations...you have just picked up the key to a fun filled, action packed college life!! Over the last few weeks you have made many momentous decisions. You just have one more to make and you're set! You thought choosing a course was tough, now try and chose from all the great Clubs and Societies we have here!

Joining a club or society will really help you settle into college. It is one of the best places to meet people and try new things. I can honestly say joining the Kayak Club when I was in first year was the best decision I made in college. It is essential to settling in and experiencing college life to the full.

You are lucky that we have some of Ireland's best and most active Clubs and Societies here at UL. We also have a club or a society for everyone, what ever you're into...jumping out of planes, climbing mountains, playing computer games,

debating the meaning of life or kicking a ball; there is something for you.

All ye gotta do now is go online and pre-register! Also, don't forget to call down to the recruitment drive and check out the variety for yourself, Wednesday Week1 in the Arena 4-9pm; it's not to be missed. It's great craic and ye even get free stuff!!

Oh if you cant make Wednesday then don't worry, you can sign up to a club or society at any time of the year, just go online!

Now it's up to you! Throw yourself into it! Take up new challenges, make new friends and develop new ideas. In 4 years time don't look back saying "if only"!

All the best,
 Ruán
 Ruan Dillon McLoughlin
 ULSU President
 ULSU Uachtarán

The trend setting UL Basketball Club

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 2012 plan, which you should not miss out on being part of. It is going to be a year to remember. 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 8th from 16:00 – 21:00 where we will provide you with all the information you require. For further information contact us through our website; <http://www.ulbasketball.skynet.ie/>

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





UL Archery Wants You!

Margaret Carey Vice President

With a successful indoor season already under the UL Archery Clubs belts we dug our heels in and prepared for a tough outdoor season this year, which culminated on the August Bank Holiday weekend with the Outdoor National Target Championships and another National Champion for UL.

ULAC now adds a third National Champion to our ranks this year. Craig Tyner, 2nd year Product Design & Technology, is the 2010 Senior Male Barebow Champion, Niall Boland, 1st year Law & Accounting, the 2010 Junior Male Compound Champion Indoor and now Mike Curtin, 3rd year Robotic Engineering, is the 2010 Junior Male Recurve Champion Outdoor. The most amazing thing to note is that none of these archers had ever shot before joining the UL Archery Club and are now some of the top level archers in Ireland. With UL Archery ranked in the top three college clubs in Ireland and the 2010/2011 Intersivity season only a few short months away there is no rest for our elite team as we prepare for another wave of competitions and, hopefully, more trophies.

If you think that you would like to be involved in a club that trains hard, and plays hard, call down to us during the Clubs & Societies Recruitment Fair in the UL Arena and sign up. You will get access to everything you need to become the next Robin Hood equipment, coaching and your own band of Merry Men. ULAC compete in the ISAA Intersivity League, the National Irish Archery League, the National Championships, the Barebow Championships, the Irish Student Championships, the Irish Open, Indoor and Outdoor, and the National Target Championships. We also run the Apprentices and Masters Cup Leagues within the club, along with our Pro-Am Tournament. There are plenty of chances to compete throughout the academic year and into the summer months, and our archery competitions will take you all over

Ireland, from Dundalk to Cork, Galway to Carlow.

If you are the kind of person who shies away from competition then dont discount ULAC as your club of choice. Our archers are never pressurised to compete and if you just want to shoot for a few nights throughout the semester and blow off a little steam then youll fit right in with our social archers who shoot just for fun and to meet some new people within the college. Our social archers help organise the fun shoots such as balloon shoots, animal target shoots, our Annual Santa Shoot and our National Halloween Shoot. They are also responsible for making sure that plenty of archers meet up after training to get to know each other in a more social setting. We also have a number of non-archery related activities within the club like the Annual G-Soc vs. UL Archery Paintball Tournament in Semester 1 and The Archery Dinner in Semester 2. There are also plenty of impromptu movie nights; pizza nights and birthday get togethers throughout the year.

We also have a humanitarian side to the club. Last year we set up a Shoot for Haiti event on the lawns of the UL White House as part of the Clubs & Societies Haiti Fundraiser and taught staff and students how to shoot. We also ran a competition on the day for the best shooter along with demonstrations from our advanced archers.

If you need any extra information about UL Archery you can check out our website, www.ulac.tk, or you can email us on ularchery@gmail.com. We will be taking on new members until the end of Week 6 in the academic calendar. You can either sign up at the C&S Recruitment Fair or you can call into a training session in the Main Hall of the P.E.S.S. Building. Take a look at our website or the training section of the C&S website, www.clubsandsocs.ul.ie, for a list of our training times.



Fresh and Enthusiastic ULTV coming to U

When applying for jobs in the media industry in Ireland, often even with a degree, experience is essential for any position including entry-level jobs such as working as a runner. Even if you are volunteering, employers can tell more about your commitment to working in the media industry by projects you have done in your own time rather than work done for your qualification.

ULTV is University of Limerick's media society, in which our aim is to create both fun and informational videos while giving students the opportunity to acquire practical experience in production as well as material for their portfolio and CV that will benefit them if they choose to work in the media industry. What's better is that ANYONE who has an interest in media or who thinks they would enjoy being involved in video productions can join!

We will be looking to fill roles such as director, cameraman, scriptwriter, editor, actors, presenters, runner, graphics and many more on various video productions. Previous work include weekly video podcasts which can be

seen on our YouTube page.

This year, ULTV has a new committee, fresh with enthusiasm and ideas for the year ahead. The committee are excited to welcome fresh new faces as well as old to help us make this a productive year. An example of some of the productions and activities lined up for this year are film screenings, trips to Dublin to record a production in a studio, workshops dealing with different aspects of video production, the continuation of our podcasts, audience tickets for TV shows, and many video projects people can get involved in.

We hope to increase the volume of videos we produce this year and we welcome any new ideas! So if you want to get experience and have fun, get in touch!

Patricia Murphy, President,
Email : ultvsoc@gmail.com ,

Website :

<http://www.skynet.ie/~ultv/>

Youtube Channel :

http://www.youtube.com/user/ULTV_SOC

First Meeting : 14 September at 18.00 – 20.00 in Room 3, Students Union.





UL Ninjas and a crazy couple of days in Amsterdam

UL's Ultimate Frisbee team, the UL Ninjas attended Windmill Windup in Amsterdam for the 3rd year in a row this June. This is Europe's biggest ultimate tournament on grass, with 79 clubs from all corners of Europe in attendance for 3 days of ultimate Frisbee, camping and craic. In a way this tournament is the highlight of our year. After a long season of training, domestic competition and Saturday nights, Windmill Windup becomes our "let your hair down" tournament where having a laugh comes first!

That's not to say the domestic circuit isn't fun but having spotted such potential in our young team we put a certain amount of emphasis on results this season. This paid off with victory at DCU's beginner tournament, Whacking Day, and Development Intervarsities, held in Santry. We also improved on last year's rankings at the Cork Open in October, our own Siege of Limerick in February and topped it off with a 6th place finish at National Intervarsities.

So for the majority of this year's squad Windmill Windup 2010 was to be the biggest tournament we've ever seen and promised to be a crazy couple of days in Amsterdam. With an unfortunately

small squad we found the Frisbee playing bit quite tough, playing higher seeded international opposition in 90 minute games in humid conditions. By Saturday, temperatures were soaring and our squad were out on their feet - Yet we managed to keep the score lines respectable enough. By Sunday we basically had to be dragged to the pitches, again, in the final huddle Club President, Conor Carey got MVP despite Max Vizard bringing his A-Game. Friend of the Ninjas, Eamon was voted Most Spirited Player and Most Gangster Player went to Niall McCarthy, on a very White-Boy weekend!

With our games finished for the weekend and us showered and dressed, we dragged 2 couches to the sideline for the open final, to watch some of the highest standard Ultimate we'd ever seen. Then, with the tournament wrapped, we packed up and headed to our hostel in Amsterdam's city centre. We took it easy on Sunday night, having a few drinks, exploring the Red Light District and sampling Amsterdam's famous cafés. On Monday we got to watch The Netherland's World Cup opener in a packed square near our hostel and on Tuesday, we burned a few hours in a café favoured by

last year's group before starting the long and winding journey back to Ireland.

So what about next season? We've got a name for recruiting talented young players to uphold and a squad full of potential to add to! We also have ambitions to defend our Beginner and Development titles and to improve on our standings at open competition and Intervarsities. As well as that we have big plans to further develop our own open tournament The Siege of Limerick. Then we plan to attend another foreign tournament. Windmill Windup is almost a certainty with rumours of a trip to the USA in the next few seasons circling the mill.

So if you want to give Ultimate Frisbee a go, have great craic, get fit and meet some great new guys and girls, then come over and see us on recruitment day or just show up to training, details of which will be up on the website below. If you want to get in touch or get more information, simply email the address below.

Website: www.ulninjas.com
Email: ultimatefrisbee@gmail.com

UL GAA – Hurling – Football – Camogie – Ladies Football

It is with great excitement and pleasure that we welcome all new students to the University of Limerick and more specifically, The University of Limerick GAA Club. UL GAA is one of the largest and most successful Clubs in the University, with over 14 teams participating in hurling, football, camogie and ladies football right through from fresher's, juniors, intermediates to seniors. The GAA Club supports all levels of participation with a common aim of developing and improving performance through proper training and management structures. For the serious player, UL GAA Club provides an opportunity for students to improve their game through active participation in high profile higher education competitions such as the Fitzgibbon, Sigerson, Ashbourne and O Connor Cups. Some of the current UL stars who participate in these competitions and represent their counties include: Galway's David Burke, Tipp's Paddy

Stapleton, Offaly's Shane Dooley and Brian Carroll, Limerick's David Lynch & Thomas O'Brien, Waterford's Tommy Connors, Tipperary's Philip Austin, Alan Moloney, Alan Rockett & Brian Fox, Clare's Eimear Considine, Kerry's Aisling Leonard, Tipp's Mary Ryan, Edith and Clare Carroll, Tipp's Ann O' Dwyer and many more. From September to Christmas teams take part in their various winter leagues and after Christmas the Championships kick off. Teams usually train twice a week either in the morning or evening time out on the pitches or the astro-turf. Fresher trials will take place during the first few weeks of the semester and details of these trials and training will be posted on the UL GAA notice board or on our facebook page - www.facebook.com/ulgaa. Our notice board is located outside the GAA Office which is room PG-011 in the PESS Building. The office is open five days a week so feel free to drop in any time or email us on

patsy.morrissey@ul.ie. Membership is a bargain at €10 and this includes your GAA insurance for the year. Official UL GAA O'Neills gear is also available to buy in the office. New to the GAA Club this year, is the social committee - whose aim will be to create a 'Sense of Club' amongst all players and to galvanise friendships between all Club members. The GAA Club will hold monthly nights out for all members in the Hurlers Pub and a savage night out is guaranteed. The first GAA night out will be held, in conjunction with our sponsors AIB bank, on Thursday Sept 16th in the Hurlers Pub. There will be a live band free barbeque on the night. Students who open up an AIB account will receive a free ticket to this event. Other UL GAA Club members can get their tickets from the GAA Office during week 2. So go on - sign up and become a member of the UL GAA family.
Cathy Linehan, Secretary,
linehancathy@hotmail.com



Dance-Club



The UL Dance Club, UL's leading dance club, is back again this year and it's looking better than ever.
BY EMILY MAREE

Since it was set up two short years ago, Dance UL has been going from strength to strength and doesn't seem to be stopping anytime soon. The club have elected a new president, Brige Newman, Second Year, and Christel Oliver-Dussault as Vice-President. The aim this year is to encourage and improve, encourage new faces to the club and improve the standards of dancing and awareness of the club around campus.

In 2009, our first year as an official club, our fledgling squads won the overall National Dance Intersivity's, beating previous winners like UCC and DCU. We were also given the title of 'Best New Club' by the other Clubs and Society members in the University.

Back in March, Dance UL entered the Intersivity's in Carlow for the second time, and yet again, stole the show. Our squad won three out of the four categories they entered in: Irish dancing; jazz and hip-hop. We also came third in the mixed category, and many of our routines are available on YouTube.

We've also broadened our dance horizons this year. As well as hosting the usual ballet, hip-hop, jazz and break-dancing classes, we're bring in a whole bunch of new classes, like street hip-hop, lyrical jazz, yogalates and dancercise. We'll also have a mystery dance class once a month, which could be anything from African traditional dance to flamenco dance...but we won't spoil the surprise!

The Dance Club was in a giving mood this year as well. After the disastrous Haiti earthquake disaster, we said we'd see what we could do, and with the help of our members, raised much needed funds by running a 24 hour dance-athon, where everyone danced from dusk till dawn in all conditions.

But it's not all work and no play by a long shot! We've organised several nights out for our members, including the successful Fame night, where we got to strut our stuff in neon and went out on the town. We also organised a flash mob, where people got to showcase their talents by randomly dancing together in the middle of the campus. Then there was our big charity performance where not only did our members get to show what they've learnt through the year, the public got to see our winning squads live.

So, check us out! We're sure there is a style of dancing to suit you and we guarantee you will enjoy it!
uldance@gmail.com and our website is <http://www.danceul.com/>



UL Judo Club

We have more than 80 members, aged 18-40. Most are students while others have graduated or joined from outside the university. Trainings are twice a week at the University of Limerick. Group is a mixture of beginners and experienced judoka (brown/black belts).

Achievements:

1. At the Irish Judo Intersivities 2010, the club won 1 gold, 3 silver and 1 bronze medal.
2. In Galway Open 2010, the club won 1 gold and 3 silver medals.
3. In Munster Open 2010, the club won 1 gold and 1 silver medal.
4. Few members achieved yellow belt, and 1 member achieved black belt.
5. Earlier this year the Club received a £500 donation from the MARS Refuel Drink Fund.

Judo will keep you fit, you will have fun, learn throwing and ground techniques, go to competitions. Judo can be trained as a standalone martial art, or in combination with other sports and martial arts, like rugby, football, MMA, etc. Beginners and non-beginners are welcome to join us.

UL Judo Club is a member of the Irish Judo Association (IJA).

- 1) William Power (coach): 086 380 4661
- 2) Mat Galicic (chairperson): 087 690 2370



Kayaking through the second largest gorge in the World!!



Summer 2010 has been one of the most successful times for UL kayak club. The club, in its almost 30 year's existence, remains active though the summer months, despite its members being spread across the country. From the time of exams right up until September when college starts again it's always a hive of activity down in the boat house or on the rivers across Limerick. This year, only two days after exams finished ULKC embarked upon its biggest and maddest summer trip ever.

Normally ULKC heads away to the Alps after summer exams to experience some serious white water kayaking and leadership skills, where the water required for white water kayaking is guaranteed. However the summer of 2010 changed this routine, when we extended our Alps trip to accommodate a multiday trip over to the Balkan country of Montenegro. A total of 26 people travelled to the Alps where we spent time in Slovenia and Italy. 18 people then travelled to Montenegro to take part in the adventure which was to become a first for ULKC, or any Irish club.

We spent 3 days on class 2-3 white water, carrying all our necessary supplies with us in our kayaks. Not to mention, this trip took place in the world's second largest canyon,

second only to the Grand Canyon in North America. Nobody had ever imagined going to Montenegro, let alone driving there and kayaking in this beautiful place. The two weeks spent in Slovenia and Italy previous to Montenegro had prepared everyone, as there were many first years on the trip that had never kayaked before arriving in UL. However, this didn't stop anyone from learning and gaining confidence on Alpine waters. Thanks to the many experienced kayakers upon the trip, first years quickly gained safety knowledge, experience and skills to read and run rivers safely, all vital to future of the kayak club. This multiday trip is to become the start of something new for the club. Down the line we hope to go to India and further afield, building up our experience every year. ULKC is at the fore front in Irish kayaking regarding training, experience and safety.

When we arrive back home in Ireland after 4 weeks away, we were soon greeted with rain, typical Irish summer weather you might think. This rain allowed us to go kayaking on the Clare Glens, a famous and popular section of river just across the Tipperary/Limerick border, about 20 km from Limerick. Many club members who live in or close to Limerick got to paddle the Glens several times while other members, who are scattered around the country, were lucky enough to catch a run or two on the Glens when the weather suited. The Glens offers many waterfalls and extreme rapids which adds the excitement of the run!

The Liffey decent is Irelands largest kayak race with around 1000 participants every year. The race attracts national and international participants, the Liffy Descent, is being held in Dublin on the first weekend in September. Last year, two club members did remarkably well by reaching the top 4. This year many of ULKC members are taking part in this marathon

race again and are training out on the river Shannon just behind UL, known locally to club members as "the outback".

Planning has already commenced for the upcoming year in ULKC's calendar. There will be many weekend trips including a fresher's surf kayak trip to Lahinch in week five. Fresher sessions out back in UL, behind the Boat house, will also be commencing early in semester one. They will be running every Tuesday and Wednesday from 15h-17h and again at 17h-19hr. Fresher Pool sessions in the university arena pool will take place every Tuesday night from 21:45h to 22:45h. If you are interested in becoming a part of the kayak club and learning and experiencing something totally insane and outright cool then come along to the recruitment drive which is going to be held in the University Arena, Wednesday of week 3. And bring some friends. Don't forget, you don't need to have kayaked before to join. EVERYONE is welcome. If you have any questions or concerns and for more information, please feel free to contact us by email at ulkayak@gmail.com or visit www.ulkayak.com
Podge Mooney
P.R.O. UL Kayak Club
University of Limerick



Handball the fantastic Gaelic Game

If you have ever played or had an interest in playing the fantastic Gaelic game of handball then why not join the University of Limerick Handball Club.

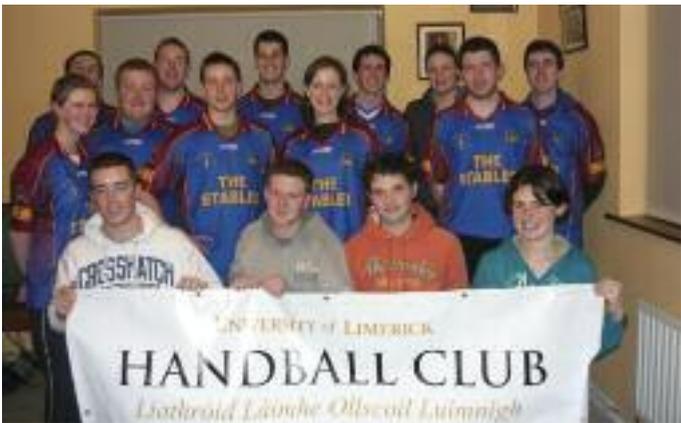
This club caters for all skill levels from beginners to experienced players. Training for the handball club usually takes place on Monday and Thursday evenings in the PESS building where we have two one wall courts, also training takes place in 60x30 and 40x20 alleys in the run up to competitions.

Being a member of the U.L. handball club gives you the opportunity to compete against handball players from Irelands third level institutions in the intervarsities, also members will have the chance to travel to the United States of America to play in the World collegiate championships! Competitions are run over weekends in October, November and January with the World collegiate championships usually taking place over a week long period in February; also the University of Limerick Handball Club traditionally hosts a one wall tournament in the PESS building in early to mid April. These competitions 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.

So join the University of Limerick Handball Club for great craic and even better handball and with a year's membership of only €3 where can you go wrong?!

John Fitzgerald, PRO

Contact: ulhandball@gmail.com



UL Capoeira Club

Capoeira is a martial art with a difference. Instead of an hour of 'jab cross', the Capoeira Club will teach you how to back flip, play the drums and spin on your head. Die hard martial arts fans needn't fret however, we still do kicks and blocks. Capoeira is a combination of gymnastics, attacks, defences, dance, music and flexibility. When facing an opponent in Capoeira you use a vast array of physical displays to trick and distract. You may find yourself balanced on your head, crouched on the ground or even hurtling through the air. All of the above makes Capoeira one of the most exhilarating sports both to play and observe.

Joining the Capoeira Club will give you the chance to travel around the country, training with students from other clubs. Last year our members attended events in Cork, Galway, Bandon, Dublin, France and the Czech Republic. They sweated out the weekend in workshops with Capoeira teachers from around the world, spent the nights learning

samba and forro and were continually treated to Capoeira displays from the sports leading athletes. Two of our students even travelled to Brazil this summer to train for three weeks with Mestre Suino – the founder of Capoeira Candeias and all round big deal.

Extremely addictive, Capoeira is a unique sport. It will challenge your existing perceptions about martial arts and dance. You will discover a unique form of movement – that combines both aggression and grace in a really cool way. And after a year with us, you'll have friends around the world, been taught by the best in the business and quite probably, be able to kick yourself in the head. So if you fancy yourself as UL's answer to Jackie Chan check us out on ulcapa.webs.com for all the information you need or join us in the Pess Building twice a week for training. Alternatively, you can email us any questions at capoeira.ul@gmail.com.
Clare O'Callaghan
President

Social and competitive Badminton



Badminton is a fast fun and exciting sport. The UL badminton club is definitely a club you will want to join. We play socially and competitively twice a week in the Arena. If you are a beginner, we will provide you with a racket and shuttles... and there will always be someone to explain the rules of the game. If you are an experienced player, you will find players with a similar standard of play.

In recent years, the club has had a lot of success in various competitions. At county level, the grade 4 team (very advanced players) was crowned Limerick champions in 2009 and the grade 5 (advanced players) team became 2010 vice county champions. Team members Richard McEvoy and James Scully (both Postgrad M&AE) became 2010 Limerick County champions in the double competition. In grade 6 (entry level), Harry Van Haaren (1st year Music Media and Performance Technology) won the men's singles and the men's doubles with Michael Moore (2nd Yr Pharmaceutical and Industrial Chemistry). Team competitions happen throughout the year while individual championships take place in early spring.

Club members also take part in ISBT competitions (International Student Badminton Tournament) in various European countries. These competitions are open to all players from beginners to advanced. They are a great opportunity for all to test their skill levels against the best in the country and further afield. The ISBT also encourages 1st year beginners to experience team competition at college level in a fun and social environment. The first ISBT of the year takes place in Limerick at the end of October. The club is informed regularly about other European ISBT competitions.

If you are interested, come and see us for a friendly chat.

Jean Charpin, PRO,
jean.charpin@ul.ie
Website: <http://www.skynet.ie/~shuttle>

RUGBY...

Ladies Rugby's remarkable year - second consecutive league and varsity double

UL Ladies Rugby is a very social and fun loving team but we are also very competitive. It is a mix that brings out the best in all our members, and each year new members are crucial to our clubs success. We are a college team and compete in the CUSA1 Division 1 League and also in the annual intervarsity tournament, many of our players play for a variety of different clubs at the weekends.

Last year was one of the most successful years for UL Ladies Rugby both on and off the field. We had many more social activities which helped people to get to know each other and as with every year when new members join, lasting friendships are formed and the craic is mighty!!

On the pitch all this socialising and other activities paid off also. We won our second consecutive league and varsity double which was a remarkable achievement. ULLR have won the League 8 times in the competitions ten year history and the IV's 11 times in 12 years. In April we hosted the Intersvarsities which saw 10 teams from other universities around the country compete for both the division 1 and 2 titles. It was a

huge success and it set new standards for the competition in the future. UL claimed the Division 1 cup after a tough two days of action beating NUIG comprehensively in the final. The tournament finished off with a banquet and then disco in the Kilmurry Lodge which was enjoyed by all.

The varsities traditionally mark the end of our season but this year we entered a tag team in the ITRA Limerick League as team "Ballteasers". It was a success and with help from the men's rugby club we combined to form a team who started out poorly but finished in the top ten in the All Ireland tag finals in Cellbridge in July. Again as one can imagine we celebrated in style

We also do fundraising work for Milford Care Center and plan to do the 4 peak challenge next summer in aid of that cause.

Finally we hope that you will come and give ladies rugby a try. Beginners are more than welcome, every year a vast proportion of new members have never played before but they learn quickly and love the game and the camaraderie. If you are a more seasoned player come join us also there is a place for everyone on our team. For more information see our website www.ulladiesrugby.com



UL Men's Rugby Club - you CAN play for us as well as your own club

Whether you're a beginner or an inter-pro star, UL Men's Rugby Club has something to offer you. We like to get our members involved in everything from top class competition to charity work and team bonding sessions. The last few seasons have seen both the Fresher & Senior Squads coached by Mike Storey (Auckland Blues, Saracens, Munster) while playing colleges throughout Ireland in the All Ireland League Division One. Last year we were victorious over rival Limerick I.T. on the home of Muster Rugby, Thomond Park, so read on if you'd like a piece of that this year!

Many, many students get confused when they hear about us, so let's clear it up now; you CAN play for us as well as your own club, which can only improve your game by training with players from other clubs, while keeping our 'rugby for fun' ethos. Our Matches take place on Wednesday afternoons so your timetable should be kind and you'll have it off! Training is on Monday & Wednesday at 6pm on

Maguires Pitches but be sure to check with us in case we have a special session planned, such as indoor or Astroturf sessions. We offer the chance to get personalised training programmes and much more, so sign up and be part of our mailing list. It's only €5 and the benefits are great, look out for paintballing, Kukri tracksuits and other discounts, not to mention trips to far off sunny places!

This year, we've set out to get ourselves more involved in the local area, where sometimes students can be given a bad name! The Irish Cancer Society will reap the benefits of our charity fundraising, with our new Pink, Stade Francais style, jerseys being the main focal point. They will be available for everyone to buy come the end of September so support a good cause and make a fashion statement!

Any Questions?
Visit www.ulrugby.com or search UL Men's Rugby on Facebook.

Contact:
Tom Cranley
Vice-Chairman
tom.cranley@ulrugby.com
0872623728

MBUL camping, trials riding and shenanigans



The UL mountain bike club, MBUL, has been in action in UL for over 10 years. The club covers all aspects of mountain biking from getting people who have never ridden a mountain bike before riding safely off road to people with years of experience who want to improve their skills. Different types of biking covered include downhill, cross country, enduro, trials and street riding. The club has its own bikes and helmets available for club members to use on club spins, so the initial difficulty many people have in getting their hands on a good mountain bike isn't a problem for new members. The past summer has been one of the busiest summers we have had since the club started.

The club hosted its 3rd National Points Series cross country race on the 6th June this summer with over 100 competitors travelling from as far a field as Belfast to take part. The Elite category race was won by Irish Olympian Robin Seymour. The event saw cross country racing at the highest level seen in Ireland and one of only two NPS races held outside of Leinster or Northern Ireland this year. The club was complimented on the challenging race course we set for the event as well as the huge trail building effort we put in to make the racecourse weather proof. The course was described as 'a mountain biker's mountain bike course' by one of the competitors, definitely a high compliment for a course put together by a club that does not exist for the sole purpose of racing. Some videos of the course are available in youtube if you search for 'MBUL NPS 2010'.

Every year for the past five years, MBUL has travelled to the Alps in France in order to gain valuable experience riding downhill and enduro. The past summer has been one of the busiest summers we have had since the club started. Every year for the past five years, MBUL has travelled to the French Alps. Some members use this time to work on their downhill skills using the custom built downhill runs, while others use it as an opportunity to explore the vast number of trails and paths while simultaneously taking in the wonderful scenery of the region. The ski resorts in the area keep the ski lifts running all summer carrying bikes to the top of custom built downhill and slope style runs. The club downhill bike comes into its own on this trip as it is purpose designed to go down hills fast, but very heavy to pedal uphill. Everyone who takes the trip returns to Ireland having learned new biking skills and naturally all the undergraduate students who took the trip had their travel costs subsidised.

The second big club event we undertake every year is to go to a 24 hour relay race. This year we travelled to the Bontrager 24/12 near Plymouth in England. We entered two teams, one of which entered the 24 hour pairs category and the other entered the just for fun category as their main aim was to take in the atmosphere of the event rather than for the racing. The overnight rain turned the racecourse quite muddy, but the teams ploughed on regardless, finishing 6th in the pairs category and 9th in the just for fun category. Washing the bikes in the river was

about the best way to keep them running between laps.

MBUL is the only mountain bike club in Ireland with a significant number of biketrials riders. The sport is very obscure in Ireland, but in continental Europe and the UK it is a relatively popular branch of mountain biking. Two trials riders from the club travelled to Wales to take part in the 'Tartydays' trials riding weekend. This is a social event sponsored by Tartybikes, an online trials shop, where trials riders from all around the UK got together for a weekend of camping, trials riding and shenanigans. Since there are of the order of 10 people who ride trials in Ireland in total, it was brilliant to meet other trials riders and spend a weekend where trials is the dominant sport for the area. To make the event even better, the entry fee went directly to charity.

Closer to home the club also contributes towards developing safe cycling in Limerick through the Limerick Cyclists group and the club also put on a trials riding demo in Limerick city as part of the national bike week events.

MBUL cycles every Sunday starting from the boathouse at 11am as well as holding at least one mid-week cycle every week. There are trials and street riding sessions as well as training sessions held as required for new and established members too. The club social night is every Monday, where we get together in the common room over the shop or in the Scholars bar for pizza. Find out more about the club on the club website here: <http://mbul.csn.ul.ie/phpBB3>.

Parkour UL

Parkour (aka l'Art du Deplacement or Freerunning) is an art of movement, a discipline that enables the practitioner (aka a traceur) to travel freely through and over any terrain he or she may encounter. Parkour focuses on developing the fundamental attributes required for movement, as well as training and mastering basic skills and combining these to overcome any and all obstacles in ones path. A traceur always strives to improve physically and mentally in order to have a body and mind capable of achieving freedom of movement and fluid motion.

Interested?

Parkour is for everyone, it is about perfecting ones own movement and walking your own path. For anyone new to parkour or sport in general you can look forward to the exciting discovery of what your body is capable of! For those of you who are already involved in sport, parkour is an excellent supplementary activity, as it is holistic in training the entire body and mind. There is a high cross over of skills used in parkour and other sports. Whether you want something new, different or challenging parkour has something for everyone! All you have to do is take the first step and give it a go. We offer indoor and outdoor classes, trips away and a chance to meet new people. Parkour is about knowing yourself and walking your own path but it is also about the people you train with and meet along the way. The parkour community is an exciting, friendly and welcoming group. We start together and finish together in the spirit of parkour come see for yourself.

Conor Hurley

Chairperson Parkour UL

Those interested please contact us at: www.ulparkour@gmail.com

Find us on facebook group Parkour UL or on the clubs and socs page of the UL website where you can pre register for membership.

See you at the recruitment drive!



Hill Walking, Climbing, Caving, Mountaineering and Orienteering

- The Outdoor Pursuits Club

Welcome to UL, Ireland's sporting campus as you have no doubt been told by now. Clubs and societies are the best way to meet people from all over the country and get to do new fun activities that will help you make your friends for life and some of the best days of your life too.

Our club is the Outdoor Pursuits Club or OPC to all our friends, we are not a one-trick club but actually offer 5 fun outdoor activities at different times to suit all members. We offer Hill walking, Climbing, Caving, Mountaineering and Orienteering. And throughout the year beginners and all other levels are more than welcome to join one of the biggest and best clubs on campus. You can do as much or as little of activities as you wish.

To give you a brief insight into our club on campus the PESS building is our home where our climbing wall is located. We also store all our Caving gear in the brand new UL boathouse which is just a five-minute walk from the foundation building.

This summer we have been following on with our very busy schedule of events. An OPC group spent three weeks climbing in the Alps climbing and reaching for the roof of Europe in the Chamonix, Mount Blanc area. The reward for time they spent training and climbing all year with the OPC. Last Easter we also had our second annual vertical caving training week in Yorkshire while the more hardcore rock climbers in the club travelled to the cliffs of Wales.

A group of our members were volunteering and providing first aid support to Mayo Mountain rescue for the annual Croagh Patrick pilgrimage at the end of July. They spent a long hard day spent carrying stretchers off the peak but our members were happy to help out.

This coming year we will have a number of training trips abroad. Our winter mountaineering training expedition to Scotland and the traditional conquering of the mighty Ben Nevis will take place in January. Next Easter we also plan on having a sport climbing trip to Spain and another caving expedition to Yorkshire.

During the semester we have a trip running every weekend off campus for OPC members. These are often wide and varied (just like our members). They can be Sunday trips to the beautiful mountains of Kerry and the south. (A full day out on the rugged hills for less than €10), or days up in the Burren climbing on the fantastic Clare rock (punctuated with some caving possibilities too). We also have our legendary weekends away two or three days with a bus load of OPC'ers doing what we do best enjoying the craic while out and about in Co Galway and Kerry and beyond.

We are one of the most active clubs on and off campus; we have a great time doing what we do so 'When you have seen the rest join one of the best ULOPC you know you want to'. Its five euro to join our club, we offer five activities so it's only a euro an activity, now that's the best euro saver menu I know.

The OPC is one of the largest Clubs on campus and offer our five outdoor activities to our members. Keep up to date with OPC activities by visiting www.ulopc.com. Visit us at our stand at the Arena Wednesday week one or call down to our home in the Climbing Wall at the PESS building any Monday, Tuesday, or Thursday from 7 to 10 pm. All levels catered for and beginners are always welcome.

Cillian Burke, Caving Officer



ULSC explodes to the fore of Irish University sailing

The UL Sailing Club is your opportunity to join one of the most diverse and exciting clubs in UL. The club operates in many different disciplines within the sport of sailing, from the beginner with no experience whatsoever right up to international and Olympian standard, from the smallest dinghies to the most prestigious student yachting championship in the world and from the smallest back yard ponds to the famous shores of Southern France.

In the past two years the ULSC has exploded to the fore of University sailing in Ireland, the UK and Europe. Achieving the very pinnacle of Irish University sailing over the '08/'09 season winning 50% of the Irish University Sailing Association Circuit and topping the rankings qualifying them to represent Ireland at the Student Yachting World Cup (SYWoC) in Marseille, France, in October of 2009 after representing Ireland at the 4-Nations Championships in Bristol where they competed against the top English, Welsh and Scottish teams.

Following in similar form in the '09/'10 season they once again topped the rankings, winning the Intervarsity Championships for the second year running and once again qualifying to represent Ireland at SYWoC in La Rochelle,

and the 4-Nations in Edinburgh. With the club competing at regional events all around the coast and lakes of Ireland nearly every 3 weeks and competing abroad in such places as Reading, Glasgow, Marseille, La Rochelle and Edinburgh joining the sailing club is a fantastic opportunity to see much more of Ireland and more exotic places than one would ever have expected upon coming to college.

With nearly a third of the club and its competing teams made up of complete beginners upon arriving in UL in first year the club has a very mixed and energetic spirit. Beginner training takes place for free after a nominal €5 joining fee every Wednesday afternoon at the UL Activity Centre where the experienced members of the club train in the beginners. Following on from this is a beginners trip away at a weekend towards the end of September and for those interested in the competitive side there is training every weekend at the Lough Derg Yacht Club in Dromineer. Sailing is a fantastic way to meet people from all types of backgrounds and areas and see great parts of Ireland!

Billy Clarke
Captain
ulsc.email@gmail.com
www.skynet.ie/sailing

The brand new UL Tennis Club

Came in to existence in January 2010. In a period of only a few months it attracted approximately 50 members. As with any new club it is hoping to increase membership numbers. Increased members allow for increased funding. This allows for purchasing of more and better equipment, and of course, 'club bonding' with nights out etc.

UL Tennis Club's primary goals last year were to get the club up and running, and have a bit of fun in the mean time. During that time, two coached sessions per week were available. Outside of those coached sessions, courts were booked for tennis club members to play as they wanted. We also ran a very successful league which catered for varying levels of ability. This year, it is hoped to run a similar league during the first semester. From this, it is hoped to select a team which will represent the University of Limerick in the inter-varsities competition early in the second semester.

Derek Doran
UL Tennis Club
0811092@studentmail.ul.ie





Ever wanted to jump out of an airplane?

Then Skydive UL is the club for you! We are the first ever Third level Skydiving Club in the Republic of Ireland and have gone from strength to strength since it was formed in 2007, even winning the UL Students Union Best New and Improved Club for 2008!

We train students of UL to do their first skydive, most of whom have no experience in skydiving before! We can accommodate everyone, someone who wants a once off skydive or someone with the aim of becoming a licensed skydiver!

The initial training session takes only six hours, and then we can take you to the skies. Every week, we conduct Solo Skydive Courses at the Skydive Ireland Centre which is only twenty minutes from UL. The Course teaches you everything you need to know about how to do your skydive safely. So even if you have never jumped out of a plane before, you can do our Solo Skydive as your first jump. Your first Skydive is something to remember. We capture that moment by having it recorded on digital video and photographed on high resolution digital images so you can show everyone the adventure that you have experienced with Skydive UL.

As part of your training you will learn about the parachute system, how to exit the plane, how to fly the parachute and navigate to the ground safely. We prepare you for everything you need to know for your first skydive.

After a minimum of just 25 jumps you can complete student status and become a qualified Skydiver, known as your 'A' Licence Certificate of Proficiency. This qualification is recognised worldwide and so you are then licensed to skydive anywhere in the world.

We also teach members how to pack their own parachute at Parachute Packing Classes which are held weekly on campus. It is a requirement for members to be able to pack their own parachute in order to get their "A" Licence plus it also makes your skydiving experience even cheaper.

We train on campus and at the Skydiving Centre where our skydiving also takes place which is only twenty minutes drive from UL. We jump every Wednesday and on the weekends! Not only do we skydive regularly in Ireland but we also travel abroad around Europe for skydiving camps to sharpen our skills and bring up beginner skydivers to new levels in the sport!

Every year, we travel to the south of France for 1-2 weeks with both beginner and intermediate skydivers for a training camp. This has proved to be a huge success every year with all the beginners progressing greatly to getting their "A" Licence while on the trip. Other trips include the Christmas trip to Empuriabrava in Spain which is the biggest Dropzone in Europe and also the annual trip to the Body flight Windtunnel in England. Indoor skydiving is an excellent learning tool for Skydivers to learn and perfect new skills that they can then use in the sky.

Members of Skydive UL are very lucky to be able to train with the very best in the sport which include our very own instructors at Skydive Ireland who have years experience in the sport and also the instructors we hire on our trips abroad, some of which are world champion Skydivers!

Not only do we jump at the Skydive Ireland Skydiving Centre but last March saw some members of Skydive UL Jump into the UL playing Fields near the UL Arena for the first time. We already have dates set to jump into UL for the coming year so become part of Skydive UL and be one of the Skydivers who will jump into the University this year.

So if you want to make your experience at the University of Limerick even more exciting and experience the ultimate adrenaline rush, then Skydive UL is the club for you!

Blue Skies!!!

Cormac Reidy, President

Website: www.skydiveul.org Email: info@skydiveul.org

UL Socialist Youth – Fighting the dictatorship of big business, discussing the alternative

UL Socialist Youth has had a very good summer, involving protests, international trips and good fun. In June we took part in a very important demonstration in Dublin, against the cuts and bailouts, and in July some of us went off to Belgium meeting with hundreds of socialists and activists from around the world for an international conference. On top of this there is still the Socialist Youth Summer Festival to come, and a sponsored skydive too.

The trip to Belgium, to take part in an international socialist conference organised by the Committee for a Workers' International (CWI), was an inspirational experience. Four hundred socialists from dozens of countries, including Greece, America, Israel/Palestine, Kazakhstan and beyond, all together discussing the events of the last year. We heard eyewitness reports from the mass movements that have erupted in Greece, where hundreds of thousands have taken a stand against the cuts, and come out in three general strikes so far this year.

Learning about the movements around the world in the discussion on defending education we heard from activists in Germany and Austria who had been involved in mass movements there, including university occupations, against cuts and commercialisation of education. These protests have pointed the way forward for young people and workers in Ireland in fighting back against the attacks on wages, dole and public services.

It wasn't just inspiring speeches about the global fight back though, there was also very interesting and important discussion on the causes of the crisis, and the solutions to it. The crisis, it was argued was caused not just by the greed and speculation of big business and the rich, but by capitalism itself which is based on this greed. The response of governments across the world of slash and burn will not only savage public services and peoples livelihoods, but will in fact make the crisis worse.

Speaking in one of the sessions, one of our members reported on the situation facing young people in Ireland, where not only are university fees rising and services being cut, but hundreds of thousands of young people are facing unemployment or emigration even with a degree because of the crisis caused by the rich and their puppets in government. We reported that in Ireland Socialist Youth trying to encourage young people to get organised to fight for a decent future, and to discuss the alternatives to the policies of the right wing parties.

Meeting Joe Higgins MEP at the European Parliament

While in Belgium, ULSY was invited by Socialist Party MEP Joe Higgins to visit the European Parliament and hear about the work he and the Socialist Party are involved in there. Not only did we get the full tour, but we also heard about the various campaigns and protest movements that the Socialist Party (which we are the youth section of) has been supporting through the European Parliament. We heard of how the big food companies recently spent €1billion buying up votes to block plans for firmer rules governing food labelling, and about the EU's criminal inaction over Israel's recent slaughter of peace activists bringing aid to Gaza.

Taking to the streets, protesting for jobs & a future

But Socialist Youth is far from a talking shop. For us discussions, debates, film showings and socialising are all great and very important, but it also important to put these ideas into practice.

With that in mind ULSY members took out the clubs and societies mini bus and went up to Dublin on the 26th of June to join a very important march there. The protest was part of a European-wide week action, against the cuts and bailouts and raising the need for solidarity and united action by workers and young people across Europe.

Joe Higgins, Socialist Party MEP and initiator of the protests along with 15 other MEPs, argued at the demo that young people, workers and the unemployed must not pay for the crisis, and must refuse to be divided between country or sector, race or religion.. We should not accept what he called the 'dictatorship of the markets' where government policy is determined not by the needs and desires of ordinary people but by attempts to 'satisfy' the markets. The protest got the support of a huge array of left wing and community groups across Europe, and registered the need for European wide solidarity and protest. Now, on September 29th the Trade Unions across Europe are following suit and calling a day of protest, something which we in ULSY want to build for and organise protests around here in Limerick and Ireland.

And more to come!

And, as I write, there is still more to come. On top of all that, we have more days out organised for the summer. For one, there is a fundraising skydive organised in conjunction with Skydive UL to help us fund these activities. Also, from the 20-22 of August ULSY members will attend the Socialist Youth national summer festival in Rathdrum, Co. Wicklow. This annual event brings together young people north and south, sick of war, cuts, unemployment, inequality and the corrupt capitalist politicians, to discuss the key issues facing young people and what we can do about them. There will be discussions on the economic crisis, the environment, youth unemployment, women's liberation and a whole host of other issues. It is well timed to send us all back into our schools, universities and workplaces after the summer reenergised and ready to build strong, vibrant and active Socialist Youth groups.

In the coming year, ULSY will be organising on campus, campaigning on diverse issues such as the environment, fees and the bank bailouts and organising meetings, debates and film showings to discuss socialist ideas. We'll be participating in the Clubs and Societies fair in Week 1. If you're interested in our ideas and activities, join ULSY and help us build the fightback.

Socialist Youth will be having a free film showing on Clubs & Socs recruitment Drive day (Wednesday Week 1) at 8pm in UL Students Union Room 2 to welcome all those interested in finding out more about the society. To find out more about us check out www.socialistyouth.wordpress.com, email us on limericksocialist@gmail.com or text "Join ULSY" to 0868064801. - Cian Prendiville, Treasurer



Reaching Back for the Future- The Clubs & Societies Network

I had mentioned this feature in a previous edition in the last academic year that I have long had the aspiration over a number of years to reach back and develop our network with our former Clubs & Society members. Part of the motivation was the expectation former members would have now done well professionally from their time in UL and might now be in a position to reach back and offer support to the current generation of Clubs & Societies. Given the wisdom of their years now, and having being involved in all the trials and tribulations that go with trying to run a successful club or society when they were undergraduates it seems like a pretty sound concept.

In the previous edition in question the main feature for the C&S Network section was of a former group of UL Irish Peace Society activists and how they came to find themselves on Washington's Capitol Hill for Obama's inauguration. Ironically this time around, the main feature is

another former Irish Peace Society member and I delighted to say we have an interesting article from Dr. Elaine Byrne, Trinity lecturer and Irish Times columnist on her time in UL and her experiences of Clubs & Societies.

Also featured are accounts from two of our most recent graduates, Damien Cahill former President of the Skydiving Club and Eimear O'Donnell, former President of the Kayak Club on their positive experiences of clubs and societies.

Congratulations also to former C&S members on their recent marriages. Darragh Thornton and Alwyn Kinnane formerly of the Outdoor Pursuits Club as well as Peter Burrows and Grainne Daly formerly of the Computer Society and we wish them all the best for the future.

So for all the freshers just landing in UL this section of the Newsletter proves that the tag line of being the "largest social network on campus" is not an idle boast and that C&S can if you allow it have a major effect on your

experience of life in UL and maybe even after your time here?

This is still very much an experiment from my point of view but I am quietly optimistic that this can be developed very successfully. With the appointment of Liz Gabbett as the Clubs & Societies Liaison Officer it does offer me more time to develop these ideas and as I am in my 12th year here and would have personal interactions with many of the former C&S people it promises to be an interesting challenge. So for any C&S former members who might pick this up, we would love to hear from you and as always if passing my door I am always open to meet up for a coffee. Hopefully once the initial start of term rush has passed I can develop the Network vis-à-vis Facebook and our C&S website as it is developed further.

Regards,
Paul.Lee@ul.ie
Clubs & Societies Development Officer, ULSU



LIFE-CHANGING EVENTS THAT PIECES OF PAPER CAN NEVER MEASURE

I have two pieces of paper to prove that I spent nine years at the University of Limerick. One of them confirms that I graduated. History, Politics and Social Studies was created as a new degree in 1997 and I was in the inaugural class of this cross-disciplinary and inventive programme. The other one says that I have a PhD in politics but I always wanted it to say that I am a doctor in corruption. It sounds better. These parched documents are framed somewhere and verify that I can indeed read and write good.

But the piece of paper that I don't have is the one that I'm the most proud of from those nine years. Involvement in clubs and socs makes you think outside of yourself and grants you the possibilities of hundreds of adventures that ultimately make you what you become.

On the clubs side, there was the obligatory kayak weekend trip to Lahinch, THE inauguration to college life. The learning how to Scuba Dive in Kilkee and getting capsized with the sailing club on Lough Derg. Playing midfield for the University of Limerick ladies GAA team and the attempts to learn rugby with UL Bohs. I even

discovered how to play rollerblade-hockey and ride a horse. Two very different things apparently.

I was fortunate to share a campus with a fantastic group of dynamic and energetic people who did innovative things just for the hell of it. One such person was Paddy McHugh, who had lived several life times by the time he left UL. Every University has a pied piper who leads others by just being themselves—irreverent, mischievous but ever so casually holding that quality of simply enjoying life with that healthy dose of being very good at being awkward. Therein, he forced those around him to challenge themselves. McHugh was Mr. Society, incarnate. Queerbash was just one of his babies. But God decided over the summer that the earth was no longer big enough for him and he no longer plays his tunes or dances his reels in this lifetime.

Paddy and I lived together for about two and a half years. He was big into his dreaming of things that never were and asking why not. It's very difficult to live with that wonderful approach to life if you don't join in, head first.

His enthusiasm corrupted those around him to do extraordinary things.

With a very committed and industrious committee, I helped organise a Crime Forum under the auspices of the Peace Society. The purpose of our event was to try and directly engage with events in our city rather than living as an island in Castletroy.

We leafleted the city estates with invitations and had over 600 at the meeting in the Jean Monnet. Vincent Browne chaired one of the most passionate debates I've ever been at. Browne then reran the debate on his RTÉ radio show as he had then. Live 95fm recorded the event and aired it the next day on morning radio. The local newspapers covered it too.

That Peace Society did so many imaginative things. We raised €10,000 for UN affiliated educational projects in South Lebanon and another \$10,000 for educational projects in Costa Rica and Nicaragua. With self-raised funds and a small clubs and socs grant, we had the incredible opportunity to visit these projects first hand.

Life-changing events that pieces of paper can never measure.

And when the Prime Minister of China visited the University of Limerick, our society organised a protest about Tibet that swelled into a couple of hundred students. The former President, Roger Downer, intervened and we were granted a formal meeting with the Chinese Ambassador to Ireland to discuss our concerns. We met him in one of the very nice rooms in the library. Paddy was delighted with himself.

That was the same year that we were both nominated for Society person of the year. Neither of us won but in so many other ways,

we had already won. It was the best award I never received. It was like getting officially rewarded for doing stuff that we loved doing anyway. That felt like cheating in a way.

Thank you to clubs and societies for the memories. Oh, and thanks UL for those pieces of paper. They came in handy.

Dr. Elaine Byrne,
Adjunct lecturer in Irish Politics,
Trinity College Dublin
& Journalist with the Irish Times



A final farewell to Patrick McHugh

One of my favourite songs is the Sunscreen Song, and as with most people it's because the lyrics for the most part are relevant and the longer you are around more of it seems to make more sense. There is a particular line that is relevant to everybody and that is

"The real troubles in your life are apt to be things that never crossed your worried mind; the kind that blindsides you at 4pm on some idle Tuesday"

This was certainly the case this summer when we got word here in the Students Union that our former friend and colleague Paddy Mc Hugh had been diagnosed with an aggressive form of cancer. From the time the news broke it really was frightening how quickly Paddy succumbed and within a very short few weeks he was gone by June 6th 2010, aged just

32. Paddy will be sorely missed and a larger than life character and very much someone you heard coming before you actually saw him but it was always interesting to have Paddy breeze in to the Students Union with another opinion (he had lots of those), problems, suggestions or simply idle conversation-either way it was always entertaining and I'll miss his company for that reason, as I am sure many people will.

"Enjoy your body. Use it every way you can. Don't be afraid of it or of what other people think of it. It's the greatest instrument you'll ever own. Dance, even if you have nowhere to do it but your living room." Paddy was an all-Ireland champion dancer and a talented musician. A founding member of Gan Anim, UL's own Irish traditional music society which had lapsed prior to Paddy landing on campus, and in his time it became the first UL Society to win an award at the Board of Irish College Societies Awards 2005. He also took the LGB by the scruff of the neck and re-branded it "Out In UL" and its now trademark event "Queerbash" all legacies to Paddy. He also turned his hand to Kayaking, Outdoor Pursuits and I am sure others I can't remember? He was a

member of our Boathouse Referendum Committee 2003, Clubs & Societies Executive, a chairperson for Clubs & Societies Council, Best Society Person of the Year in 2006/2007 and eventually ended up Campaigns and Services Officer for the Students Union in 2007/2008. He graduated from UL with a BA in Irish Music & Dance in 2007 and after his time in the Union pursued an MA in NUIG in Advocacy and Activism, no surprise there.

Even though Paddy was gone from UL a couple of years he always called in or was seen around the campus every couple of months. Paddy's indignant pose of hand on hips I always referred to as his "my little tea-pot" routine and given the fact that Paddy was as gay as Christmas we often had a good laugh at this starting stance as he prepared to raise his next issue with you. I have many abiding memories of Paddy and I have met many really sound people through Clubs & Societies over the years but none as colourful.

Ar Dheis De Go Raibh a anam
Paul Lee



Graduate Piece....Damien Cahill

Greetings students of UL. Having spent the last 6 years of my life at this college (not 20 like some people think) I feel privileged to be able to share some of my experiences here in relation to clubs and societies. When I first came to UL I did join a few clubs and societies and went to some events but it was not until 3rd year that I fully immersed myself into a fantastic world of great people, hard work and overall craic that is the University of Limerick Clubs and Societies. As you read this I am most likely trapped in a suit and tie, chained to a desk in Dublin city centre. (disclaimer, dear boss I love my job). I am currently a trainee on I.B.E.C.'s Graduate program, a dream move for me upon leaving University. However I feel I owe where I am in no small part to the experience I gained as a former president of SkydiveUL, the Universities skydiving club and indeed to the greater clubs and societies community. Being a mature student I suppose one

could say that I came to University with a little experience of the outside world. However it was my time at this University that gave me all the ammo I needed when job hunting, a difficult task these days. Too often I hear graduates saying that they didn't feel they did well in an interview because their "examples" were not good enough from part time work when questioned in an interview. Well I can promise all of you, getting involved with clubs and societies will equip you with all the skills you need to get that perfect job. Even something as trivial as organising a bus for 50 people, to go to cork, is an example of organisation and planning skills, as well as running a budget. Joining a club or society in University is a massive amount of fun too though. Some of my best friends from my time in UL are people I met through clubs and societies and to be honest lads and ladies I hear the OPC valentines "hiking" trip is pretty legendary. Almost every club or society offers

the opportunity for trips away both with Ireland and often abroad to mainland Europe, sometimes even the States or Africa. But all these things are only possible because of the people involved, so get involved. I always told the new members of the skydiving club that the year's activities were up to them, because it was their club. And that is true. Every one of you owns a part of every club and society, so go use them. Even now, as I have left the University I cannot wait to attend next year's clubs and socs ball, or go on the next skydiving trip with the club. At the end of your time in UL, you can graduate with a degree, you might even graduate as the greatest ever party animal in the lodge, and barred for this reason. But do yourself a favour; join a club or a society and you will graduate with so much more, leaving will be almost impossible.



Clubs and societies has made for such a great college experience! Eimear O'Donnell – UL Graduate

Hi, I'm Eimear O' Donnell and I'm just after graduating from my degree course in Mechanical Engineering here at the University. I've been involved in clubs and societies in the college since I started out in Limerick in 2006, and I have to say that being part of clubs and societies has made for such a great college experience! Not only that, but getting involved was definitely a huge factor in securing myself a graduate job with Jaguar Land Rover.

It was the kayaking club that took my fancy among all the choices that were on offer when I was in first year. I started out knowing nothing about the sport but over the four years it has taken me to countries such as Slovenia, Italy, Montenegro, Norway and a host of other places that I had never thought I'd end up! I learned the skills of kayaking, and enjoyed all the craic that was had and have met some of my closest friends through the club.

But from a graduates point of view, I have learned so many life skills that I can use in my work after college by getting involved in all the work behind the scenes that's part of every club or

society. I was equipment officer for the club for two years and then became captain of the club. This meant taking on responsibility, managing people, organising events, and working as part of a team. The experience of this stood to me big time in my interview for my graduate job and I can safely say that without the kayaking club I definitely would not be looking to buy a Land Rover any time soon! Now I get to make them as part of my job and the experience that I've got from clubs and societies will definitely help me over the next few years working as an engineer in industry.

My advice for anyone just starting out in university is to get involved! I knew very few people when I started out in Limerick but being part of something bigger like a club or society opens up so many possibilities and gives you so many opportunities that you never expect! For me it was the kayaking club, for you... who knows, drama, debating, hockey, ultimate frisbee....give it a try, there is something for everyone and sure you never know, it might get you a job some day too!

Eimear

U.L TaeKwonDo Club - A Korean Adventure

by Michael Johnson



While other students relaxed and enjoyed their mid-term break this Easter, the University of Limerick TaeKwonDo Club put their week's break towards fulfilling the dream of many a martial artist: - to travel to the birthplace of TaeKwonDo, immerse themselves in the culture and spirit of the Land of the Morning Calm and train with some of the greatest martial art practitioners in the world. In other words, a training week in South Korea!

South Korea: - a name to conjure with, especially for Western Europeans. It evokes images of pagodas, soaring mountains, Buddhist monks, soaring skyscrapers, information superhighways and martial arts. Located on a peninsula between mainland China and Japan, South Korea boasts a population of some 48 million people, 23 million of which live in or around the capital, Seoul, making it one of the largest megacities in the modern world. Occupying 100,032 square kilometres, 70% of which is rolling hillside or mountainous terrain, South Korea boasts one of the oldest cultures and societies in the world, tracing their ancestry back in an unbroken lineage some 4,500 years. TaeKwonDo, or the Art of Hand And Foot Fighting, is a Korean martial art which has been in existence in several forms since the 4th century A.D. Originating from the Korean martial art Tae-Kwon, surviving underground as a forbidden art during the Japanese occupation of Korea in the middle ages, and reborn into its current form in 1945 following the defeat of the Japanese at the end of WWII and the liberation of Korea, TaeKwonDo has a huge international following, being practiced in over 188 countries, with conservative estimates of 70 million practitioners across the globe. It is also one of only 2 martial arts world-wide to be recognised in the

official Olympic Games.

With all this history, energy and legend, it is small wonder that a chance to train in South Korea is seen by many as the pinnacle of a martial arts career. U.L TaeKwonDo Club members certainly thought so, with 12 club members packing their dobulks and gladly under-taking the day-long journey to travel the 6,000 miles needed to put them in another world: - South Korea. Spending 5 days in Seoul and 2 days in Gyeongju, ancient capital of the Silla Dynasty in Korea, the week was a resounding success for the club and its members. Training with the Korean Tigers in Seoul, the country's national TaeKwon Do demonstration team was the opportunity of a lifetime: - words are not sufficient to describe the dedication, skill, grace and ability of these ultimate martial artists. In addition to training in Seoul, as part of the Gyeongju visit, the entire club spent 24 hours in the Gulguksa Temple Stay program, where the club were afforded the chance to train with and experience life amongst the Zen Buddhist monks. Living the monastic lifestyle for 24 hours certainly helps gain a new perspective on life: - 4am call to prayers, buddhist chanting, twice-daily SunModo (Buddhist Martial Arts) training sessions, vegetarian dishes and 108 bows to the Buddha were all par for the course during our stay. A truly amazing experience!

With all the training, the club still found time to slow down and experience life in this most amazing country. TaeKwonDo is to Korea what G.A.A is to Ireland: - a part of the national psyche. In a country where most males serve 2 years military service by the age of 24, and TaeKwonDo is taught as part of the military programme daily, many people leave college/military service with a black belt in

TaeKwonDo. The club members soon got used to being stopped on the street by random people who noticed the TaeKwonDo badges, and many an interesting conversation on the martial arts would ensue! Not only did the club partake in their own training sessions, 2 martial arts demonstration shows were also attended which showcased the best and the brightest in the martial arts: - amazed and awed only begin to describe reactions to some of the skills involved. In addition to all this, a day trip to Panmunjeon and the DMZ (Demilitarized Zone), the 38th parallel and the border between North and South Korea, this helped give the club another perspective on this always interesting country and people.

The week in Korea passed all too soon, and before the club knew it, it was time for bags to be packed, farewells to be made and a return trip back to be undertaken. With lasting memories of an amazing trip and a wonderful country and people, the members of the U.L TaeKwonDo Club will admit they are richer by far for their trip to the Land of the Morning Calm.

U.L TaeKwonDo Club train on campus at the University of Limerick's PESS Building 3 times a week: - Monday at 6:50pm, Wednesday at 9:00pm and Thursday at 6:50pm. New members are always welcome, any time of the year.

Membership is open to both students and external members. For more information or enquiries, please contact the club at

ul.taekwondo@gmail.com.

Gam Sah Me Dah,

U.L TaeKwonDo Club

ul.taekwondo@gmail.com



UL Trampoline and Gymnastics club - anyone can give it a go!!



Welcome to UL and if you join the UL Trampoline and Gymnastics club here is what you can expect:

Lots of trips around Ireland and the UK traveling to competitions where everyone has great craic, and can compete at a lot of different levels of competition. Anyone can give it a go!!

Make great friends, have lots of fun and take this massive opportunity to get to know a ton of savage people. Last year we traveled as a team for weekend competitions to Scotland, Belfast and Dublin, the trips there and back were as good a laugh as the competitions themselves! This year there are plenty more trips planned and we will be hosting the Irish Intervarsity so if its fun you're after you'd better join up and book that weekend off because you will be getting no work done!

On the training side (yes we do train), it's on twice a week in the

PESS building and training is carried out by fully trained coaches some of whom have won Gold in previous competitions and perform at the highest level of competition so progress is guaranteed!!!

Like all Clubs and Socs we engage in fundraising - last year we had Cheerleaders and Sports person nights, fancy dress at every competition and meet socially after most training sessions so it's up to you.

Its €5 Euro registration for the year and we will be at the recruitment drive - if you want to know where we are inside, we haven't been given the plan yet, but just look up!!! You'll see us!!! See you soon!!!

David Ryan, Secretary

Club Website:

<http://www.csn.ul.ie/~trampoline/>

Email address:

ul_trampolineing@yahoo.co.uk

Why to do Krav Maga?!

Krav Maga is an Israeli Self Defence Combat System, which is thought to common people. Krav Maga is a system that is very easy and quickly to learn and also even easier to use. UL Krav Maga is been up and running almost two years now, and is very active club. We have great trainers and students, and also a fully qualified Krav Maga Instructor Oliver Sweeney, who joined us last semester. On our trainings we promote self defence, fitness, health and common sense, but also we have a great laugh, too. We do hand to hand combat, standing and ground fight, and weapon training. We are also giving opportunity to our members to grade and attend Krav Maga seminars in Ireland and Europe. Our trainings are full year around, and we don't close through the summer. For all of the other info you can find us on - <http://kravmaga.skynet.ie>, or on the - facebook as "UL Krav Maga", or you can send us an e-mail on - kravmaga@skynet.ie



Being weightless in the ocean feels like flying



The University of Limerick Sub Aqua Club (ULSAC) is a scuba diving club affiliated with the Scottish Sub Aqua Club (ScotSAC), through which we offer members comprehensive dive training and qualifications from absolute beginner level all the way up to instructor level as well as dozens of diving opportunities

annually both in Ireland and abroad. Named the Club of the Year in 2008/9, ULSAC provides a great way to meet and make new friends, and learning to dive is an empowering and thrilling experience. Getting to breathe underwater is an unexplainable sensation, and being weightless in the ocean feels like

flying; you will always remember your first open-water dive.

ULSAC provides incredible opportunities for dive travel in both warm and cold water. Some of our favourite annual trips are to Spain and Scotland for open water training and a week on a diving live-aboard yacht in the Red Sea for qualified



members. The destinations we choose for training are constantly changing and expanding, and our members have gone on to dive together in places like the Maldives, caverns in Mexico, many places in the Caribbean, Australia, the Arctic Circle and even ice diving in the French Alps!

As UL is so close to the Atlantic coast, we have easy access to many of the best dive sites in Ireland. Our brand-new RHIB (rigid-hulled inflatable boat), the Plassey Bird, purchased in the Spring of 2010, gives us unprecedented freedom to explore the waters off the coast of Ireland and makes it convenient and economical for our divers to explore sites that would otherwise be impossible to reach.

At ULSAC, training is of the highest quality and is provided at a fraction of the cost of other popular diving courses and qualifications. Unlike with other organizations, ScotSAC practical training is conducted one-on-one, at the student's pace.

All ScotSAC qualifications are recognised worldwide. The first qualification new trainees will work towards is the ScotSAC Sports Diver Award. This core qualification equips divers to dive without an instructor (though always with a qualified buddy) to a maximum of 30m safely, in varying conditions. Through a combination of weekly theory courses, pool training, and open water (ocean) training and assessments, diligent trainees can usually become fully qualified in one academic year.

ULSAC's resources are incredible: there is no need for beginner divers to purchase any equipment, as the club owns 20 full kits of gear. Through ScotSAC, ULSAC has a vast

network of friends and contacts all over the world, making travelling to places like Spain and Northern Scotland even more enjoyable. A newly-opened quarry dive centre in Portroe, less than a half hour from UL, now means that we have the opportunity to perform open water dives very close to home! UL also has one of the few 4-meter-deep dive pits in Ireland, an invaluable resource for scuba training.

The club offers continuous learning opportunities from complete beginner to intermediate and advanced training, up to and including Master Diver and even Branch Instructor qualifications. Diving safety qualifications that members may earn include Diver First Aid and Oxygen Administration. With our new RHIB, a few of our members have already been able to earn Irish Sailing Association powerboat-handling qualifications.

ULSAC provides a unique chance for members to become qualified scuba divers, equipping them with the necessary skills for participation in this life-long sport. After graduation, many divers stay active within ULSAC, and with several active postgraduate, staff, and local members, there is a consistency of quality and membership. ULSAC is thriving, and is a blast to be a part of. We can't wait to meet our new trainees!

Our Dive Pit/Theory Training takes place in the PESS Building at the Dive Pit, every Thursday at 18:00. For further information about joining ULSAC, please contact: ulsac.secretary@gmail.com <http://subaqua.csn.ul.ie/> PRO Leah O'Brien Bernini ulsac.pro@gmail.com

PHOTO SOC NEWSLETTER

U.L. PHOTO SOC

guygowan.com



Guy Gowan
Image retoucher and educator



UL PHOTO SOC BUILD WILDLIFE HIDE, AID IN ENVIRONMENTAL CALENDAR ROLE OUT AND PLAN FOR A FUTURE TRIP - TO AFRICA!

It's been a busy year for the UL Photo Soc

UL Photo Society has been busy over the last twelve months and that is only the beginning. After successfully running a competition in conjunction with the Society of Architects, the Photo Soc has built a wildlife hide along the banks of the river Shannon to help monitor and capture images of elusive wildlife like osiers, kingfishers, herons, cormorants and much much more. Sinead Stack was the overall winner of the competition and is shown below

being presented with the 1st prize by committee member Kevin Johnson. The Society was also instrumental in the launch of the Environmental Calendar for the year 2010. Several members successfully submitted images that were chosen and displayed in the final product. Currently they are working on contributing towards next year's calendar. Peter O'Donnell, Professional Photographer of the Year 2010, gave workshops to the Society members

during the academic year sharing his thoughts and insight into photographic technique and composition. Eoin Stephenson, the UL photographer, also gave a talk in the second semester on his views of photography on campus in the University and what it means to him.

So what is next for the Society? What else can we do? Well we have a few things on the list for the coming year.



SINEAD STACK - WILDLIFE HIDE WINNER



KINGFISHER FISHING



WILDLIFE HIDE ON SHANNON



UL Vikings create history to secure European Atlantic



SofA so Good

The Society of Architecture is a cultural organisation dedicated to spreading the word about design endeavours of the highest calibre from Ireland and beyond. Our aim is to tap into the vast network that is the world of design creating a constant stream of information that runs directly into our members. We host lecturers from around the world, hold exhibitions and travel to places of great architectural merit every semester. In the past three years we have had lecturers from every corner of the globe touch down in Limerick to share their design knowledge with us. Everyone from award winning Spanish Architects to critically acclaimed authors has graced our sofa. Check out www.societyofarchitecture.blogspot.com to get a taste of all that you've missed and what's to come.

The highlight of the SofA calendar is our annual trip. Fancy a stroll through Park Guell in Barcelona or a private tour of the Dutch Embassy in Berlin – SofA can take you there. We take in everything from world renowned works of art, architectural masterpieces and the greatest modern exhibitions all at a student friendly pace during a four to five day trip. Be it a lecture on utopianism or a weekend of 'Open House' in Dublin, SofA is here to help you get your design fix. For anyone with an interest in architecture, art, graphics or travel then Society of Architecture is a must. Visit our stand at the recruitment drive or email us at societyofarchitecture@gmail.com with any questions.

Clare O'Callaghan, President



2010 has been another fantastic year for the UL Vikings. The campaign began in earnest right here in UL, hosting the inaugural intervarsity American Football competition. The competition involved the likes of DCU, UCD and Trinity college all taking part. This competition was a great stepping stone for our rookie players and allowed them to get to grips with the full-contact sport. We eventually faced DCU in the final and won the competition outright.

Next up was the Páidí O'Sé Festival of Football in Dingle, where the Vikings faced the Cork Admirals. This was another stern test for the Vikings, but the end result was the Vikings picking up their second trophy of the year.

The regular season kicked off in March and has seen some epic battles during the course of it, resulting in a semi-final game against the Carrickfergus Knights. This was a hard-hitting game, with both sides keen to book a place in the Shamrock Bowl, but it was the Vikings who prevailed on the day with a 21-0 result. This booked a place in the final against the Dublin Rebels, a fifth consecutive appearance in the All-Ireland by the Vikings.

During the regular season, the Vikings broke new ground with their first ever participation in the Atlantic Cup, the third highest level of European competition for American Football. The competition was held in the sports grounds of UCD and involved teams from Luxembourg, the Netherlands and Belgium.

The Vikings were first drawn against the Dudelange Dragons, the Luxembourg team and only returning team from last year's competition. With a 58-14

victory over the Dragons, the Vikings faced the Leylstadt Commanders from the Netherlands in the final after the Dutch team managed to beat the Brussels Bulls in the semi-final 48-0. It was a close fought final which saw the Vikings come from 18-13 behind to go on to win with a touchdown in the final few minutes of the competition to finish with a score line of 19-18.

This monumental achievement catapulted the Vikings into the European Federation of American Football's (EFAF) Top 20, the first Irish team to do this in 20 years. The scale of this achievement was also recognised by IFAF, the International Federation of American Football, who named the Vikings "Club of the Month" for June. To make the Top 20 out of well over 250 teams is quite an accolade but then to have it recognised by IFAF who has well over 1000 members was simply amazing. With a fifth consecutive appearance in the Shamrock Bowl final the Vikings aim to win a record equalling 4th Bowl in a row and cement their position as the best American Football team in Ireland.

About us:

The Vikings train every Monday and Wednesday evening from 6-830pm on Maguires field. Don't worry about equipment or experience, if you have the desire to play, find our stand at the recruitment drive in the Arena or email us, we'll sort out the rest. **VIKINGS FOR THE BOWL!**

Alan Walsh
UL Vikings PRO
www.ulvikings.ie

Windsurfing Champs' 3 years in a row

We had a hugely successful year and we raised more money than ever before, with such events as our first UV Full Moon party, naked calendar, some participated in the St Patrick's Day hair dying and of course our infamous beach party which was a complete sell out. This year promises to be no exception. Amongst our list of accomplishments we have managed to host a very successful intervarsity's of

which we won for the 3rd time in a row. We are now the college to beat and hope to hold on to the title. The club remains as strong as ever, with our new equipment, wetsuits and committee, there should be a great year ahead, the only thing next are some new members. Our weekend trips and the craic we have as a club always has people coming back for more. They are usually 30 euro or less, which takes care of

transport, accommodation, equipment, lessons and food, all you need is yourself and a spare change of clothes. We also cater for all dietary needs. We mainly windsurf around Castlegregory on the Dingle peninsula where there's lots of scenery, fresh air, friendly people, of course excellent surfing conditions. It's always a great experience for regulars and new comers alike. So if you want to try something new or

maybe you would like to improve your current skills? With the country's best facilitated windsurfing club, make sure to sign up on Clubs and Socs day this semester to at least be in the know of upcoming trips and events.

Gerald Flynn
misterflynn@hotmail.com
www.csn.ul.ie/~winds
ULWC





How about catching a great wave and just letting go?

Conor Keane, Vice President of the UL Boarders

Do you strive for a bit of excitement in your life? Love strapping into your board and shredding all the way down the mountain? How about catching a great wave and just letting go? Then UL Boarders is for you.

Founded in 2009 by UL student (and President) Nick Ryan, UL Boarders is one of the newest clubs at the University of Limerick. We provide a number of activities such as surfing, wakeboarding, mountain boarding, snowboarding, and kite surfing. Basically if it involves a board we're involved!

We have many weekend trips planned throughout the year including surfing throughout the country, wakeboarding, mountain boarding in county Down, and kite surfing in Lahinch and Castlegregory. We are also planning on repeating our monumental snowboarding

trip to Passo Tonale, Italy where we took 42 UL and Erasmus students for a weeklong trip in January (which was nominated for Clubs & Socs best trip 2010). On top of that we have planned a second trip to the Austrian alps in January as well! Also in the works is a killer surfing trip to Morocco planned for Easter break 2011!

We're not all about boarding though, we like to get out and have a good time as well! Last year we organized a good few nights out for members. These included Oktoberfest in Trinity Rooms, a James Bond night in the Stables, and also a fundraiser for the victims of the earthquake in Haiti. This year it is our goal to have at least one event a month for our members to get out and socialize with each other, starting with the UL Boarders' first birthday party in the

Stables on the 8th of September (right after the recruitment drive). There will be a raffle for everyone who signs up at the drive and the UL Music Society will provide music with a live band!

So, if you're looking for a great group of people to go have some good times with, or if you want to learn a new board sport, come join the UL Boarders! Beginners are most definitely welcome (we have plenty of instructors)! Membership costs €5 for undergrad & postgrad students! More information can be found on our Facebook page (<http://bit.ly/aXkobr>) and on www.ULBoarders.com. We hope to see you out boarding with us soon and don't forget to come out to our first birthday in the Stables right after the recruitment drive on the 8th!



Poker Society

By Christopher Murphy (PRO)

After an extremely successful launch event at the end of last semester, UL poker society is ready for a busy year. The newly reborn poker society organised its first UL poker championship, which took place in the sports bar. The event attracted close to 70 players each competing for a prize pool of nearly 700 euro. There was free food provided on the night by the sports bar and a complimentary beverage for every player, which added to the banter of the evening. This highly successful event is a hint at things to come this year.

We plan to host a weekly poker night and once a semester hold a bigger poker championship event where the winners will receive coveted

poker prizes. Our main aim with the new society is to do our best to make the nights enjoyable and more student affordable than in previous years. We also hope to go on a few trips and maybe get a couple of expert poker players to come in and give some tips on how to improve your game. At some stage in the year we plan on holding a bigger black-tie Vegas style charity event, details are still being finalised.

Keep an eye out for flyers and posters over the next few weeks for information on the first tournament. For updates on what's going on and to get in touch you can find us on the UL Poker group on Facebook. You can also e-mail us at ulpokersoc@gmail.com

The Chess Club

By Kevin O'Flaherty (chess club president)

Paintballing, pizza nights and a trip to Amsterdam are just some of last years activities, with trips to Galway, Dublin, Belfast, Cork and Edinburgh planned; the chess club is the club to join!

This is no little club with over 100 members ranging from complete beginners to former international players. The club offers activities for all levels with a beginner's night on Monday in EGO10 from 6 allowing anyone to learn how to play, a coaching session and practice games on Thursday from 6 – 8 in room 3 in the Student Union for both beginners and intermediate players, competitions and trips open to all players.

For more information: join the UL chess club group on facebook, send an email to ulchessclub@gmail.com, head to the chess club stand at the recruitment drive or pop into any chess club meeting during week 1 such as in EGO10 on Monday or into room 3 in the Student Union on Thursday. With so many activities for €2, the chess club is a bargain!



Young Fine Gael!!

You may ask why I should join a political party. Well I am going to tell you why! But first I must give you the small details of the organisation. Young Fine Gael (YFG) is the youth wing of the Fine Gael party and always welcomes new members aged between 15 and 30. Young Fine Gael is the only vehicle for young people to seek political change in this country. As an autonomous youth organisation, it has the advantage of embodying the values of the senior Party, while maintaining the independence to express views of young people.

Now with that out of the way I can tell you what YFG is really about!! We are about bringing people from all across the country together to share ideas and thoughts on the burning issues in society! From abortion to is "Enda a natural blonde?" Nothing is too big or too small to be discussed in UL YFG. Every year we get a number of front bench FG TD's to come down to UL and speak to us about their respective portfolios. This year we will have the boss himself Enda Kenny!!!! We will also have Richard Bruton, Michael Noonan and Leo Varadkar and many more through the year!! Every week we try to have a fun outing so whether it is a Munster match or Pitch n' putt we always have a blast. In YFG we love to travel whether it is up to the Dail to

see Enda have a cut at Cowen for driving the economy over a cliff or down to Cork for a bit of a debate with are UCC counter parts! Last year we took a trip down to Madrid to meet our good Spanish friends in the Peoples Party. During the trip we got see the Spanish parliament and all the wonderful sites and sounds of Madrid. The main reason for the trip was to build relations between Ireland and Spain! Also we got the chance to extend an invitation to our Spanish friends to come visit UL. This year we hope to go visit Brussels to see the European parliament and get a chance to meet people from all across the EU!! Also we plan to have a word with our local MEP and former President of the GAA Sean Kelly about who is going to win Sam and Liam! We always have a great time in these wonderful places and UL YFG would love to be able bring you this coming year! And hey don't be afraid to come talk to us at the recruitment day we don't bite....well except for one of the girls, she can't help it!! In Fine Gael we have the plans and the people to get this country out of the hole we are in and if you join YFG you can part of that too!!! SO JOIN!!!! We look forward to seeing you!!!

Colm Taylor -
09004800@studentmail.ul.ie

Passionate about Health – UL Medical Society



UL Medical Society is a society for students with an interest in health and medicine from a variety of backgrounds. We host speakers on topics such as medical research, international medical electives, and different specialities in the medical profession. Our journal club meets bi-weekly to present new and interesting medical articles for critical analysis. Med Soc also works to promote health on campus and to raise funds for various medical charities. In April we held a successful screening of the moving documentary 65_redroses in support of the Cystic Fibrosis Association. We also held a blood

pressure clinic in support of the Irish Heart Foundation. In the fall, look forward to moustaches! The 2nd annual UL Movember campaign comes to you this November raising funds for prostate cancer. Everyone is welcome to join and will receive a free t-shirt! Social events in the society range from intervarsity tag rugby to pub quiz nights to the prestigious annual Med Ball. Our society is still fairly new and there are plenty of opportunities to get involved at any level, from simple membership to joining the committee. We are always looking for enthusiastic people who are passionate about health and

medicine to help make our society even better. Membership is €5 and we will be hosting a welcome event for potential new members on September 1st at 9 pm in Stables. We will also be available at recruitment drive to answer all your questions. If you have any questions in the mean time, please e-mail our New Members Liaison, Mary Randles (ulmedsoc@gmail.com). You can also check out our Facebook page: UL Medsoc. Cheers, Anna Donovan UL Medical Society President



Out in ULand Santa's big gay snowballs!!

Hey guys, welcome to University of Limerick.

WHAT IS OUT IN UL?

OutinUL is the LGBT (lesbian, gay, bi-sexual, transgender) society here in UL. We are an active society who seeks to provide a safe and friendly environment to support

the LGBT community. Anyone is welcome to join our society, it's not just closed off to the LGBT members of the college, all are welcome. (This also means that if you are nervous about coming to a meeting and want to bring your straight friend for support it's totally ok. We won't chase them away with sticks)

WHAT DO WE OFFER?

We offer an introduction into the LGBT community in UL and in Limerick; whether it's social or political we aim to have something to interest everyone. Some of our bigger events include Queerbash, Pink Training and Santa's Big Gay Snow Balls (I did not come up with that name!). Throughout the year we will have regular meetings,

workshops and nights out. The meetings are where you can tell us what you would like from the society, We are here to provide a safe and completely confidential environment to help students explore their sexuality. We offer one to one meetings should anyone wish just to talk!

WHY JOIN OUT IN UL?

If you are interested in the vibrancy and diversity that defines LGBT culture and community OutinUL is a great place to start. The society attends many LGBT prides, rallies and protests, from on campus debates to social gatherings to maybe even going to Berlin pride 2011. OutinUL follows a strict rule of confidentiality, so our members who are not 'out' can come along,

take part and not have to feel worried about being 'outed'. We encourage everyone to join our society as OutinUL is a great way of meeting new friends. One of our main goals is for everyone to have fun and feel safe and secure in a friendly, open and warm ambiance.

HOW TO CONTACT US?

You can hit us up, check us out or get your stalk on at any of these fine internet hotspots
 outinul@gmail.com
 Facebook – OutinUL soc
 Outinul.wordpress.com
 http://twitter.com/outinul
 Or meet us in person at our first event of the year the treasure hunt/bbq!
 Mary Cleary,
 President, OutinUL

Anime & Manga the Best New Society in Ireland 2010

With a very successful first year under our belts, The Anime and Manga Society are looking forward to the year ahead. Although the society is still very young our first year was an extremely fun and rewarding one, running a whole array of events throughout the year. These included trips to the IFI Anime Weekend in Dublin and Eirtakon, Ireland's biggest anime convention.

Last year the society won the award for "Best New Society" in the Board of Irish College Societies (BICS) and we consider it a great honour to have received this reward. With The Games Society we also ran Brocon, a Gaming, Anime and

Manga convention over the summer here in the University. Over 200 people attended the event and we even got a special guest from Italy to come over for the weekend.

The society runs three weekly events but often ends up running more special events during the week. On Tuesdays we run Anime screenings in the Kemmy Business School, (Japanese animated shows) of all genres and we will be deciding which ones to show at the start of the semester. On Wednesdays we run drawing and craft workshops in the Students Union room 3. Here members can learn to draw with help from more experienced members,

chill out and just have fun. On Thursdays we hold Japanese workshops, where you can learn or improve your Japanese, and a general meet and greet session afterwards. During all of these events our Anime and Manga library will be open for our members to use.

So keep a watchful eye for posters as we start up our events for the year. Our AGM will be held within the first 3 weeks of the new term. We look forward to seeing you there! For more information you can contact us at: ulanimesoc@gmail.com, or you can visit our website www.skynet.ie/~anime



Phono Sessions – UL DJ Society



Phono is a collective of DJs and electronic artists at the University of Limerick. We get together, have a bit of a chat, exchange ideas, organize events and generally have the craic. If you are looking to become a DJ or a producer or even just want to share your music with others then the DJ society is the society for you. The main aim of our society is to train up new DJs using our weekly decksessions, sessions where all members can attend and use our industry standard DJ equipment to practice their skills. We are always excited at the thought of showing another DJ the ropes so even if you have never seen DJ decks before we will have you spinning the tunes in no time. After you perfect your skills at our decksessions we will then help you play gigs in the top venues all around Limerick. Last year alone our members got gigs in Dolan's, The Trinity Rooms, Angel's Lane, The Twisted

Pepper (Dublin), The Stables, The Clubs & Societies Ball at The Strand Hotel, First Year Ball, The Psychology Ball at Thomond Park, just to name but a few. We also managed to win the award for "Most Improved Society" for all our combined efforts throughout the last year. For those of you more 'technical' DJs out there we also run workshops on music production and digital DJing, using well-known software such as Logic, Reason and Traktor. So if you fancy battling it out with other DJs in our DJ battles or even just want to come along to share and discuss the latest in electronic music then scrape a fiver from the back of the couch and come down to us during the recruitment drive or even send us an e-mail at phonosessions2009@gmail.com.

Kevin Hosey
 UL DJ Society President
djkevin91@gmail.com

Drama Society promising a packed calendar of activity

by Kelly O'Brien

Some people think Drama is pretentious. Some people think it's all about 'who you know'. Here at The UL Drama Society however, we not only refute these preconceptions but actively work against them. Drama Soc has really blossomed these past years thanks to the hard work and constant support of its members. Thanks to them, this semester, nay, this YEAR is overflowing with fun events for everyone.

At the moment I can guarantee at least three events per week, right up until our annual Variety Show in Week 10. Our very first meeting takes place Monday of Week 2 in The Jonathan

Swift Theatre at 7pm. This will be our Annual General Meeting (AGM) where we discuss event plans and introduce/recruit and elect new committee members. All are welcome to attend the AGM and it's a great way of getting to know other members.

One of the best things about Drama Soc, apart from the performances of course, is our twice weekly performance workshops. Performance workshops are basically informal classes led by an instructor who, using various techniques, prepares people for the stage. Workshops are suitable for beginners as well as more experienced members. Even if you're reluctant to

perform, workshops are great for learning breathing and relaxation techniques not to mention having some fun.

In addition to workshops and performances, the society organizes trips and fundraisers such as quizzes, race nights and murder mystery parties. To take part in them, however, you have to be a member so make sure to join up at our stall in The Arena at the annual Recruitment Drive on Wednesday of Week 1. If you simply have to have more Drama info before that time you can check out our web site at www.uldrama.ie or drop an email to info@uldrama.ie



The UL Enterprise & Finance Society

The UL Enterprise & Finance Society (ULEFSoc) aims to promote professional development of University of Limerick students in the areas of entrepreneurship, business, leadership and management. We fulfil this mission by providing relevant forums and networking events that focus on business.

We offer members access to practical workshops on relevant course-related topics and current affairs. ULEFSoc also aims to host several guest speakers throughout the year. ULEFSoc will host fortnightly innovation workshops – an open casual get-together to discuss the previous fortnight's current affairs and will also serve as an incubation forum for new business ideas.

ULEFSoc also provides members with a social forum to make new friends and enhance team-building skills through activities like paint-balling. This forum also enables members to befriend new students in any queries they may have regarding course work and more.

ULEFSoc will facilitate online collaboration for its members through our website. This service is of unquantifiable value to business students who wish to augment their knowledge of the world around them. Employers are acutely conscious of students' engagement with current affairs issues at interviews and this facility prepares students for such a situation. Members can sign up for our weekly newsletter and live RSS feeds. We will also host online discussion forums where members can engage in meaningful analysis of current affairs. We will also offer members the opportunity to publish opinion articles on our website. Our first get-together will be held on Wednesday of Week 1 – venue and time to be confirmed. Please come along and bring a friend if you like.

If you have any queries please feel free to contact me at andrew.odoherty@ulfisoc.com or 086-8607433 (Meteor). You can also join us on Facebook and LinkedIn or visit our website at www.ulfisoc.com for more information.

Andrew O'Doherty,
Chairman,
UL Enterprise & Finance Society

The Law Society... Young and Vibrant

The University of Limerick Law Society is a young and vibrant society aiming to bring together UL students that both study law and those with an interest in law.

The Society's role in student life is a mixture of the academic and social. While on the one hand we organise guest speakers and a careers night, we also have our annual Mystery Tour and much anticipated law ball, which is the social highlight of many student's calendar.

This year is our 7th Session and promises to be our best yet with many events planned. We have a great programme of guest speakers lined up this year including Senator David Norris among some other notable names. We will also be launching The Society's new constitution which Chief Justice, The Hon. Mr. Justice John L. Murray, has agreed to attend. These are just two guest speakers that will be addressing our law society in the coming academic year.

Our new mooting competition will also begin next year. This will be the first Mooting competition organised by The Society and thanks to a lot of effort on the part of this year's and last year's committees it promises to be a huge success. Mooting is a mock trial where law students get an opportunity to practice their skills of advocacy and public speaking in a

court setting. This is a vital skill as it is assessed in law modules The University and helps to prepare students for a career in law.

Perhaps what are most appealing to new first years are our social events. The Law Ball is one of The University's most prestigious balls, as it forms the highlight of not only law student's social calendar but also other students who choose to attend. It is held in the second semester. The annual Mystery Tour is also extremely popular with our students. This is when student's get on a bus with no idea of their final destination. Last year's event was considered a great success, despite the location of the event (Cork) being the worst kept secret in our society's short history.

Unfortunately space constraints have limited me to writing this relatively short synopsis about our Society and I feel there is so much more to tell you. The first meeting of the Law Society will take place during week 2, with a time, date and location yet to be decided but we look forward to seeing in Week 1 at the Recruitment Drive.

Mise le Meas,
Adam Moursy, President
Liam Walsh, Secretary
Contact: ullawsociety@gmail.com



The University of Limerick Traditional Music Society, otherwise known as Gan Ainm, is a society for those who play, dance or have an interest in Irish music. Throughout the year various

events are organised which bring together all Trad Music enthusiasts. We host a live music session in the Scholars/Javas bar on-campus every Wednesday night.

Workshops and lessons will be organised for anyone who is interested in learning an instrument in September. Some events that we will be



GSOCbattle aliens, demons and villains

G-Soc is a society that gives people who are interested in any kind of games a chance to come together, play, and make new friends.

1. We run events on a daily basis and special events quite often during the semester.
2. On Mondays we have our weekly games night, where people can meet up, chat and play their favourite board and card games and simply have a lot of fun.
3. On Wednesday we have our weekly console day in the student union, where you can take a break from boring studies and enjoy some quality console gaming with other members.
4. We're also running RPGs (Role Playing Games) on pretty much every day of the week, so you can join in a number of adventures and battle aliens, demons and villains using your skills, imagination...and dice.
5. On top of our regular events we're also running a number of special events throughout the year, the most popular and famous being, the Best Society Event of the Year 2009, award winning Assassin. Assassin is a game where you'll be given a target that you'll have to chase down and then "assassinate" using the deadliest weapons known to man, silly string and plastic spoons. But beware; you'll also be someone's target...
6. We'll also be organising trips to various events and conventions around the country so you can meet up with likeminded people from all over the country and have fun.

Oh did I mention that G-Soc has its own convention in association with the Anime & Manga Society? UL BroCon was run for the first time in the summer of 2010 and was a hugely successful convention for games, anime and manga, and next year's one will be even bigger!!! For more information please visit our website gsoc.skynet.ie or email us at ulgsoc@gmail.com

involved in during the year are Celtic Connections, a full moon session, trad discos, ceili, 24hr sessions, and the annual "Campus Trad" festival. Last year we also had the first Meteor™ session with guests from the Meteor Apprentice getting involved.

We will also be working with other Trad Societies around the country towards intervarsity events such as Battle of the Bands, table quizzes, and weekends away.

The Trad Music Society is here to promote Irish music and so that anyone interested will always have a place to meet up, play music and have the craic.

Whether you play, dance or even if you just like listening to Irish music, this society is for you. Tradsoc Committee
UL Traditional Music Society
Email- tradsoc@gmail.com
Facebook group- Gan Ainm

Music Society is a place where bands are born



UL Music Society has had a significant impact on college life for its members and music lovers in the college. With open mics every week, regular gigs and regular lessons and some busking in the Student Union Courtyard, UL campus has definitely become a more musical place. There's a horde of new bands that sprouted from Music Soc last year who are now playing regular gigs around Limerick. We've made it easier for new bands to finally move from practicing out in the garage between lawnmowers and petrol cans to getting up onto stages in Dolan's, Baker Place and The Stables and playing in front of crowds of friends and strangers. Music Society is a place where bands are born. And, if I may get really corny, friendships too. Last year saw a dramatic increase in Music Society membership numbers from previous years. These people became more than just members of a society, they really did become a group of friends. Awwww, isn't that sweet?



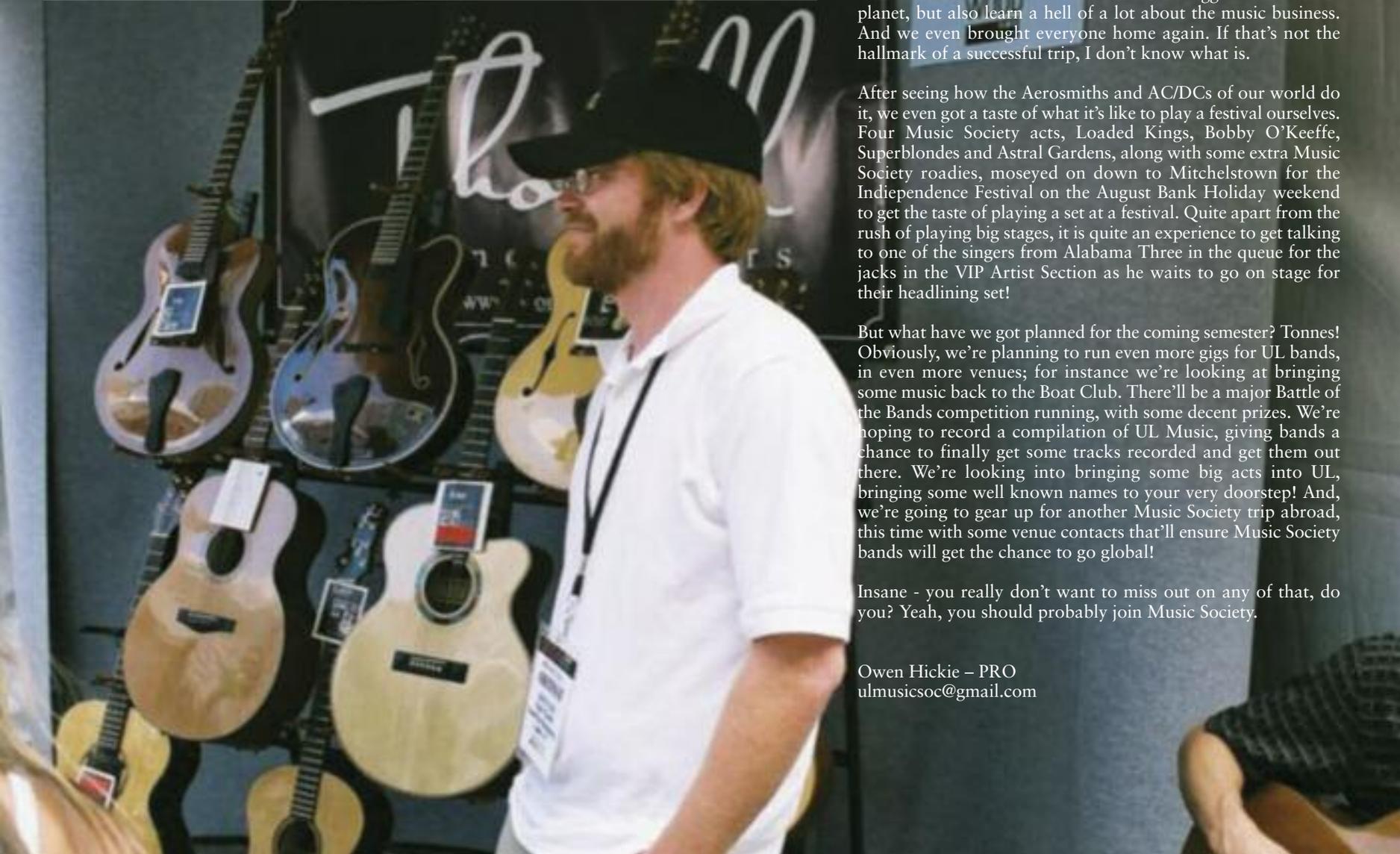
Seriously though, we have so much fun we couldn't bear going the whole summer without meeting up some more and having even more Music Soc craic. In June, fifteen of our members hopped across the Irish Sea to worship some rock greats at the Download Festival at Donington Park. Download claim to be one of Europe's premier rock & metal festivals and with a line-up that included Rage Against The Machine, AC/DC, Aerosmith, Stone Temple Pilots, Them Crooked Vultures and Deftones, you really couldn't argue with that. Download is an all-round music showcase event where not only can you have some serious craic and listen to some of the biggest bands on the planet, but also learn a hell of a lot about the music business. And we even brought everyone home again. If that's not the hallmark of a successful trip, I don't know what is.

After seeing how the Aerosmiths and AC/DCs of our world do it, we even got a taste of what it's like to play a festival ourselves. Four Music Society acts, Loaded Kings, Bobby O'Keeffe, Superblondes and Astral Gardens, along with some extra Music Society roadies, moseyed on down to Mitchelstown for the Independence Festival on the August Bank Holiday weekend to get the taste of playing a set at a festival. Quite apart from the rush of playing big stages, it is quite an experience to get talking to one of the singers from Alabama Three in the queue for the jacks in the VIP Artist Section as he waits to go on stage for their headlining set!

But what have we got planned for the coming semester? Tonnes! Obviously, we're planning to run even more gigs for UL bands, in even more venues; for instance we're looking at bringing some music back to the Boat Club. There'll be a major Battle of the Bands competition running, with some decent prizes. We're hoping to record a compilation of UL Music, giving bands a chance to finally get some tracks recorded and get them out there. We're looking into bringing some big acts into UL, bringing some well known names to your very doorstep! And, we're going to gear up for another Music Society trip abroad, this time with some venue contacts that'll ensure Music Society bands will get the chance to go global!

Insane - you really don't want to miss out on any of that, do you? Yeah, you should probably join Music Society.

Owen Hickie - PRO
ulmusoc@gmail.com



UL Softball Club:

Find Out Why We Are the League Champions For 5 Years in a Row!
 "How to play softball: Hit ball. Run. Catch ball. Throw."
 Author: Maeve Bourke, Chairperson

Softball, for those of you who don't know, is a sport very similar to rounders. However instead of a slothar we use a bigger ball. And contrary to the name, a softball is not soft!

Softball as a game can be divided in batting and fielding. When the team is batting each player steps up to the plate in turn and uses an aluminium bat to hit the softball that is thrown in by the pitcher. They must then run to first base before the ball gets there. When the team is fielding they must try to catch the softball that is hit by the batter on the other team and tag them out before they get to the base.

Because the basics of softball are easy to pick up and it is not a very physically demanding sport it is ideal for those among us who want to join a team and get to know new people in a fun, laid-back manner. Anyone with previous experience in

rounders, hurling, soccer or baseball will find that softball comes very easily to them but this is in no way essential.

Our relaxed attitude here in the UL Softball Club is what we believe gives us that winning edge. Rather than forcing members to attend every training session we ask players to come along whenever they can and join in the fun. Like many sports, enjoying what you're doing is the key to success and that is certainly true in our case.

Our winning track record at national level is both as a result of how much we fun have during competitions and the effort players put into honing their batting and fielding skills. The UL Softball club had produced some of the finest players in the country over the past 8 years and it's a legacy we hope to continue into the future. In fact, the majority of the Irish Softball team is made up of players

who first picked up a bat in UL. Another aspect of softball is the indoor version of the game. It is played with slightly softer balls than outdoor softball and the bases are much closer together. This makes it a very fast, exciting game which is growing in popularity around the country.

A typical softball year in UL consists of several competitions, the most important of which are the three Intervarsity League fixtures held from October to April. Each fixture is held over a weekend hosted by one of the three colleges involved in the league, namely UCD, QUB(Belfast) and ourselves in UL. These weekends provide a great opportunity for getting to know other teams from all over the country and for seeing some brilliant games of softball. The UL Softball Club usually hosts our leg of the IV's (Intervarsities) in late March or early

April which is the pinnacle of the club's activities for the year.

Besides our involvement in the IV's, the softball club also plays in other competitions organized by the governing body, Softball Ireland. These include the Start of Season (SOS) Blitz in April, the Irish Open Softball Tournament (IOST) in August and Munster Invitational Softball Tournament (MIST) also in August. Indoor softball competitions take place throughout the year.

This summer saw the start of the first Munster League competition where teams from across the province played each other over several weekends with the winners booking their place in the European play-offs next year. The winning team, unsurprisingly, were the Originals who are the UL Softball Club Alumni team, consisting of players who have finished college in UL and are still playing. Like I said, we have a legacy!

If you think you would like to give softball a try then we would love to hear from you. Contact us by email or through our website or Facebook. Email: ulsoftball@gmail.com
 Website: www.csn.ul.ie/~softball and www.facebook.com/ulsoftball



Training: Wednesday and Fridays on the AstroTurf behind the Arena from 2-4pm. Arrive when you can, leave when you have to.
 First training session: Wednesday 8th September, 2pm.

UL Soccer Club – from Local to International Players – All are Welcome

Regarded in Third Level circles as one of the most successful clubs in the country, the UL Soccer Club has a great recent history at all levels and a bright future ahead. With success achieved in nearly all tournaments – The Collingwood Cup being our only exception – the club is now focusing on maintaining our top class competitiveness and high standing in Third Level Football. On both the

Men's and Women's sides we have numerous players who have represented Ireland at underage, junior and senior level. We have regular representation on the Combined Colleges squads and many players playing League of Ireland and Champions League Soccer (on the Women's side). If you think you are on top of your game then playing for us is the right choice.

Are you a beginner??? Don't

be scared!! We provide teams and competitions for all players. The girls side have a regional team with less experienced players while on the Men's side we have a Freshers team as well as a 'C' team to cater for all levels.

Throughout the year we will also be running 5-a-side, 7-a-side and indoor Futsal events as well as providing coaching courses and referees courses. This year too we are looking at a foreign trip for some players to start testing ourselves against the best in Europe and the World.

Come find us at the Clubs and Societies open night where we will have more info, a display stand for Club gear which you can buy and the chance to win two tickets to a Rep. of Ireland Soccer match at the new Aviva Stadium.

For more information contact ulsoccerclub.mail@gmail.com

or check out our website at <http://ulsoccerclub.webs.com> for regular updates on events, training, match fixtures and results and much more.

Welcome to UL and best of luck to everybody.
 Stephen Griffin,
 UL FAI Football Facilitator



UL Ogra Fianna Fail

The University of Limerick Ogra Fianna Fail is one of the largest and most active 'cumann' in the country. We have a very busy schedule of events for this year. We will be planning our Annual Dail trip where we interact with Ministers of state and express our views on areas of importance. We undertake an overseas trip to the European Parliament in Brussels where we meet leading international political figures. Also a trip to Stormont to meet with Unionists and our new Fianna Fail members in our new 32 county organisation. We are also very active in the local community, we have raised thousands of euros for Limerick Hospice and this year will be targeting Cystic Fibrosis. We also have our party's Ard Fheis in November and National Youth Conference in February.

Ogra offers young people the unique opportunity to have their ideas taken up and viewed by politicians and ministers in government. UL's cumann has had great success in previous years of having our policy's adopted as part of the programme for government. We have very good relations with local representatives who we canvass with and take the lead on campaigns for instance the Lisbon Treaty referendum within the community. We also interact with many other clubs and societies especially the debating union as we often discuss important issues of the moment and provide speakers. Our social aspect is intense to say the least, weekly parties, Annual Xmas Stables nights out, Mystery trips etc all lead to a friendly fun loving atmosphere where you will no doubt gain life long friends.

Contact us at the freshers recruitment fair, the clubs and societies office in the SU or phone David O'Sullivan 087-6750519 and welcome to UL.