



# Clubs & Societies NEWS

Aontas na Mac Leinn  
Ollscoile Luimnigh

University of Limerick  
Student Union



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## Pull like a Wolf with UL Rowing Club

BY CIARA JO HANLON, WOMEN'S CAPTAIN AND GERARD BARLOW, CAPTAIN



There is an exciting year on the cards for University of Limerick Rowing club, only this time last year we were preparing for the famous Head of the Charles in Boston and building on its success we have more big plans for international regattas this year! September is a very busy and enjoyable time to be part of ULRC which will be spent getting our current athletes back into shape but more importantly recruiting new novices and introducing them to the wonderful and exciting sport that is rowing.

The year will kick off at the annual recruitment drive held

in the UL arena, followed by a welcome BBQ for all our new members where they will be given the chance to meet all of our experienced rowers and also be given a tour of ULRC's magnificent boat house and boat bays containing the ULRC fleet.

We will be running a 6 week "Learn to row" programme where everybody, with the aid of experienced members and coaches will get a chance to jump in a boat and see if the sport is for you.

The general structure will be that of two weekly trainings,

there will be one large CALS session where the whole club get together and train as one. You'll be guaranteed to work up a sweat but also have the craic with us, make new friends and get to know the existing members and coaches.

The second session we plan to run on Mon/Tue/Wed evening giving you the freedom to pick one that suits. These trainings are in smaller groups and provide a crash course on good rowing technique both indoors and on the water.

But its not all hard work, ULRC strive for a fun social

environment, whether its finger food in the stables, go cart racing, bowling or hiking Carrantuohill we do it all so should you join there will be a lot of fun to be had.

There is something for everyone

at ULRC from a complete beginner to experienced rowers who want to win pots this year.

ULRC warmly welcomes back all past members and eagerly looks forward to meeting all of our new members this September :-)



# Welcome...

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## Welcome Fresher's

To all of you landing in UL for the first time – a very big welcome from all of us here in the Students Union's Clubs & Societies Dept.

As part of the Students Union, we are THE largest social network on campus of real people or as we proudly like to call ourselves the Wolfpack.... the whole logic behind our brand is that of strength AND support in numbers. With over 70 Clubs & Societies on offer, there really is a lot of choice for you to fill your down time from academic life, whether that is to excel at your sport of choice, or to try to experience something very new, perhaps you might like dropping out of a plane from several thousand feet? How does Kayaking in the cobalt blue rivers of the Slovenian Alps sound? Mountain climbing in the French Alps? Maybe surfing

in Morocco? Or treading the boards of London's West End with the Drama Society? ....then we have some fabulous opportunities for you. In addition, if we do not cover an interest for you, then you should come and talk to me about setting one up!

Our objective is to cover the non-academic part of your University experience to make sure you really enjoy your time here and to meet some fabulous people along the way who WILL become some of your best friends over the next four years and beyond. That is what will absolutely make your experience so much more valuable. We do that through the 70+ Clubs & Societies that we have available to you. These activities are organised and run by more than 640 volunteers catering for almost 5000 unique individuals on campus. So there are

thousands of people with similar interests to you, you just have not met them yet. We receive approx. €600,000 from the University to invest in to the development of Clubs & Societies. After the C&S admin costs, it leaves us with €400K approx. that is roughly 50% of the needs of the C&S at grass roots level. The amazing part is that by necessity those 640 people I mentioned organise fundraisers throughout the year to draw in the other 50% so that they can run the best activities for you (hopefully the new generation of members) which is another €400K+ from cake sales, sponsorship, fundraising and a myriad of activities etc. over the course of the year. This is a truly remarkable achievement.

No different to any youth group, scouts, girl guides, sports clubs, musical or drama group you may have been



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involved in up to now ALL these Clubs & Societies are only as good as its member allow them to be (i.e. YOU). The current committees are always seeking out enthusiastic new people to help and remember they are students for the most part as well trying to get their degree, so don't be afraid to introduce yourself and jump right in.

We would like to extend a warm invitation to all of you to come to our annual Clubs & Societies Recruitment Drive in the UL Arena, Wednesday September 7th from 4pm-7.30pm

***“The Strength of the Wolf is in the pack and the strength of the pack is in the Wolf”*** *Rudyard Kipling*

## Welcome back once again to all our existing members

It has as always been a busy summer here in the Clubs & Societies Dept. of the Students Union and since many of you finished exams and scattered to the four corners of the globe there are some very interesting updates.

Those involved at the Clubs & Societies Council last semester approved that we pursue the creation of a third full time position to deal with the ever-growing demands of those students trying to add more colour to the University experience, through their C&S activities. As such after a lengthy process our successful candidate and new Clubs & Societies Administrator is Aisling Ryan. Those active

in the summer and looking to access the C&S fleet of vehicles and involved in budget submissions will have had a chance to meet Aisling already and for the rest of you landing back please take the time to call in and say “hello” and introduce yourselves to Aisling.

We have as a Students Union been very busy with our involvement in the €20+ Million worth of Building projects that the Students approved in April 2016 through a student levy. Much of our time this summer after our fact-finding to the USA in April has involved numerous design team meetings and discussions with Architects, Project Managers and the Buildings & Estates and Financial Dept.'s of the University. We are probably on our eighth draft review of the plans of the New Student Centre and at the time of

writing are probably 90% complete. The next step is preparation for a request for approval by the Universities Campus Development Committee. Subject to that committees approval it goes forward for final approval by the Universities Governing Authority. It is at this point in Sept/Oct that we will hope to be preparing to submit for planning permission.

The playing pitches development is already going through the planning permission process. A simpler development in many ways this received approval at the last governing authority meeting prior to their summer break. That is 2 new synthetic sports pitches, one grass pitch, hurling wall and all completely floodlit for student sport development specifically. It is worth reiterating, it will be free of charge to students,

even those who are not involved in competitive sport but who wish to recreate during term time with friends in a friendly 5 or 7 a side game of whatever activity they might be interested in playing. Further details to follow.

The outdoor pursuit's clubs climbing wall is at a similar stage to the Student centre and we are currently expecting the next set of architects plans where we will again sit with the University and the clubs reps to finalise and hopefully move through the University process. The feasibility study of a new handball facility is also under review.

Exciting times indeed! Looking forward to another cracking year – I will see this year's committee members at our first council meeting, Tuesday of Week 3 in the J.Swift for more updates



**MICHELLE WHYTE**  
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**Coordinator**  
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Hi All!

My name is Michelle Whyte and I am your Clubs and Societies Coordinator. If you are new to UL then "Welcome to the Wolf Pack". From personal experience I would advise you to get involved in a club or society of your choice; you can be sure this affiliation will make your time at UL all the more enjoyable and memorable!

If you are a returning student I'm sure you are looking forward to another fruitful and fun-filled year. An impressive number of clubs, societies, accolades and friendships have been developed and won over the past forty five years in UL

and this list is not only ever-growing but something to be proud of. This September we will be seeing some new faces at the recruitment drive with the Islamic Society, Golf Society and Brazilian Jiu Jitsu and Judo Club bringing a novel and diverse range of interests to the table.

Apart from accommodating these new clubs and societies I work with C+S Development Manager Paul Lee and C+S Administrator Aisling Ryan to maintain the presence, welfare and finance of existing committees. I administer the Annual Clubs and Societies Awards process. I liaise with our insurers for personal accident, foreign trip and vehicle cover. I provide committee training in terms of treasurer's workshops & administration seminars and develop and maintain databases to record all CS Activity. I administer and facilitate the annual Appraisal system which identifies areas in committee administration where extra help and support is required. I work with Aisling to Audit €1,200,000 worth of CS finances during the summer months and I manage the central finances and budgeting always with the aim of contributing to future

planning and saving costs so that more money can go back into C&S Budgets.

I also chair the yearly SoUL Arts Fest (Week 8) planning Committee. The Societies of UL (SoUL) Arts Festival is a celebration of and collaboration between your UL Societies and the University of Limerick Arts Office. During SoUL Fest the Societies showcase their events and activities to the campus community on a collective, wider platform. Last year we squeezed over 60 events into the weeklong programme; with Tea Appreciation, Games, Out in UL and International Society currently adding their events to the timetable there is sure to be something there for everyone!



Preparations for SoUL Arts Festival 2017-2018 (October 23rd to 27th) started during the summer months and this year we are going BIGGER and BETTER! The SoUL experience spans from day to night over

the five days with novel events such as Spooky Biodiversity Walks, Themed Movie Nights and Radio Intervarsities meaning there is "something for everyone!"

On the Wednesday afternoon of SoUL Fest you can find most our Societies together making the SU Courtyard a hub of activity. Last year's collective event brought us exploding pumpkins, dance-offs and fire-eaters. This collective event is also the perfect chance to meet up with that Society you have yet to join to find out what they are all about and get to know the committee!

Apart from working on SoUL Fest here on campus I also represent you as the Vice Chairperson on the Board of Irish College Societies (BICS). The biggest event on the BICS calendar is the three-day Annual Awards event. This year UL Societies brought a whopping FOUR National Society Awards home with Airsoft Society winning Best Photograph, Drama Society winning Best promotional video AND Best Mental Health promoting event and Michael O'Donnell of UL Science Society winning Best Society Individual. Apart from



the Awards, BICS is an excellent resource for us here in terms of networking and connecting with other Societies in Ireland! Last year we welcomed 120 students from all over Ireland to UL when we hosted the Annual Forum. If you would like to know more about the BICS or indeed if you have any ideas for your Society's participation in SoUL Arts Fest my office door is always open!

The biggest date in the C+S calendar, the recruitment drive, will take place this year on the 6th September in the UL Arena. I look forward to meeting you there! Prior to this you can set-up or renew your personal C+S account on our website: [www.ulwolves.ie](http://www.ulwolves.ie). My office is located on the first floor of the Student's Union building. Please don't hesitate to pop in, call or email with any queries or problems.

Here's to another great year!

Beir Bua agus Beannacht



**AISLING RYAN**  
**Clubs and Societies**  
**Administrator**  
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Hi Everyone!

My name is Aisling Ryan, and I am the newest addition to the Clubs and societies team here in the Wolfpack! (Yaaay!) So, while I am new myself, I want to say a huge WELCOME to all incoming students! You have the CAO and all the formalities ticked off the list now it's time for the fun!! It is time to come and find your pack! The main thing that has struck me since starting my role here as your Clubs and Societies Administrator is how much I wish I had gotten more involved in different clubs and societies during my time in college. So a piece of advice

from the new girl, join as many as you can! It is amazing the friendships that are forged in these groups and I have already seen how strong and lasting they are, far beyond the 4 years you spend in college. Now, to all of those returning clubs and socs people....welcome baaack! I know from going through the budgets over the Summer that you all have some very exciting plans for the year ahead! I started back at the end of May so I just missed meeting a lot of you so I can't wait to get to know you all over the coming year. To all the people I have met and dealt with so far, I just wanted to say thank you so much for being so welcoming and so patient during my settling in time! So just a bit about why I am here and what I will be doing for you guys... I am here to essentially take a bit of the administrative pressure off of Michelle and Paul so that they are better able to help and support you all, as well as to be an extra resource for you. One of my main duties in this role is to take over the SU Vehicles - as all existing members will know we have three vehicles for different purposes which are an amazing resource for Clubs and Socs and having this

resource is basically unheard of in other colleges. It is amazing but they are also pricey assets! So apart from looking after driver documents, insurance, vehicle bookings, servicing and all the other wonderful things that fall under the vehicles umbrella, I am really going to be here to take a more active role in making sure these vehicles are looked after when they are taken out on trips and that they are respected! I don't want to say I am going to be nit-picking.....but I will!! I want to make sure that if your club/society books a vehicle and picks it up, you can focus on getting on the road and having a great time rather than spending the first hour cleaning up after the last group! In short...I am in charge of the vehicles so if you have any queries, I am your go to girl! Another aspect of my job will be to aid in the finances of existing clubs and societies by processing the students' union cheque requisitions, credit card requests and special applications. Many of you will be familiar with all of these things but if you are at all unsure, don't hesitate to contact me, though I am sure you will be getting all the information you need in the seminars and

workshops! On the topic of finances, I have also taken over the immensely enjoyable job of processing budgets! There are a number of supports in place for the budget not only in advice from previous or current committee members who have been involved before but also the seminars and workshops and...me. If you are new to budgets that is okay, you aren't expected to know everything straight away, I would just ask that you make use of the help being offered to you, me being one of them, so if you aren't sure of anything, don't be afraid to ask. Other things you will be lucky enough to come and see me for are room bookings, joining clubs and societies and any general C&S queries that don't necessarily fall under what Michelle and Paul have already gone through. I am almost finished (kind of) but a large part of my job is going to be boosting clubs and societies' social media presence, PROs I am talking to you. I am going to need your help on this, but I am also extremely open to any ideas or suggestions you all may have to boost our Facebook and other platforms, you are the ones that know 'what the cool kids are doing these days after

all!!' We are all so proud to be part of our own packs be it a club or society, which is great and hopefully that pride goes on and on, but I want us all to remember that we are ALL part of a larger Wolfpack. If you have a great photo, why not send it to me so I can share it with the other clubs and societies? It is still great to show the rest of your group the hilarious videos or the stunning snaps you got on a weekend here or an event there but why keep it to just yourselves? Don't be so selfish, we want to see too!! Share with the rest of us via the amazing platform that is the Clubs and Socs social media pages! As I said I will be working with your PROs on this and there may be a few competitions along the way with a spot prize or too ( Insert Late Late Show Oooooooh! here.)

So just a final word, welcome back to all existing members, congratulations to all recently graduated members and to all you newbies, I am right there with you! As Zig Ziglar said F.E.A.R has two meanings: 'Forget Everything and Run,' or, 'Face Everything and Rise.' The choice is now yours! Thanks guys, A

# The UL Vikings – Limerick’s own American Football team

KURT MACKEY O REGAN - PRO

Yes, you read that right. Would you believe me if I told you there are over twenty-four active American Football clubs on the island of Ireland spread across three competitive divisions? What if I told you The UL Vikings is one of Ireland’s

people are still surprised with how popular and competitive it is in Ireland.

The beauty of American Football being a hidden gem on this island is that literally any person from any background



most successful clubs, playing more games than any other team in Ireland over the past two years with the best winning records? The NFL and NCAA are two of the most viewed leagues in the world with over 111 million people tuning in the Super Bowl last year, yet

can join and have an immediate impact on the performance of the team. What we here in UL do better than any other club in Ireland is develop these people in to athletes better than they knew they could be themselves while having more fun along the way than the thought

they could. You don’t have to be nervous starting off either because whether you’re 5’6” and barely 100lbs or 6’7” and can’t run the length of a pitch there’s always a position on the field which will suit your own personal skillset.

Semester 1 with the Vikings will see us introduce new players to the game of football. Training once a week on the pitch and providing two free team gym sessions every week, we make sure players are in a comfortable environment learning the game while we work at making everyone stronger and fitter. What’s even better is we can provide the equipment, free of charge. After four weeks, we will have two Sunday training sessions where offense will play defence in a scrimmage so you can experience a football playing scenario. At the end of week six, UL, Trinity College and UCD come together to contest intervarsities, a tournament designed specifically for new players to compete in and again experience a football environment.



The fun doesn’t really start however until after Christmas where all our veteran players return for pre-season. In February, the Vikings travel abroad to compete in an international friendly. 2016 saw us travel to the North West of England to compete against the Lancashire Wolves. Our regular season kicks off in March with eight guaranteed games against clubs around Ireland. If successful, a quarter final, semi-final and the lucrative Shamrock-Bowl is up for grabs, something the Vikings have won three times in its thirty-

two-year existence.

It’s not all serious stuff either, social nights such as rookie night, our annual Superbowl Party and Sunday night NFL go on throughout the year where you really begin to make friends with your teammates.

Make sure to look out for us, The American Football Club on September 6th at Clubs and Societies’ recruitment drive in the UL arena. You can also find us on Facebook on [www.facebook.com/ulvikings](http://www.facebook.com/ulvikings) or email us at [ulvikings@gmail.com](mailto:ulvikings@gmail.com).

# Successful Season for UL Athletics Club

LAUREN DERMODY, WOMEN’S CAPTAIN.



ULAC have had a very successful year, with many great performances across a variety of events. Following on from the club’s success at the Intersvarsity Road Relays in November, where both the men’s and women’s teams took

home gold, our athletes got 2017 off to a great start at the IUAA Indoor Championships in Athlone I.T. in February, bringing home a large haul of medals (10 gold, 2 silver, 7 bronze). Both the men’s and women’s teams placed second

overall. Éanna Madden and Alana Frattaroli set UL records in the 200m and shot put, while Amy O’Donoghue and Thomas Barr ran IUAA record times in their 1500m and 400m races.

Next up on the competition front for our athletes was the Intersvarsity Cross-Country Championships, held for the first time in the new National cross-country course in Abbottstown. In extremely muddy conditions, Olympian Michelle Finn won silver leading the women’s team of Michelle, Amy O’Donoghue, Grace Lynch, Katherine O’Keefe, Niamh De Hóra and Cliona Mulroy to team silver over the 5km course. Darragh Browne, John McCallion, Anthony Bowen and Killian O’Connor also competed in the men’s 8km race.

Attention then turned towards the track and field season. A large group of UL athletes travelled to Cork to compete in the Intersvarsity Outdoor Championships in April. Both the women’s and men’s teams

finished second overall in a very competitive competition, which saw 7 gold, 6 silver and 7 bronze medals being won by our athletes along with 5 UL records also being set. Thomas Barr finished his Intersvarsity athletics career on a high winning the 400m Hurdles as well as being part of the men’s 4x400m relay team who won gold in a new UL record time.

A number of UL athletes were also part of the winning Irish Universities team who competed in the Celtic International in Santry in May. Athletes competing were, Clodagh O’Mahoney, Sinead Gaffney, Katherine O’Keefe Samuels, Ellen Larkin and Alanna Frattaroli.

Outside of university athletics, many of our athletes also enjoyed success during the summer while competing for their own clubs, many winning medals in the National Championships. On the International front, Jenna Bromell competed in the

400m and 4x400 relay at the U23 European Championships in Poland in July and Thomas Barr competed in the World Championships in London. Thomas qualified for the 400m hurdles semi-final but unfortunately had to withdraw from the race due to illness.

The club would like to wish the very best of luck to athletes Michelle Finn (3000m steeplechase), Paul Byrne (400m hurdles) and Niamh Whelan (100m) who have been selected to compete in the World University Games in Taiwan at the end of August.

We cater for all levels of runners, jumpers and throwers and new members are always welcome, so make sure to visit our stand at this year’s recruitment drive for more information and to sign up! You can also find UL Athletics on Facebook ([facebook.com/ULAthletics](http://facebook.com/ULAthletics)) and Twitter (@UL\_Athletics) for the latest updates or get in touch by email at [ulac01@gmail.com](mailto:ulac01@gmail.com).

# Meet your targets with UL Archery

BY LIAM HIGGINS, CAPTAIN

A big welcome to all new UL students, I hope you are all settling in well. As you have probably heard, clubs and societies offer a brilliant way to meet new people, while taking part in a sport you might have never tried before. For this reason, the archery club invites you to embrace your inner Katniss or Robin Hood in our fun and friendly training sessions at the archery club! No experience is needed and all you need to bring is yourself and we will supply you with all the equipment (If you want to bring along some sweets though we won't complain). With our 6-week beginner course, you will be an expert before you know it!

Last year saw UL archery club receive success in several of the intervarsities and our continued focus on improving beginners and integrating them into the club. Many of our new beginners last year were able to score very well and rank very highly throughout the year, such as Luke Vickery, who managed to come 1st in one intervarsity and 3rd in two others. Many of our new archers also managed to score their 400-point score out of 600 in the beginner category, earning themselves

their white badges, including Luke Vickery, Charlie McGreevy and Emer O'Reilly. As well as this, veteran archers succeeded at competitions, with Frank Stafford placing 9th overall at the Student Nationals in Cork and 4th in his category in the final intervarsity, and Sean Flavin placing 5th overall, and 3rd, in the same competitions respectively. We hope to build



The UL Archery Team attending the Student National Competition in UCC last February

on our success from last year with many of our archers training hard over the summer to get ready for this season. The attached photo shows the archers who represented us at the student nationals in UCC.

We have a cracking time at training sessions as well with

in-club competitions to practice scoring and to introduce a little friendly competition. We also have prizes for our winners! In the past, we have themed nights as well such as Halloween where you can shoot zombies (don't worry they are paper zombies not real zombies), as well as regular balloon shooting competitions. We round out the end of the year with Master

and Apprentice competitions for our own archers, with shiny trophies as prizes!

There are also numerous inter college competitions throughout the year, and we train all new members up to competition standard. The main competitions throughout

the year are Intersarsity's with other colleges around Ireland, so you'll also get to ravel around the country with us! We run table quizzes and club nights out ranging from bowling to mid-winter barbecues. Intersarsity's are archery competitions that run between the colleges of Ireland. Each competitor is given a target number and letter. Each target board has four competitors from a range of different colleges around Ireland, so you get plenty of chances to meet new people. There are two shoot groups, an early one and a late one. Each competitor shoots thirty arrows. After the alternate group has shot, the 1st group returns to shoot a further thirty arrows resulting in a total of sixty arrows shot per archer, with a maximum score of 600 points. Don't worry about your skill level in these competitions as you will be grouped with archers at a similar level of experience these are grouped into beginner, intermediate and advanced. Each of these categories have a different sized target face. We start you on a 60cm face, and you move up to 40cm during competitions at beginner and intermediate level. The categories are further split into male and female as

well as bow type, either bare bow like Katniss, Olympic recurve or compound like Green Arrow.



UL Archery Club Equipment

So, if all those actives haven't inspired you to come, I don't know what will! We're a great bunch and are always welcoming new members in. We have training sessions for new members on Wednesdays at either 7:30pm-8:30pm, 8:30pm-9:30pm or 9:30pm-10:30pm and hope to see you there. If you have any questions for us, our club email is ularchery@gmail.com. We also have a Facebook page, UL Archery Club.

# UL Badminton does the double

TIARNAN LAWLOR – UL BADMINTON CLUB PRO

After some serious planning, expert opinions, several beers, and a massive effort by all those involved, the badminton intervarsities took place in the UL Arena in the April just gone.

With UL badminton club's escapades in Enschede completed earlier that year, varsities took centre stage. It was decided that from the 11th - 13th of April, we would host colleges from all corners of the country, from our friends in the sunny south east representing Waterford IT, to both an A and a B team from the always excitable IT Sligo crowd, and the various teams in attendance from our capitals colleges. In total, a massive 20 teams and over 200 players participated.

From day one, the standard on show was of the highest quality; as various full Irish Internationals were putting their skills on display. DCU and Trinity, the top 2 seeds showed us why, while dark horses NUIG A, and UL A also performed well. However,

badminton was not on anybody's mind that evening as Costello's Tavern was the place to be. A late night was had, with everyone enjoying themselves on both floors, and after a late-night bite to eat the night was over.

Quarter-Finals took place after the completion of the group stage in day two, with the quality of play constantly improving despite some players looking as though they'd rather be in bed. Eventually the final four was decided – UL A, NUIG A, DCU and Queens would compete for the Cup, while the UL B team, CIT, RCSI and UUJ contested for the Plate. Preparation for Wednesday's night out began early, as it was our themed night. And so 'All Things Animated' came to life in Molly's. An impressive effort from all players made for a spectacular array of colour that night. From Minions to The Rugrats to Alice in Wonderland, all bases were covered.

And so, we finally reached Finals

Day, with our dignity just about intact. With only two teams remaining in each category; with UL A and DCU locking horns for the cup, while in the plate UL B and UUJ would clash. Suddenly an exciting opportunity presented itself to UL, could they pull off an impressive double at their very own intervarsities? Could they produce the performance of the season and defeat teams with international standard players? The answer was of course no, as DCU disposed of the UL A team, and UL B fared no better versus a strong UUJ team. UL held high as joint runners-up. Finally, awards were presented, and the organisers were thanked. The final night had us host a gala dinner in the Castletroy Park Hotel, where the UL team and some of their supporters celebrated what can only be described as a hugely successful 4 days.

Next year's venue for intervarsity's is to be decided, but if you simply can't wait that long for a badminton

competition well then don't worry, as besides our annual start of semester competition, we will again be hosting our very own International Student Badminton Tournament. The Limerick ISBT will be held this October after a brief hiatus last year. This is always a hugely entertaining weekend as players from all over the continent compete to win. Players of a similar standard are pitted against each other, and upon conclusion prizes are awarded for those at the top of the table. Not quite as competitive as intervarsity's, the players are generally only there to have fun and enjoy different parts of Europe. It is an excellent

opportunity to meet new people and make new friends and details of this will be put out in the following weeks. Remember, players of all standards are welcome!

Hopefully this coming year can be as successful as the one just gone, as UL players had excellent wins through all the grades. Our Grade G team were unfortunate to not secure a place in the All-Ireland final after a tight loss in the Munster Finals. On an individual level, we had All-Ireland success for Niamh Hickey, while Mark Abbott and Tony O'Connor picked up good wins at a provincial level.



Team A and B plus event organisers at the annual Badminton Intersivities 2017

# Help Bounce UL Basketball into the History Books

BY ORLA WHITE, PRO



The Name "UL" is nationally known in college basketball. We are regarded as the trend setters; we have always set the bar, leaving other colleges to follow. People are still talking about the Basketball Intersvarsities held here in 2006 / 2012 & we get our chance to make it better this year when we host in April. We waited a while in setting the trend for men's basketball, but in 2013 we won the intersvarsity title. After sixty one years we finally won the men's title by defeating NUIG in the Mardyke Arena, Cork. The same day the women were in the final however unfortunately they were beaten on the buzzer with a UCD three pointer. To win the double is the dream that UL basketball is chasing as no college has even done it.... You could play a part in this... This year we will be hosting the Intersvarsities so #ThinkBigAtUL!!!!, Why can't we be the only college in 60+ years to host and win the Men's and Women's IV's.... that's where you come in we need your help. The Men's and women's team train twice a week and the Fresher's have a separate training slot as well. All college games are played mid week with the Intersvarsities and Fresher tournament the only weekend competitions, so you can still play club with your home club if that is what

you want.

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. If you love basketball this is the club you want to be involved in. So if you play, Officiate, Organise, Coach just love Basketball please come check us out on Sept 6th in the UL Sport Arena for the Clubs and Socs Recruitment Drive...

The Fresher Tournament is for first year students only and this is a weekend that takes place November 25th & 26th in DKIT (Dundalk IT). 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.

We also have a number of Social Activities that bring the club together – We have a hypnotist night on Nov 9th and this is a night with a difference - You would be amazed what you will do under hypnotise - Don't worry if you can't remember we will have it all videoed for you... 📹

Come and chat to us at the Clubs and Societies night on Wednesday Week one in the UL Sports Arena, where we will provide you with all the information you require. Don't be shy and think that you can't play with the college team or think that you are not good enough we have a place / role for you if you want to be

involved. We have a Facebook page just search for UL Wolves College Basketball and you will find us. We are on Twitter @ULCollegeball. You can also contact us through the

UL Wolves Clubs and Societies website page. We have some of the finest sports facilities in the country so with you involved make us one of the best college Basketball Clubs..

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. Cant wait to meet you !!!!

## The Year in Review – UL GAA Club

BY COLIN MCNAMARA – INTERIM GAA DEVELOPMENT OFFICER.

2016/17 was a hugely successful season for UL GAA Club with 15 different teams representing UL in Gaelic football, hurling, camogie and ladies football, yielding a return of 10 titles.

It has been a fantastic year for Gaelic Football in the University. Our intermediate footballers created history by winning the club's first ever Intermediate Football All-Ireland title, defeating a strong University of Ulster team in the final. Our senior footballers continued their excellent form from 2015/16, reaching the Sigerson Cup Weekend for the second successive year. The Fresher 1 Football team were extremely unfortunate to be narrowly defeated away to a strong NUIG side, who eventually went on to contest the final while concessions of goals at crucial times proved costly for our Fresher B footballers, unfortunately bowing out at home to CIT.

The senior ladies footballers continued the success on the football front, having a remarkable unbeaten season to claim both the Division 1 League title and the O'Connor Cup. In an extremely tight game, our girls showed tremendous character to defeat a highly fancied UCC side. Our intermediate ladies team who were competing in the Giles Cup following their Lynch Cup success in 2016, were unlucky to lose out to a strong Sligo IT side at home in wintery conditions. Early in the year, our Fresher Ladies Footballers were crowned All-Ireland Champions at the Fresher Ladies Football Blitz in UCD.

Similar to our ladies footballers, our Senior camogie team also completed the season undefeated in competition, resulting in the retention of the Ashbourne and Division 1 League Titles. The girls produced their best display of the year in a thrilling Ashbourne Cup final where they defeated a highly experienced UCC side in Abbotstown. Our Intermediate

camogie team also retained the Intermediate Camogie All-Ireland title following three excellent performances in the All-Ireland Blitz held at Drom and Inch GAA in April, defeating UCC and UCD.

Our Fresher B hurlers produced consistently strong performances throughout the season, leading to success in both League and Championship Finals. A scintillating second half display saw the lads pull away from a determined WIT side in the championship final held at the North Campus. Their Fresher 1 counterparts were desperately unlucky missing out on silverware narrowly in both the League and Championship deciders. It took extra time to separate our Freshers and DCU in a thrilling final held at the Mardyke in UCC. In Senior hurling, our Fitzgibbon Cup team produced 3 top-class performances, defeating CIT, DCU St Pats and NUIG to reach the quarter finals in fine fashion. Unfortunately, they ended up on the wrong side of a high-

League Final to a very strong CCFE team. They also reached the penultimate stages of the Championship, unfortunately losing out to WIT.

Of course, none of this success would be possible without all our members working for the club off the pitch as well as on it. Our annual UL GAA Ball was held in April to celebrate all the brilliant work put in by our members throughout the year and it was a huge success. We would like to thank our members who organised the County Colours fundraising night at the Stables Club, managing to raise vital funds for the club while ensuring a brilliant night for all.

We were delighted with the brilliant work from students who volunteered with the club this year. It was especially pleasing to see many students who assisted with coaching, selecting and performance analysis are having their efforts rewarded with President's Volunteer Awards in the coming weeks.



UL GAA members celebrating the season gone by at the UL GAA Ball held at the Castletroy Park Hotel.

scoring classic against Carlow IT in the quarter final, held at pitch 1. Our intermediate hurlers topped their League group to be crowned Munster Intermediate League Champions and were unfortunate to have their championship hopes ended by an LIT side who were clinical in front of goal. Our Junior hurling team lost out in the Munster

Finally, 2017/18 marks a year of change in UL GAA with a change in Development Officer. We would like to thank Deirdre Murphy wholeheartedly for her tremendous work at the club, and the environment and ethos that she created enabling all our teams to thrive. We look forward to seeing you all back in UL in September!



UL Wolves Basketball is a Family

# Learn to defend yourself and look good doing it.

BY SHANE AINSWORTH, COACH BRAZILIAN JIU JITSU AND JUDO CLUB

Looking to start something new, learn self defense or to keep fit? Then the Brazilian Jiu-Jitsu and Judo club is what you are looking for. Founded by Eire McCarthy (Brazilian Jiu Jitsu Purple Belt) and Ciaran Mulroy (Judo Black Belt) aiming to bring more awareness to these two unique martial arts in the university and offer students something new to explore. I can only speak for myself but training at this club has been such a good experience, something I enjoyed and was passionate about going to each training session. Everyone was friendly and there too learn, which made joining the club much easier. There's nothing like being involved in a club

this motivated to succeed, with such enthusiastic and passionate people. Firstly, we will have a stand at the recruitment drive for all new members both experienced and inexperienced. All very welcome to join our fighting team. Members of the club will learn how to defend themselves by gaining knowledge on how to use their bodies leverage and weight to perform joint locks, throws and submissions against their opponent. Not only will you acquire these new techniques but you will be apart of a growing family with the people you train with, becoming more confident in yourself and outgoing. Anyone is welcome to the club no

matter the experience you have, being some or none at all. We don't expect you to have brute strength and years of grappling experience, the experience for each member should be safe and having fun along the way. If you think you will be the only newcomer, you're wrong. That's a good thing though, it means you will meet others who are just starting out and learning like you are. There will be others there who are more experienced but that gives you a chance to learn more because they will help you along the way. The club started last year and quickly gained attention with people signing up to try it out. Training sessions were big, giving members the

chance to practice and train with different people. The club entered various competitions such as the Judo intervarsities held in UCD and two submission league competitions in DCU throughout the year. This gives member a chance to test their skills and have fun doing it while meeting new people. To become a member come meet us at the recruitment drive on the ninth of September at four o'clock held in the sports arena, if you want to ask any questions or simply join up by visiting our UL Wolves page <https://ulsu.ie/clubssocs/club/165>. Training takes place every Wednesday at 9:00 pm to 10:30 pm in the PESS building. We look forward to training with you.

# UL Boxing Club

BY CHLOE O'KEEFFE, COMMITTEE MEMBER

This year will mark the 6th successive year of the University of Limerick Boxing Club, one of UL's newest clubs. Opened in 2011 the club has definitely made a mark on the map, and has been going from strength to strength since the doors first opened! Last year was one of our most successful years to date, and we're so confident that we'll have similar successes this year, with the help of you! Each training session showed record numbers, with consistency and determination in each and every person that came in to train with us. December saw our first massive success of the year, within the ring as Fionnarr Thompson and Chloe O'Keeffe were matched for fights in IT Carlow's Showdown in The Barrow 2. The two came out on top with O'Keeffe securing a steady unanimous win against her home opponent in her debut for the club, and Thompson showing his more technical side in the final bout of the evening against his IT Tallaght opponent, in the only bout of the evening that didn't feature a boxer from the home selection. Second semester saw the club really knuckling down with the Intervarsities just around the corner. UL Boxing Club had a record number of entries of 12 boxers, from people of all experiences. Massively, the club came away with four University Champions in Tanya O'Flynn, Chloe O'Keeffe, Raymond McNamee and Cormac Long. The Intervarsities was where some of our entrants had their first fights, and to saw that we are extremely proud of each and every one of our boxers would be a huge understatement! The club, committee and members are looking towards this year and the 2017/2018 student calendar, and already have massive plans for the upcoming few months. The club are calling out to all students from first years to those who are more well adjusted to college life to come along to the Sports Arena and come join us for a training session! Whether you intend to box competitively or just to keep fit there's a place for everyone! UL Boxing Club will, of course be at the Recruitment Drive this coming Wednesday 6th of September to take all questions and queries people may have, so don't be afraid to pop over and say hello!

# UL Wolves Handball attempt to establish world domination

BY JOHN 'BOSCO' HURLEY, CHAIRMAN



John Bosco Hurley and Liam Bradshaw in action at the US Collegiates in Phoenix, Arizona

UL Wolves Handball Club will travel to six countries in the coming year in preparation for the 2018 World Handball Championships, taking place in Minneapolis, Minnesota. The club will travel to Spain, The Netherlands, England, France and Italy for the European Wallball Pro Tour and will compete against local clubs in local versions of the game of handball as well. The club will also travel to Springfield, Missouri for the 2018 US Collegiates in February in a bid to claim a third Men's Open Teams title in a row. These tournaments will provide ideal preparation for the fortnight festival of handball that will take place in August 2018 as the world's handballers converge on Minneapolis. The club hopes to continue its recent success in the international domain with club winning over 50 medals

in recent years in international tournaments. The club will also travel to numerous tournaments around Ireland with the highlights being the Intervarsities taking place in Dublin, Kilkenny, Wexford, Cavan and Mayo in October, November, January and March respectively. There will also be weekend trips to tournaments in Kerry, Cork, Tipperary, Galway, Mayo, Roscommon, Tyrone, Down, Antrim, Dublin, Wexford, Kilkenny, Achill Island and the Aran Islands during the year. The club will run several tournaments in local alleys throughout the year to provide more games for its members to try to improve their skills. Players from the club can also take part in leagues that are organised between local clubs throughout the year. The club caters for all levels of handballers with numerous

novices taking up the game for the first time in university. Every tournament includes several divisions so that players can compete against opponents at the same level and can progress up through the divisions as they improve. Handball has been described as one of the best sports in the world as it improves hand-eye coordination, footwork and fitness together. It is also a great sport for improving skills for other sports with some of the country's best GAA players such as DJ Carey and Richie Hogan winning numerous handball All Irelands alongside their exploits on the hurling field.

Handball is also a very social sport with tournaments offering players numerous chances to meet people from around the world. The club frequently stays with players from other colleges and clubs during tournaments and has joint social events with local clubs and other university clubs in Ireland. Each year,

the club also has numerous international students take up the sport as it easily allows them to play a GAA sport and compete against players at the same level as them. The club regularly organises social events with the host clubs during tournaments and tries to experience the local culture during international trips. The club trains in the PESS building on Monday (19:00-20:15) and Thursday (20:15-22:30) evenings and travels out to local alleys on Tuesday and Thursday evenings. People are welcome to attend training whenever it suits them. There will be coaches to help beginners to improve their skills and learn the rules of the game. Membership is €5 for the year. For further information on the club visit UL Wolves Handball Club on Facebook or Twitter or email [ulhandball@gmail.com](mailto:ulhandball@gmail.com). We hope to see you during the semester.



UL's Fergal Coughlan killing the ball at the Irish Intervarsities

# Take Me to the River

BY KAREN O'SULLIVAN (PRO)

University of Limerick Kayak Club, or ULKC as its commonly known, was founded nearly 43 years ago by a group of friends who loved to kayak. Since then the club has gone from strength to strength, and is now one of UL's largest clubs. Every year around 250 students with little or no kayaking experience sign up to ULKC, making it the best club for freshers to join. From our weekly river trips, active committee and friendly members, you are sure to be make friends for life through this club.

Kayaking is becoming a hugely popular sport throughout the world and in UL too. Whether you have paddled before college or have never seen a kayak before, you will be more than welcome here. You will be guaranteed to be taught how to kayak quicker than you can imagine by some of the best kayakers in the country, who are in UL. ULKC is currently the best ranked kayaking club in the country, winning our 8th consecutive Intervarsity's title and not planning on letting go of it any time soon. Our club offers you the chance to get away from the tiresome college life, and go off and try something new. From endless river trips, excellent safety training, social events, to international trips; you will never be short of things to do with ULKC.

Our pool sessions will begin Tuesday of week 2 @9:45pm in the UL Sports Arena. Every week we will be running a weekly river trip for you to get out on the real water. You will get a chance to go outdoors,

meet kayakers of all ages and learn unreal kayaking and safety skills. ULKC will teach you all types of kayaking; from white-water kayaking, to surf kayaking, to freestyle kayaking, we have it all! Our annual Freshers Party will properly kick off your ULKC experience on the Thursday of week 2 and allows you to get to know all our members outside of the pool. As if that



Sorba Slides

wasn't enough, in week 3 we will be heading to Lahinch for some of the best surf kayaking Ireland has to offer. Lahinch is undoubtedly the best weekend away you will have during your college experience! You will be taught surf kayaking, see how ULKC really have the craic, and see one of the wackiest fancy dress parties to grace the west of Ireland. This is definitely not a weekend to be missed! As fun as our weekly river trips are, we have bigger and better trips wedged into our jam-packed schedule. Last year we sent 35 of our

members to attack the waters of Donegal and Wesht Cork on some of our weekend trips. Our trips don't just happen during the semesters, oh no. Over the Christmas break we spend the New Year in Kerry with other university kayaking clubs. During this break is also when the first of our international trips of the year takes place. This trip takes our paddlers to the cold region of Snowdonia, Wales, to allow you to experience the best white-water kayaking Wales has to offer. However, all of these river trips are to gear you up for our anticipated trip to the Alps. Straight after summer exams, you will get the opportunity to spend 3 weeks in the beautiful Slovenian, Italian and French Alps. This will be without a doubt the best time of your life. Kayaking will take you around the world both during and after college. ULKC has had members go kayaking in Uganda, Montenegro, California, Norway and Canada.

If you would like to be a part of our club and add to your college experience, then come talk to us at the recruitment drive on Wednesday of week 1. You can find us at our stand in UL Sports Arena and we can answer any questions you may have. You can call into the pool to us any Tuesday, Wednesday or Thursday night @9:45-10:45 too. Feel free to contact us on our Facebook page 'University of Limerick Kayak Club', our email [ulkayak@gmail.com](mailto:ulkayak@gmail.com), our our Snapchat 'ULKAYAK'. SEE YOU ON THE WATER!



Prijon Factory - Alps

# Kick off the semester with UL Krav Maga

BY AISLING O'CONNOR (PRO)



The UL Krav Maga and Sambo club offers students the opportunity to learn practical self-defence in a way that allows the chance to socialise with other students and to keep active. In learning Krav Maga students will feel safer when out at night, and the skills learned may one day save your life. From defending against knife attacks, to simple techniques such as blocking a punch, and developing an awareness of your surroundings, UL Krav Maga covers as many scenarios as possible. The club practices drills, such as facing multiple attackers or even moving through crowds, in a safe space so students can perfect their skill and defend themselves if ever in a compromising situation.

With highly qualified trainers, including our new head instructor as off the Spring semester of last year, Srdan Kovacevic, students are in good hands. With over 20 years' experience in different Martial Arts styles, such as Karate, Kick Boxing, Boxing, Jiu Jitsu, and Krav Maga, he is also the head instructor of Response Krav Maga.

Last year, we invited barristers and the Gardaí in to discuss the law surrounding self-defence to ensure that students are not only physically able to defend themselves, but also that we can do so in a way that is in accordance with the

law. The club hopes to host a similar seminar again in the future. Moving forward the club hopes to invite guest instructors in to teach students, and to hold more fun and informative events throughout the academic year.

Students can also see the skills they've learned recognised through the grading system of Krav Maga; however a background in martial arts is not required to join. Beginners are more than welcome in the club, and will pick up the martial art in no time.

However, UL Krav Maga doesn't just focus on heavy subjects. In the last academic year the club has organised movie nights, social nights in Scholars with Science Society and Drama Society, and a bake sale. Not only do we provide the opportunity to learn, but also the chance to make new friends.

UL Krav Maga club is now entering its ninth year running since its founding in 2008 by Darren Simring.

The Club trains from 8:15pm to 10:15pm on Mondays, and 7:00pm to 9:00pm on Wednesdays. Training takes place in the PESS building.

Like UL Krav Maga and Sambo Club on Facebook, and follow us on Snapchat and Twitter @ulkravmaga for more information and updates on the club.

# UL Ladies Soccer takes everyone by Storm

BY CAOIMHE HENNIGAN, UL SOCCER CLUB

The University of Limerick Ladies Soccer Club had one of the most impressive seasons in the clubs and societies helping the UL Soccer Club which includes both the Ladies and Men's team, achieve the most improved club of the year. From qualifying for the national cup final, placing third in the national intersvarsities, winning the regional futsal tournament to qualify for nationals, after our varied success in Ireland we then decided to take our team a little further afield, to take on teams from Oxford University and to begin a new relationship between the University of Limerick Ladies Soccer Team and Oxford University Ladies Soccer Team. Despite not winning any silverware during the past season it was still one of our most successful

seasons in the teams' history. We also secured a sponsorship and partnership with Johnson and Johnson as part of the Wistem2d initiative.

The University of Limerick Ladies Soccer team spent the last season competing in the first division of the league and thanks to a top two placement in the league table it meant that we qualified to compete in the national cup, unfortunately we got drawn against current champions Carlow in the semi-final, but we did not let this faze us and beat them to progress to the final where unfortunately we were beaten by a stronger NUIG team. Next for us was to be intersvarsities which were to be held in Cork, where we finished in third place. One of the most exciting

things of the season was the trip to Oxford to take on both their A and B team, this trip marked the beginning of a new partnership with Oxford which will hopefully see a return fixture being planned in the near future. Thanks to the partnership that was created with J&J and the dedication from the planning committee it made this trip a flying success. The partnership created with Johnson and Johnson as part of the Wistem2d initiative helping to promote Women in Science, Technology, Engineering, Mathematics, Manufacturing and Design. We were proud to be able to promote this initiative on our training and match gear and hope to be able to do the same in the coming season.

Next season the University of Limerick has been picked to host the national varsities finals for the 2018 season. We hope that we can improve on last seasons' amazing performance and hope to bring home some silverware for the club during the up and coming season. Thanks to the incredible work that coaches and players carry out on and off the field, along with all the work that is done behind the scenes it will make it all possible and hopefully make the competition a soaring success.

The club caters for players of different abilities from players competing in the women's national league to people who just play for their local club or even someone who has never played, everyone is welcomed

to join. Thanks to the state of the art facilities that are offered at the university it means that we get the opportunity to train and play on both grass and AstroTurf pitches. We normally train for at least 2 hours one night a week, and some weeks a second session depending if we have a game of not that week. Joining the soccer club means that you are joining a team who sticks by each other and supports everyone, it can be a terrific way to meet new people and take part in something that you enjoy. The club is always welcoming new players no matter what your ability is. Any queries about the club can be made through the club Facebook page: UL Soccer Club Official Page or by joining the UL Soccer Club on the UL Wolves site.

## Give it a Try

SORCHA NÍ UALLACHÁIN – PRO OF UL LADIES' RUGBY

As yet another semester begins, us older student question where the past few years have gone. "Time flies when you're having fun" is a common saying, however everyone can agree that it is the most relevant when it comes to time in college. It only feels like last year that I was awaiting the Leaving results and CAO offers, however in the meantime I have grown to embrace the incredible time I have has at UL, long may it last.

One of the main reasons that I have settled so well and felt like the time has disappeared before my eyes is because I have been playing college rugby since day one. Week in week out, we train, play matches and most importantly socialise together. Having three dozen or more girls come together with the same aim, to win an All-Ireland College Final is incredible. Training 2-3 times a week forces you to come out of a shell that everyone has at the beginning, but into a family that you we will be forever friends with.

I urge you to join if you have or don't have a background in

rugby. The skills you will learn, the friends you will have and the memories you will make will be forever.

As the Irish Women's 15s Rugby Team begin the difficult task of the World Cup taking place in Dublin you see the opportunities there are in the world of Sport. The numbers playing women's rugby is on the rise and hopefully continue to do so. Why not contribute to it, while making friends you'll have forever and having a great time in UL? Many rugby stars have begun their rugby career with UL Ladies Rugby Team and not one of them look back with regret. Regardless of your prior experience, be it club, provisional or national level or nothing at all you are more than welcome to come along and join us.

For the past two seasons we have had two teams competing in the League. To have both Senior and Junior teams is a major advantage to players as more game time is the aim and that is what is provided.

So come join ULLR – you won't look back!

"Give it a Try".

## UL Hockey Gunning for First Title

BY PATRICK HIGGINS – PUBLIC RELATIONS OFFICER

If you are looking for a new experience this coming year, then join the exciting club built on the foundation of meeting new people, developing new skills and enjoying team social events. Despite if you are completely new to the sport or if you are an experienced player, UL men's hockey will give you equal opportunity and welcomes you to join and play with us this coming year. We aim to develop our skills and improve our bond as team when training on the pitch. Here you will also be able to progress as a player learning new skills and expanding game knowledge. Off the pitch we aim to be a well bonded club by enjoying our own events and club gatherings. Every year we enter and compete in the all-Ireland varsities tournament, hosted in Dublin this year. It's a great place to meet other players from other clubs all over Ireland and become closer as a team. We also enter the all-Ireland mixed varsities tournament every year in conjunction with the University's ladies team. During the year we host several fundraising events where we aim to raise money

for the club for equipment, events and more trips. We aim for these events to not only to entertain people who attend our events but also our own members. The club is hoping to take more trips in the coming years as we fundraise more and get more members. Currently we are looking to arrange an international trip as soon as possible.

So, if you are interested in becoming a member of UL

men's hockey as a part of your new college life make sure you contact one of our members. We will have a booth at this year's Clubs and Societies Recruitment drive in week one where we will be happy to see you. If you'd like to contact us beforehand or have any questions then please message our Facebook page at UL Men's Hockey or find us on the UL's clubs and societies website. Hope to see you in September!



Mixed Varsities trip to Kilkenny where we made the semi-finals.

# Want a free mountain bike?

BY HATEM ABNOUN (P.R.O.)

Have you ever scrolled through your Facebook feed and come across a video of a mountain biker dropping off a 15-foot drop and thought to yourself "I want to try that!"? Of course, you haven't, because you're a perfectly rational human being. That said, what if you were to try something, perhaps not as death-inducing but along the same lines... Something that could derive the same amount of adrenaline and make you feel alive for a change... Something that Mountain Bike UL can offer you...

If you're still wondering how to go about signing up for a free mountain bike, then I'm afraid that you've fallen victim to the 'click-bait' title. There's a catch. We do give you a free mountain bike, we also provide free gloves & helmets, and to top things off, we also even provide free Red Bull (and sometimes Mooju) on most of our club spins... The thing is, you've got to give it back at the end of the spin. No, not the Red Bull. We won't ask you to throw up a can after you're finished with it, I promise. We will, however,

ask for the equipment back. You may have become slightly disinterested now that you're aware of the full picture, but think about it... you get a mountain bike, a helmet, gloves, free Mountain-biking lessons, Red Bull, a free round-trip to the local trails every Sunday, and a great experience to take home with you – at no cost whatsoever (plus, we always stop off at the shop if you're feeling for a morning chicken roll)! "Sign me up" right? Any type of experience is welcome, regardless of whether you've

taken part in Rampage or just like to go on the odd cycle!

If you're thinking about joining a club and/or society, or ten, and want to be immersed outside your comfort zone, I suggest you look no further. Our average club semester-trip consists of lots of travel, meeting new people (who'll likely stick with you throughout your journey at UL and after), the craic, and mad nights out at a local pub in some random town - only to go mountain biking at 7am the following day! Here at MBUL,

our ethos is... well we don't actually have one, but if we did it'd probably be something like "I almost died...". If all this sounds somewhat applicable to you, then why not swing by the recruitment drive and sign yourself up (\*cough cough to your death cough cough\*). All jokes aside, you'll regret not doing it given that you're the adventurous type.

If you've any questions, drop us an email at [mtbclubul@gmail.com](mailto:mtbclubul@gmail.com). I hope to see you out on the trails!

## Trips and falls with ULOPC

BY ANTHONY DAWSON, CLUB PRO

UL's Best Club of 2016/17 and all round great craic club

The past two semesters have marked another year of incredible activities, awards, trips (and falls) with UL Outdoor Pursuits Club, and we are ready to top it all again this year!

From the very beginning of the year the club was active and welcoming to all new first years, and this year will be no different. An evening fresher's hike was held to show first years what the club is all about in September. This was such a success last year that we plan to do it again this September; this is a short hike held midweek just down the road up the beautiful Keeper Hill. This is a great way to get a taste of the craic to come in the coming year with ULOPC.

Some of the most exciting activities of the last year included trips to El Chorro in Spain, the Cairngorm mountains in Scotland, as well as our annual expedition to the Alps. This year's Alps trip has proven to be one of the clubs most ambitious with 16 members of the club spending up to five weeks mountaineering and acting the absolute maggot in Chamonix and the French Alps. Our committee looks to top these trips in the coming year with outings to Africa and Asia planned!

Summers in the Alps and climbing in Spain are rivalled only by the craic and debauchery

had on our club trips during the semester. The pinnacles of these are our weekend long stays in Letterfrack, Kerry, the Mourne, and Glendalough. These annual trips have something for everyone be it hiking, climbing, chilling, or just the craic, they are not to be missed. Our hikes held every Sunday have also moved from strength to strength this year with days out spent in a greater variety of hills and mountains across the length and breadth of our beautiful countryside.

These are not the only activities that can be found in ULOPC however as the past year has also been hugely successful for caving and orienteering. Last year saw the largest turnout for an orienteering event the club has seen in years, as well as the creation of a team to compete in intervarsities. Caving too saw a jump in interest, with greater numbers than ever joining caving trips to the Burren, and attending training every Wednesday evening.



Trip to the Cairngorm mountains in Scotland

Last year was also a great year for our climbing wall as a surge of interest in climbing saw our Monday, Tuesday, and Thursday evening sessions buzzing year round. As well as this our charity climbing competitions drew great crowds raising funds for PIETA house. Not only this, but our charity hike in April also saw fundraising for Doolin Coast Guard.

If you are interested in joining the club come see us at the recruitment drive on Wednesday of week 1, and there will be a gang of us ready to get you started! If this doesn't suit come see us at our climbing wall (across the road from the arena, further details on how to find us are on our Facebook page) during our opening hours and we will sign you up.

You can find us on Facebook at "UL Outdoors Pursuits Club" and on Instagram @ulopc. Don't be afraid to drop us a message on these platforms or via our email [uloutdoorpursuits@gmail.com](mailto:uloutdoorpursuits@gmail.com).

## Conquering Fears with the Parkour Club

BY MARLI SERFONTEIN TRIPS OFFICER



Up the waterfall in the Wicklow Mountains

PARKOUR. What is it? Getting from A to B in the fastest, most stylish or most exhilarating way? That would be in line with popular opinion, but at the UL Parkour Club, parkour has many more definitions. It's a way of training that beats doing reps in the gym or running for hours. You become stronger by challenging yourself, learning new techniques and pushing your body to new limits.

With solidarity at the core of the club, we support and encourage members wherever they may be on their parkour journey. Our motto "Start Together, Finish Together!" can be heard echoing through the UL Campus whenever a member needs motivation. In Parkour, there are no grading systems, no official competitions and no judgement.

Last year we set out on a new adventure – taking on one of Ireland's finest high ropes courses at the UL Adventure Centre. Our head coach, Daire, set the official fastest completion time for the course \*applause\*. We plan on making this a regular trip, so if you think you've got what it takes to get to the top, sign up!

Throughout the year, we have regular training sessions to work on building strength and refining technique in a fun and safe environment. We regularly have trips to Jump Lanes, an indoor trampoline centre, as well as other trips and challenges. Annually, we join the Outdoor Pursuits Club on a weekend trip to Glendalough in the breath-taking mountains of County Wicklow. Here we embrace the more natural side of l'Art du Deplacement, clambering over boulders, up waterfalls and taking a refreshing dip in the freezing water.

Feel free to drop by our stall at the Recruitment Drive on the 6th Sept or at any of our training sessions. You'll always be welcome!

If you have any questions or queries, don't hesitate to contact us through Facebook (Parkour UL) or email ([ulparkour@gmail.com](mailto:ulparkour@gmail.com)). Alternatively, you can always come to our indoor training sessions Tuesdays in the PESS (8:15PM – 10:30PM) and our outdoor sessions Thursdays at the running track (6:15PM – 8:00PM).

# 2018 - Bigger, Better and more Exotic than ever!

BY CIARA OLSTHOORN, UL SURF PRO

It's a well known fact around UL that the Surf Club attracts the most travelled, adventurous and daring students on campus. Run by a group of motivated and ambitious students, the Surf Club leave behind a year of epic adventure and are well underway planning a new one. 2016/2017 was an extremely busy year for the Surf Club, organising six trips to the fantastic surf spots of Ireland, and going on two adventures abroad.

We kicked off the calendar with our annual trip to Castlegregory, where we were accompanied by our club member and Touch of Techno DJ, Chaz. Club members danced the night away on the sands of Castlegregory, and amazingly, managed to be up and fresh for our surf session the next morning. The year flew by, with our biggest ever number heading to Bundoran, Donegal, braving big swell and the local nightclub. We were treated by the beautiful autumn sunshine, the backdrop of Benbulbin and sunset in Mullaghmore as we headed for home. Our two trips to Lahinch, (home from home for most of our members) were, as always, a "barrel" of laughs. With 5mm of neoprene on, there

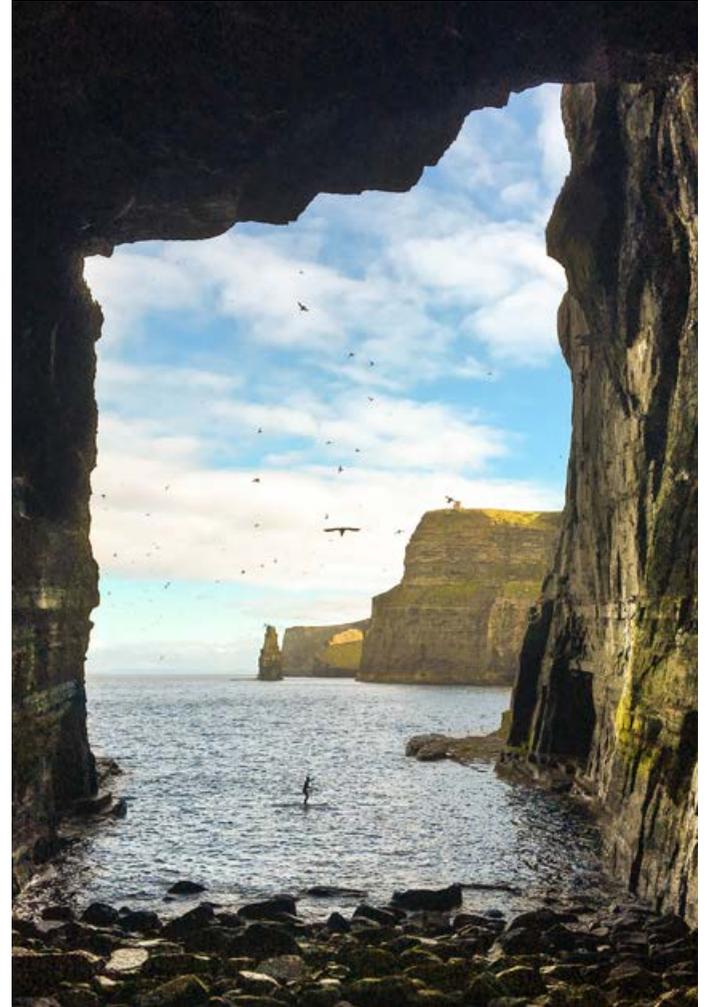
was nothing that could sink our surfers' spirits, even in the depths of winter, braving the elements for the sake of the surf. All the clubs in the country made their way down to our home grounds, in Lahinch, for inter-varsities. Our two talented teams did us proud, as UL left as hosts and champions of IV's 2017, after a small debacle with UCC. Committee members, Paul Deering (2nd place in Longboard) and Rachel Moore (3rd in womens) competed along with club members Mason Kury (3rd in mens), Ronan Beatty and David O Flynn (3rd and 4th in Bodyboard), and Sammi Tabbara (semi finals of the mens) to earn UL the title! Two more trips trekked down to Costa Del Ballyunion and another to Castlegregory before the end of college, catching the best of the spring swell.

UL Surf undertook surf expeditions to Morocco and to Portugal this year. The club took surfers to the North African coast, where they were given the chance to surf internationally recognised spots like Anka Point, La Source and Anza, along side international pro surfers, like Carissa Moore. As well as experiencing the strange

mixing pot of cultures that is Morocco, members also got to surf waves unlike anything available in Ireland. Later on in the year, the adventure continued with more of our surfers travelling to the Portuguese coast, where they spent a week around the beaches of Peniche. Surfers of all levels were able to find waves to suit them, and visit the renowned World Surf League spot, Supertubos. With all levels catered for, Peniche marked some much needed experience and fantastic improvements for all our surfers.

During our spare moments of the year, few as they were, UL Surf hosted a vast number of events, like our travel inspired Food of the World party, our Thai food movie night, sponsored by Camille Thai, pancake surf movie night, the epic as always Twelve Surf Houses of Christmas, trampoline night and our many and varied sunset SUP's through the heart of UL on the Shannon.

Next year is shaping up to be even bigger and better. As always, UL Surf is ahead of the curve, planning to go to Furtaventura during the Christmas Holidays to find some new spots to surf and



to soak up some sunshine. A fledgling plan is also being put together for UL Surf's first ever advanced surf expedition to Indonesia, which will hopefully, take place next summer, with another foreign trip to be decided for Easter. September is shaping up to

be the start of another travel filled year of good waves, good people, sweet sunshine and plenty of adventures! Check out of Facebook page, UL Surf Club, or our website, ulsurf.com for more information on upcoming events.

## Busy year for UL Shotokan Karate Club

BY NOELLE DONWORTH, PRO

On the 17th-20th August UL Sports Arena hosted the 14th Funakoshi Gichin Cup World Karate-do Championships 2017. This is a great honour for UL Shotokan Karate Club to have a tournament like this on our doorstep. Competitors came from all over the world to compete in this prestigious championship. It was a great opportunity for our club members to observe the best of the best competing.

Every two years the UL Shotokan Karate Club goes to Tokyo, Japan, the Home of Shotokan Karate. And this semester the club will be putting the final touches to the trip, which is being planned

for January 2018. While there, club members explore Japan's capital and experience the Japanese culture. Members have the amazing opportunity to train in the Hombu Dojo which is the Headquarters of Shotokan Karate, under the guidance of some of the best karate teachers in the world.

It is not all about training and karate though. Part of the trip is to learn about and explore Japan. A few of the favourite places to visit are Shibuya and Ginza for shopping, the zoo, Disneyland Tokyo, the Sky Tree and wandering around Tokyo in general because there is so much to see and do. While there we also try

some Japanese cuisine such as sushi and strawberry and cream sandwiches. Then the club also makes a few trips out the country side to visit some of Japan's temples and shrines and the big Buda, which is a Buda the size of a two story house!! So whether you love anime and manga, shopping, karate or travelling and experiencing new cultures there is something for everyone in Japan.

To get to Japan the club must fundraise for the trip. We do this by having bake sales and bag packing in local supermarkets. There are a few bake sales planned for this semester, so feel free to

come up and chat to the club members and indulge in some lovely freshly baked treats.

However it is not all business with UL Shotokan Karate Club. We have pizza nights or we head to The Stables or The Scholars after training. We will also be having our annual pancake Tuesday pancake party this semester. It is important to us that we get to know our new members and that everyone in the club gets to know each other and have fun.

We always welcome new members and if anyone is at all interested and thinks they might like to give karate a try,

they are more than welcome to watch a training session or jump right in. We also accept people of all different styles of karate as we see it as a great opportunity to learn from different disciplines. We train every Tuesday 6:15-8:15pm and Thursday 8:15-10:15pm in the PESS building across from the UL Sports Arena. We can also be found at the Recruitment Drive, so come over and talk to our lovely members. Find us on Facebook UL Shotokan Karate Club and Twitter @ UL\_KarateClub, our email is ulshotokankarateclub@gmail.com

# What Goes Up... Must Come Down

BY RORY TYRRELL, SKYDIVE UL EXEC.

Hi all and welcome back to another year of partyi... I mean studying... It's really been quite a successful year here at Skydive UL. Between indoor skydiving trips, our annual France trip success, and our members earning their own instructional ratings we haven't had much time to spare!

Over the past 6 months, 2 of our members have progressed their USPA instructor ratings, and 5 of our members were awarded their skydiving coach ratings. This means that all of you new skydivers will have 2 dedicated instructors to train you from the ground up, and 5 new coaches available to hone in on those skills required for your first skydiving A-Licence!

Another first was earlier in the year at our first dedicated indoor skydiving trip in Poland with our new members getting to experience flight before taking that first leap out of a plane. For anyone looking to get into the skydiving world, these tunnels are rocket fuel for your flying skills! Plus you get to visit some cool places along the way! Thinking of visiting France? Why not do it in style with our annual



trip to Gap-Tallard! How about Portugal or Spain? We've got some student progression trips planned there too! Or come to Poland on our next indoor skydiving trip!

Now, we don't just run around Europe skydiving and partying (responsibly... of course). We also run tandem and solo

skydive courses throughout the semester, outside of our foreign trips, so that you guys can get yourselves in the air ASAP! For those of you with your eyes on a licence then, we run weekly sessions where our experienced members will show you guys how to pack parachutes, vital for your first skydiving licence. But

don't worry... it's not all skydive this and skydive that... you guys want a night out? You got it! We'll organise nights out and trips as often as we can, you guys call it and we'll make it happen! So, we have a lot of plans for the year ahead and we want to bringing you guys from zero skydiving experience to

fully licenced USPA A-Licensed skydivers; allowing you to travel the world with an internationally recognised skydiving licence! So get involved and see what we have to offer, aside from jumping out of planes and looking... well... awesome.  
www.facebook.com/Skydive UL  
SkydiveU@gmail.com

# UL Social Soccer Club Returns - #WeGoAgain

BY SEAN MATTHEWS, PRO

Where to begin with UL Social Soccer Club? We were granted our 15-week probation period at the end of September last year and since then have come on leaps and bounds. Beginning as a Facebook page set up to network for student 5-a-side games, we went on to become a recognised club with over 170 members! All of this being achieved without being able to partake in the September recruitment drive last year. Our growth has come purely through word of mouth and recommendation, which is very encouraging indeed.

Thankfully, despite the membership growth the philosophy of the club has endured and we continue to be a valuable social outlet to our members. We pride ourselves on being a

social conduit, creating new friendships, team chemistry and even friendly rivalry. Our games are not viewed as being successful unless our members can play with freedom and without the pressure to perform. Often my best memories of the first year for the club are in the laughs that we had during games; the open-goal misses, the perfect nutmegs, the uncharacteristically good goals, the friendly slagging. These are the things that make me excited for a game day.

Who can join? Anyone can join! We cater for all skill levels, gender, nationalities etc. We play at a friendly and encouraging pace without any need for competition or huge amounts of commitment. All we need

is you to come with a good attitude to just want to have fun! At Social Soccer, we play for the love of the game and we hope that you share in that passion.

This coming academic year one of our main ambitions is to expand on our role as a social club. We have succeeded in providing football for the people, with a minimum of two games per week operating throughout the previous academic year. Now we want to try and expand our social appeal with events such as FIFA Tournaments, Soccer Quiz Nights, Champions League nights, and many other events still to be decided.

As with any new club, mistakes were made and lessons learned in our first year. This only means that we

return even more fully-formed and prepared for the coming academic year and our first ever September recruitment drive. If any of what I've just written is of interest to you, then come and have a chat

with us at the recruitment drive. Alternatively, you can sign up to our Facebook group at "UL Social Soccer" or drop us an email at [ulsocialsoccer@gmail.com](mailto:ulsocialsoccer@gmail.com)



# Dive into C&S!

BY NAOMI KEOGH, OCM



I've been a member of the UL Sub Aqua club for about a year now and what a year it's been! Like many of the new incoming first-years I went to the recruitment drive full of curiosity. I kept an open mind and considered lots of different clubs and societies, but I was drawn to Sub Aqua because I had tried scuba diving abroad and the feeling of breathing underwater for a sustained period is just so liberating. It gives you a unique opportunity to see underwater life and submerged landscape. I decided I wanted to join this diving community and improve my skills. I signed up at the recruitment drive and it was one of the decisions that made my first year of college so enjoyable.

By December I had completed my training dives and I received my 1\* qualification which allowed me to go on the club's annual trip to Lanzarote. Over the week in Puerto Del Carmen I completed 10 dives, a combination of day and night dives. An encounter with a stingray 14m underwater, guaranteed the week to be unforgettable. The warm, clear waters of Lanzarote are the best opportunity for trainees to improve their SCUBA skills. There is a very quick learning curve over the course of the week and I have no doubt I returned a better and safer diver.

I returned from Lanzarote committed to completing my 2\* qualification as soon as possible. This summer has been one of the busiest/wettest the club has had. During the summer months club members could dive up to three times a week. We were blessed

with excellent weather most weekends as we set off from a variety of locations on the west coast. Over the summer UL Sub Aqua members dived multiple times in Kilkee, Quilty, White Strand, Doolin and Portmagee. One experience stands out the most for me, Aileen! The reef at the foot of the Cliffs of Moher, was chosen as the dive site. Aileen can only be dived in very calm conditions, it is more famously known for being surfed, not dived. After a stunning dive, with some of the largest crayfish and spider crabs I had seen, we were greeted back in Doolin harbour by Dusty the dolphin. Being that close to such a large wild animal, it's a unique experience I only could have with UL Sub Aqua Club.

As well as these day trips, there was two weekend camping trips organised by local Sub-Aqua clubs. Club members spent a weekend camping on the Wild Atlantic Way at Bridges of Ross near Kilkee, Co. Clare. The weekend ended with a barbeque attended by all the clubs in the Limerick region. The Limerick diving community is so friendly and open to a new diver like myself. The following weekend was the Hook Head

South East dive rally. UL divers headed off on the Friday evening in the C&S minibus full of camping equipment and scuba gear. This weekend was an amazing opportunity to meet new divers typically outside of our usual area. We dived with fellow university students from UCC Sub Aqua Club. The sea around Hook Head lighthouse is littered with wrecks, a testament to the rough seas that are common there. I had the chance to dive two local wrecks over the course of the weekend. Above the surface we socialised with our diving counterparts from UCD and DCU and introduced them to a party game that they took to very quickly and likely won't forget anytime soon.

With another semester starting and new members to join I hope my second year as a member of UL Sub-Aqua can be as eventful and memorable as the first. If any of this sounds amazing to you, come see us at the recruitment drive, or get in touch with our PRO, Secretary, or Chair. Some photos from our trips can be seen on our Facebook page "UL Sub-Aqua Club" or on Youtube.



# Let's play Capoeira!

BY BRIAN HOGAN (TRIPS ADVISOR)

A new academic year starts and everyone is looking for an activity to balance out their studies. Give the mind an occasional rest and get your body moving with capoeira. We meet and practice twice a week but if you can only make one of the sessions that's fine and if you only want to turn up occasionally well then that's fine too. We're an open welcoming club and look forward to the arrival of our new members and we hope you'll be one of them. If you can't talk your friends into going with you then don't be nervous about showing up by yourself, we'll look after you. So what is Capoeira? Is it a fight? Is it a dance? It's a game, where two people exchange smooth, calm, flowing attacks while dodging

escape to freedom. Runaway slaves then gathered in large numbers and formed settlements called Quilombos where they further developed their capoeira skills to protect themselves from colonial attacks. Throughout the year we go on weekend trips to capoeira workshops where we meet lots of really nice people from all walks of life and at those weekends there's always a fun Brazilian party. Last year we went to Dublin, Cork, Galway and even to Germany. Next year we are hoping to go to Paris! During the practice sessions we warm up, go through the individual moves and then put them together with appropriate counter moves carried out by another



Ras Mickey C with Mestre Marreta from whom he received his second capoeira grade in October 2016 in Dortmund, Germany

the attacks of their opposite. Trying to outdo each other with gracefulness they also - where ability allows - incorporate acrobatic pieces to outshine their opposite and impress those watching and waiting for their turn. Sounds a bit unusual, so how did it all start? Capoeira was developed by slaves in Brazil who were not permitted to practice any form of fighting so they disguised it as a dance. To their slave masters it appeared as though they were just playing around but their skills help many slaves to

practitioner. That way we learn to react and it gets us ready to try a freestyle game. It's also quite a workout so do bring a bottle of water! Don't be a couch potato, don't be shy and join us Tuesday and Thursday nights from 7 - 8:15 pm in the main hall of the PESS building. We look forward to meeting you there or at the recruitment drive!

Facebook: UL Capoeira  
 email:ulcapoeira@gmail.com  
 Author: Brian Hogan (Trips advisor)

# UL Wolves Swim Team Send Ripples Nationwide

BY CAOIMHE HENNIGAN, UL SWIMMING CLUB.

The University of Limerick Swimming Club is about to start of its fifth year in the university and is inviting new members to join it doesn't matter if you are just starting first year or even going into your final year we cater for everyone. The club is about to embrace on its fifth year in the university and has continued to grow from strength to strength since the beginning. Each year the clubs' numbers are increasing more and more and hope that the coming year will be no different. Not only does the club cater for those competitive swimmers but also for people who rejoice in it for recreational purposes. Each year the club has increased the amount of pool sessions available and this year will be no different. Thanks to the world class facilities that the UL Sports Arena had to offer including a 50 metre pool and the brand new 25 metre pool, we can offer at least 4 sessions a week with this number expected to increase. Over the past year the club has competed in numerous competitions, one of these

being an invitational gala hosted by NUIG, which we have attended for the last 3 years, this gala was used as a warm up and practice for the team to prepare for the biggest competition of the year, the Irish Inter-varsities. This year we sent the biggest team of swimmers we had ever sent before. Due to the substantial number of swimmers attending the gala we could enter swimmers in every event and thanks to this and the hard work all year we were able to achieve a 2nd place overall finish narrowly missing out on first place to strong UCD team. This 2nd place finish was an improvement on the 3rd place finish from the previous season. With the new season, up and coming we hope to improve on this years' finishing and take home the gold for the University of Limerick. We hope that this will be the clubs best and biggest year since the clubs' existence.

For those swimmers who come from a competitive background, the club offers a great place to train with a new team thanks to the great

facilities and coaches we have to offer. The club is not just for competitive swimmers, it caters for all swimmers of any level, from beginners to advanced. Thanks to the brilliant coaches available who are always there to make the best out of a training session to offer any advice that you may need. With the state of the art facilities that are available to us, the club has the chance to train in both 25 metre and 50 metre, allowing us to cater to various levels and abilities. It can be a great way to wind down and relax after a long day. It can also be an effortless way to meet new people who have a similar interest to you. The club hopes that this year will be the most successful year yet and hopes to welcome new swimmers to the team. New members are always welcome no matter what the ability is. Any queries about the club or about training can be forwarded through the club email: [ulsc.swim@gmail.com](mailto:ulsc.swim@gmail.com) or through our Facebook page: ULSC(University of Limerick Swim Club)



A team photo of the swimmers who attended the NUIG Invitational Swim meet held in Kingfisher Swimming Pool, Galway in November 2016



## UL Taekwondo – Kicking people in the head... nicely

BY REBECCA ANDERSON (TREASURER), JOANNA BAUMGART (SECRETARY)

What a year it was! We came, we saw, we conquered and we looked good doing it While always competitively successful, this year saw our members bring home regional, provincial, national and international accolades. But let's not get too far ahead of ourselves...

What is taekwondo anyway?

Taekwondo is a Korean martial art, which, translated literally, means "Art of Hand & Foot Fighting" and as such it offers a perfect combination of traditional and modern elements. Here you'll find patterns - traditional floor

movements choreographing offensive and defensive techniques- , self-defence, sparring and enough cardio, strength and conditioning training to make sure you're in tip top shape all year round.

And in case you were wondering: we are not only the longest running martial art club in UL but also the most competitively successful third-level taekwondo club in the country by medal count. But who's keeping score anyway... J And what did you say you did this year again?

Well, we kicked people in the head... Nicely.

No, really now, it's been a jam packed year full of fun. We trained twice a week (you'll hear more about that down below) to get ourselves to our own personal bests and probably laughed a little too much while we did it. Our members worked hard and many saw their labours come to fruition in one of the two gradings we held

over the year. Let me tell you, there's definitely more colour in the room now with many people proudly sporting their new belts.

As always the club saw huge successes on the competition circuit in patterns, sparring,



UL Taekwondo at the Intervarsities 2017

special technique and destruction. This year our members competed in The Cork Open, The Redking Rumble, The Rathpeacon open, The Scion Open, the ITA Nationals and Cork Open, the RITA Irish Open and Irish Cup, The IUTF Munster Championships and the European Championships in Poland. If you think that's a

lot of competitions then you're absolutely right! However, our crowning glory was without a doubt the Intervarsities with ten members travelling to Dublin (many for their first competition!) and returning to UL with eleven medals for the trophy cabinets.

Yeah... That's great, but did you do anything fun?

We're a social club too! Competitions mean travelling together, eating together, celebrating together and the odd overnighter in some far flung corner or the country.

But we socialise closer to home too. Training usually ends with a half hour of chatter and banter. We eat pizza (and Hillbillies!), we go to the movies, and we have the odd beverage in the Scholars. We also cross train with friends from other university clubs making UL Taekwondo a top-notch place to meet people.

Okay so I'm coming. What do I need?

Just bring yourself in comfortable clothes and a bottle of water down to the PESS building on a Monday (18.00) or Thursday (18.50) night and we'll take care of the rest. If you're only starting out, don't be shy - beginners are always welcome and catered for! And for those of you already familiar with the sport, while UL Taekwondo is an ITF affiliated club, despair not because we welcome members of all organisations and federations -we're all friends here!

TL;DR?

Whether your goal is a black belt, enhancing your fitness levels or just making some friends, UL Taekwondo is the club for you!

Email: [ultaekwondoteam@gmail.com](mailto:ultaekwondoteam@gmail.com) Facebook: <https://www.facebook.com/UL.TaeKwonDo/>

(Photo Credit: Derek Flynn TKD Photos)



Marli Serfontein (left) and Rebecca Anderson (right), both UL, share the love at the Intervarsities 2017

# Get In Fresher, We're Going Trampolining!

BY JANICE O'GORMAN, ULTGC PRO

Welcome (back) to UL everybody! Hope you're ready to jump ahead this semester by joining UL Trampoline and Gymnastics Club! ULTGC is set to have its biggest and best year yet. Trampoline is a fun social form of exercise that allows a healthy break from study and the stress of everyday life. Whether you're a complete beginner or have been tumbling before you could talk everyone is welcome to come join our training sessions. This is truly a sport you'll fall head over heels for!

Trampolining is an Olympic recognised sport and here at UL we compete in many competitions throughout the year. Our members compete in levels from Novice (complete beginners) to Elite (not complete beginners) in competitions all over Ireland and Scotland. This year we travelled to Edinburgh, Dublin, Cork and Loughborough and came home with heaps of medals and the Munster Open Cup. After successfully hosting Mini-Varsitys last year UL have been selected to host both the Munster Open and Intersarsity Trampoline Competitions this semester. No need to fear, competitions aren't super competitive and are all about having a bit of fun and enjoying yourself with a bit of friendly rivalry. These weekends are a wonderful way to engage with other students from around the country and make some trampastic new friends.

Our 15 year anniversary was huge and unforgettable we had one of the World's best gymnasts, Greg Roe, attend showing off his ridiculous skills on our trampolines and spending the weekend coaching our members. Ever see a quadruple twisting double somersault? Well go check out



ULTGC members proudly presenting their SSTO medals

Greg's Facebook or Instagram and get an idea for some of the crazy things that are possible on a trampoline. With two trampolines, Ireland's tallest climbing wall, zorbs and archery all set up in the courtyard we had a great time. But no worries if you missed it, we are always looking to throw bigger and bigger events so expect good things to come from our club this year.

ULTGC is equipped with 4 Olympic standard trampolines, a Double Mini-Trampoline, and our brand-new tumble track. So want to learn to cartwheel? Back-flip? Aerial Round-off? Sure, come on down! Our qualified coaches will teach you the basics and build up skills on a one-to-one basis. All our coaches are fun, friendly, and recognised by Gymnastics Ireland. You too could even become a coach. Every year we send some of our enthusiastic

members to become GI Coaches and Judges. This is a fantastic opportunity to take advantage of and to stay involved if bouncing just isn't for you.

Our club isn't just about bouncing either, we also compete in tumbling and cheerleading. Yes, cheerleading. We even won the cheerleading sector at ISTO last year. Even Wolfie made an appearance! On top of this, we're also very passionate about giving back and hold regular fund raisers in the courtyard. Our most popular being the Nearly Naked Bounce which takes place every year. Our brave members strip their kit off and bounce to raise funds during Charity Week. Positive mental health is very important to our club and we are proud to promote and support the charities that look after our friends, family and more. Life has its ups and downs... but we'll teach you how to enjoy them.

If this sounds like the club for you be sure to see us at the recruitment drive, or call to one of our trainings to have a taste. Training runs Tuesdays and Thursdays from 7pm – 10 pm in the P.E.S.S.

See you there!

Contact details: Facebook: UL Trampoline and Gymnastic Club

Instagram: ultrampoline

Email: ultrampolining@gmail.com



ULTGC members participating in the Nearly Naked Bounce in support of Charity Week 2017

# UL Ultimate Frisbee – A Summer Of Success

BY BRIAN O'SULLIVAN, CLUB PRO

SUMMER 2017 saw members of UL Ninjas represent Ireland on an International Stage. Four members of the club travelled to EYUC (European Youth Ultimate Championships) that were held in Veenendaal in the Netherlands and we are so proud of their hard work, dedication and what they have achieved.

Louis O'Reilly and Brian Byrne were on the U20's squad that reached the final for the first time in the history of Irish Ultimate at this tournament taking home the silver medals. The Irish beat the German National team in the Semi Final in order to face their Italian counterparts in what was to be an incredible match showcasing the skill involved in the sport.

Also in Veenendaal were Tara Burke and Eva Normoyle who were on the Irish U20's Women squad, who finished in 13th place with their teammates, who come from the four corners of the country.

It's not just the Irish U20's teams that the UL Ninjas have infiltrated. Four more of our fine men will be heading off to the World U24 Ultimate Championships being held in Perth, Australia in January 2018. Ian McAuliffe (Club Secretary), Tadhg Bogan and Shane McNamara will be jetting off to show what they can do as part of the team that is being captained by our very own Dylan Ryan (Club MVP of the year 16/17). Also featured on the team are UL Ninjas Alumni Gary Gilmartin and Cornelius Sheahan. We wish the lads the best of luck as they face in to their final few months of training.

UL Ninjas have also had their



fair amount of success on a more local level during the college year just gone by. From our beginners winning gold for the third year in a row at Open Developmental, our ladies bringing home silver at Women's Indoor IVs, our men taking the bronze at Open IVs and the running of the first Limerick Schools tournament organised by the local team PELT Ultimate and UL Ninjas Schools Programme, which proved to be a massive success.

Being a member of UL Ninjas comes with lots of benefits. You can work on your fitness in a supportive and comfortable environment while learning new skills about a new sport that's growing in popularity. You will be able to meet new friends from college that you will see all the time and get to know really well. You get the opportunity to travel the country playing in different tournaments meeting new people that you will know for life. Of course a major aspect of the club is the social events and the house parties, and we definitely don't fall short on that.

So if you're looking to try something new, why not give Ultimate Frisbee a go. You'll be guaranteed a good time and a great laugh. Call down to us at the recruitment drive on Wednesday 6th (Week 1) to sign up or else you can get in contact with us through our Facebook; UL Ninjas, Snapchat; ulninjas, email; ulultimatefrisbee@gmail.com or look us up on the UL Wolves C&S website. We train on Mondays and Thursdays from 6-8 on Maguires pitches (located behind Kilmurry Student Village)

We hope to see you there!



# Become A Wind Warrior

BY ZOE FEHILY (SECRETARY)

What's a wind warrior? Good question. Join the UL Windsports and you can become one. The club provides the opportunity for beginners and advanced students to try out windsurfing, sailing and kite surfing. The name Windsports is self-explanatory but this sport involves whizzing across a bay in Castlegregory on a board while holding a sail and sometimes using harnesses. Sailing is very similar but you're sitting in a boat and often have somebody with you to talk you through the steps if you're not that confident. Kite surfing has only recently become popular and this involves flying across the surface of the water using a massive kite to pull you along. A session on land is usually helpful before you hit the water with this sport.

The club organises many weekend and evening trips for members to experience these three sports no matter what your level is. Not only do you get to have a trip away with

your friends for a weekend but you also get to try out these extreme water sports. The first day is usually the most challenging as you fall in and usually make a fool of yourself but we're all doing the same thing and it ends up being great craic. There's no need to worry about falling in because you won't be the only one, if you don't fall in then you probably will be the only one. We have a rescue boat on the water ready to pick you up and bring you back to the sailing zone if you do begin to drift with the wind or the currents. Usually frustration kicks in on this first day but we've patient instructors to go through everything step by step again and again and again. After a long day out on the water we usually have a meal and a session. This is when we all compare our best tricks or biggest fails and the slugging and laughter kicks off. Eventually after a long night of this carry on we all head to bed in a hostel located near the

beach. Of course, there is no better way to fight a hangover than to jump into the cold sea the following day, even wearing a wetsuit provided by the club it's still freezing.

The second day is even better than the first as you can stay that little bit warmer by remaining on the board or in the boat as you learn how to turn around and make it back to where you started on the beach. The second evening is full of laughter and slugging again but with a touch of congratulating and pride as people begin to understand the sport. As you spend the evening trying to get feeling in your toes again everyone begins to discuss which warm country to journey to for our winter trip and who should be part of the committee to arrange this. You might even decide to be a member of the committee yourself.

This year our club are hosting the windsurfing inter varsities,



Our club members attending the Intervarsities in Uisce, Belmullet last year

which is a competition amongst a variety of university windsurfing clubs around Ireland. It's like a weekend trip but with more people from more places. Our club is so much fun last year we even won the banter league at this competition! While having fun you learn how to tackle water starts, planing, fast tacks and carve gybes. These don't sound half as impressive as they look, YouTube them and you'll see what we call wind warriors. Over time you'll master these

tricks too. Muscle memory will strike and when you go to teach the new beginners you'll have to try extremely hard to break down what you're actually doing as you glide across the surface of the sea.

If any of our activities tickle your fancy, you can search for "UL WindSports Club" on Facebook to see more of what we do or drop us an email at [ulwc.committee@gmail.com](mailto:ulwc.committee@gmail.com). Check out our page on the UL wolves website as well!

## ULAS Meets World Recruiting now!

BY BORYS STAN, PUBLIC RELATIONS OFFICER.

BY DIAMOND IKEBUDU, VICE PRESIDENT.

The ULAS is a budding and refreshed society that just made its stand in the 2016/2017 academic year. In the space of one year we have connected with other clubs and societies in Universities such as UCC, CIT, LIT, DIT AND UCD in order to connect and further engage in other activities.

Activities this society has engaged in ranges from both academic to leisure. This includes the 2017 Mandela debate competition at UCC, Awareness event such as 'Be beautiful campaign' and the famous Annual ASAI Ball.

Revamping this club and society has not only created a platform for young (non-)

Africans to connect but has blossomed into a family. Members have described the society to be 'a home away from home' -Favour Kingsley and others 'the banter fam'-Ronnie.

In addition to the academic and social aspect, we have managed to network and connect with different businesses such as Tounda Academy where one of our members; Diamond Ikebudu have become a tutor in their premises.

Without any doubt, the ULAS has proved to be a rewarding society so far as well as providing shared, irreplaceable and exciting experiences amongst its members.

Are you in need of a new action packed, adrenaline fuelled sport? Then Airsoft looks like your new favourite sport!! Airsoft is an event packed team sport in which participants eliminate opponents by shooting each other with Plastic BB pellets fired from an Airsoft gun, a replica of real-life guns. It is the younger brother to paintball as the gameplay of both sports are similar. The size of the ammunition is smaller than the paintballs, which make the guns more accurate to hit your target at longer ranges, hurt less and allow you to carry a lot more ammunition into the warzone!

It's great to be back after an amazing first year for our society. We've had so much fun bringing this exciting hobby to UL and it has been an absolute pleasure organizing trips and social events for all the fans of airsoft on campus. From the weekend trips to some of the best airsoft sites in the country, to social evenings for our members and numerous other events and promotions, we have made it our mission to bring the airsoft community of UL together.

We are one of the societies in the Wolfpack having only re-established a year ago! With



BICS award for the Best Photo. Trip to Redhills airsoft. Credit goes to Nine Cards Photography, Facebook (@NineCardsPhotography).

that in mind, we were delighted to also be announced winners of the Board of Irish College Societies(BICS) award for the best photograph! It was a photo of our Gameplay to show how thrilling Airsoft is and it was a great achievement to be awarded this in our first year as a society. This year we hope to step it up even more. With so many fields yet to visit across the country, we are spoiled for choice when it comes to having an adrenaline filled day out. There will be weekend trips, members' nights, and we also hope to organize more events for our members. As we grow as a society we hope to also make our events bigger. Airsoft has a lot to offer beyond a fun

day out and we hope to make the most of it. With many large-scale events happening in Ireland and abroad, there is huge promise for an exciting trip at the end of the academic year that will last a few days and will be an absolute treat for all our members.

This year our mission is to build in last year's successes and grow as a society. We want to create the perfect place for all airsofters on campus to come together and we want to provide new members with a great insight into all that airsoft offers.

So, if any of you have a fondness for some actions sports, or if you're looking for the perfect way to unwind after a week of college work, or even if you're just looking to try something new, then we want you! We're always welcoming new members. Come see us at the first semester recruitment drive or contact us if you have any queries at;

[ulairsoft1@gmail.com](mailto:ulairsoft1@gmail.com)  
Or  
[www.facebook.com/ulairsoft/](http://www.facebook.com/ulairsoft/)

The guns LOOK real, the games FEEL real, the objectives ARE real... are YOU going to Enlist to the game of AIRSOFT?



# More Addictive than Netflix

BY KATE MOORE, PRESIDENT

The Anime and Manga Society was formed around an interest and love for Japanese animation, comics, art and culture. We wanted to share our interests and knew there were many like-minded people who would love to get together to discuss and enjoy for hours on end. Our desire to spend our time with people with similar interests formed the society we all hold dear to us today.

For those among you who do not know what Anime and Manga is, Anime is Japanese Animation. It comes in a wide variety of genres from romantic comedies of action thrillers and drawing styles like those of Miyazaki, Pagemaster, Kyoto Animation and we can promise that we'll be able to find a series you'll enjoy! Whereas Manga are Japanese comic books. Often Manga are first released and then an Anime would be made out of the same series. As a society we house a number of different Manga for your reading pleasure.

Our society has also recently

adopted K-pop into the fold, and for those of you unfamiliar with the term K-pop that would be Korean pop-music. From bands like BTS to EXO and Black Pink there is something for everyone. And as many of our new members found utterly addictive.

Although the society is still young our first few years have been extremely fun and rewarding, running a whole array of events. These included trips to Dublin for Eirtakon, Ireland's biggest anime convention as well as attending other conventions like Kaizoku Con in Cork and hosting a variety of all night extravaganzas with screenings, hangouts, pub quizzes and cosplay competitions.

If you have any questions about events, trips or just want to get a feel for the people running this wonderful society you can reach us at our Facebook page (<https://www.facebook.com/ulanimesoc/>), Instagram ([ulwolvesanime](https://www.instagram.com/ulwolvesanime/)) or email us at ([ulanimesoc@gmail.com](mailto:ulanimesoc@gmail.com)).



## SofA, so good

BY LAURA O'CONNOR AND AISLING DUFFY

Have you ever looked up at the sky and seen images and scenarios in the clouds whilst your left-brained friend nudges you in the ribs, unable to see anything more than a mass of condensed water vapour? Have you ever come up with something witty to make your friends laugh or knocked over a pot of paint and thought, 'wow, I am the next Picasso!?' If you answered yes to any of these questions, you may have a case of creativity! The Society of Architecture, or as we like to call it SofA, is responsible for bringing together like-minded designers who share your talent for working against the bland tide of our world. Start snapping at our photography workshops or embrace your inner Gok Wan and take part in our highly competitive annual Halloween costume design competition!

Our annual pursuit of the creative arts scene outside of our little green isle is always a favourite. Our adventures have brought us to Amsterdam, Copenhagen and last year saw us immersed in the unrivalled

culture of the redefined 21st century Bohemian Berlin. An unforgettable few days (and nights!) was had by all.

Drawing inspiration from each other and our excursions, we host weekly workshops and discussions with architects, artists, designers and historians. This year, we are extremely fortunate with our line up of guests so, don't waste any time, secure your place on SofA now!

Perhaps sitting still isn't your cup of tea; you crave something a little more physical to float your boat. SofA's weekly soccer tournament and monthly go-karting trips provide a different outlet for you to mingle with your mates. Or, if you're more into stilettos than studs, you won't want to miss our annual themed ball for an exhilarating night of dancing and socialising.

We look forward to meeting you at the recruitment drive this semester. Remember, art and architecture is designed to be interacted with not just a single person, but by many people. SofA welcomes you with open arms.

## AstroSoc Hits Escape Velocity!

BY NOEL MARKHAM, PRO.

After months of planning, preparation, and problem solving, the Astronomy Society of UL is finally up and running, and we can't wait for what the next semester holds in store. As a society only created last semester we encountered unexpected difficulties such as weather wreaking havoc on planned events and acquiring a good turnout to equipment ratio in order for everybody to have an enjoyable time. However, experience is the greatest teacher and we have learned from our mistakes and only improved.

One of our biggest regrets from last semester was the lack of events we were able to host, however there were plenty of positives to be taken from our club's brief history. Last semester showed us that there is definitely an appetite for an Astronomy Society in UL. In one of our successful events at the start of the year we saw a very good turnout of

students eager to share their love of the cosmos. Although the event was merely an introductory one for our members to get to know one another, there was a positive vibe that evening. Event-goers were enthusiastic about space and the society and everybody seemed to have a good time interacting with other members. If we can recreate that positive attitude again this semester, things bode well for us.

This coming semester promises to be a good one for AstroSoc as we have plenty of brilliant events planned; from stargazing and workshops on how to use astronomical equipment, to guest speakers who know their stuff about space. We also have collaborations with other clubs and societies planned for the coming semester. These collaborations promise to be not only enjoyable for the events themselves, but for the opportunity that they

provide to meet and befriend members of other societies.

All in all, Astronomy Society is looking forward to next semester and looking forward to welcoming in new members. If you have an interest in the vast and beautiful unknown that is space, then AstroSoc is for you. Be sure to pop into us at the recruitment drive on the 6th of September (Wednesday of Week 1) to see if AstroSoc is for you. You can also get in contact with us via our email ([ulastrosoc@gmail.com](mailto:ulastrosoc@gmail.com)) and our Facebook page ([facebook.com/ulastrosoc](https://www.facebook.com/ulastrosoc)). You can also keep up with what we're up to by following us on twitter (@ULAstroSoc) and Instagram (@ulastrosoc\_). We can't wait to get started on the new semester and to meet our members, old and new, at the first event, but until then shine on.

# Food, Fun, Friends, Fellowship and did I mention... Food!

BY NATHAN WHITING, PRESIDENT

Those of us in the Christian Union have our priorities in order... we know that food is something that is always on a student's mind! So we always start and end our weekly meetings with tea, coffee, and biscuits! Tuesdays at 7:30pm we gather under the roof of an Teach Faillte to hang out, make new friends and engage in interactive Bible studies, led by members from local church communities in Limerick and further afield. We aim to make our meeting

an open and interactive space where students and staff can safely discuss religion, spirituality, God and all manner of things relating to life. We as a committee hold to the belief that the Bible is the Word of God given to us humans so it is always at the heart of what we do and discuss, and everyone, regardless of faith, is welcome to join us. We don't stop at that, as we also do regular socials to bond as a society and develop

friendships. Pizza nights, games nights and trips to meet up with other Christian Unions around Ireland are all part of the fun. Usually once a semester we get the opportunity to meet with either other CU's in Munster or the whole of Ireland at CUIAC (Christian Unions Ireland Annual Conference, pronounced "quack" or phonetically 'kwak'), which is great CUIAC altogether! Another successful event we run (also involving food!) is

the weekly 'Free tea, coffee and chats!' where members of our society distribute hot beverages to the wider campus community and are available to have a chat about anything on the spectrum of life! This event depends heavily upon the timetables of our volunteering members and so we will be updating on Facebook the time and location of our stand for the coming semester, keep your eyes peeled for us on campus and stop by for a chat

and a cuppa! We don't bite! Local churches in Limerick are a great way for students to get involved in the wider city community and we have active relationships with many of the churches so we can always help students find a church to go to.

Check out our Facebook for regular updates.

<https://www.facebook.com/UIChristianUnion/>  
Or contact us by email:

[ulchristianunion@gmail.com](mailto:ulchristianunion@gmail.com)

## The Joke's on You!

BY ERIN MURPHY, COMEDY SOCIETY TREASURER

We have six candles on our birthday cake this year and the comedy society has gotten bigger and bolder. With three workshops every week and plenty of events, gigs and quizzes throughout the year, there is something for everybody in our award-winning society. Our society prides itself on being a great place to meet friends, discuss our favourite comedians, and of course, have a laugh. Although the idea of performing comedy or sharing your ideas can be a bit daunting for some, I can assure you that the comedy society has always been a place of support and guidance, where you can improve your confidence and your public speaking skills. There is never any pressure to perform, so feel free to come along to our workshops and gigs as an audience member too! Two years ago, we won the C&S award for best event and were nominated for best society event at BICS and best Intervarsity. Here's why!

Our stand-up workshops will be held every Monday at 7pm. These workshops involve playing games that help to create performance material and once you have written a few jokes, you can perform them for the other members in order to receive some feedback and constructive criticisms. Once you feel you're ready, you will

then have the opportunity to perform this material at one of our very popular stand-up gigs. These are always held in The Scholars, which is located next to Spar in the Students' Union courtyard. This can be a great experience and just good craic. You may even get the chance to support a famous comedian! Last year, we had Joe Rooney, of Father Ted and Killinaskully, perform at one of these gigs. These events are always free entry and so they are enjoyed by members and non-members alike.

Improv workshops take place on Tuesdays at 7pm. These workshops involve games that can be seen in the TV shows *Whose Line is it Anyway?* and *Mock the Week*, plus a number of other games that have been created or suggested by members. These workshops are so much fun, and offer a great escape from stressful studies. We also hold a number of improv shows throughout the year, which take place in different venues. These shows usually take the format of the TV shows mentioned above and are also always free. Last year we held The Big Fat Quiz of the Semester, in which some of our members performed while the audience members took part in a table quiz, competing to win some great prizes.

Lastly, our sketch workshops take place on Wednesdays at 7pm. These workshops involve sharing ideas and writing comedic sketches. Here, fellow members will also offer feedback on ideas and scripts that are shared. Once a script has been written, we set out to cast and then film the sketch, which will then be uploaded to our YouTube Channel, UL Comedy Society. You can also get a better idea of what our stand-up and improv gigs are like from this channel as some of them have been recorded and uploaded there.

We also have a weekly radio show on ULFM, which is hosted by a rotating cast of society members and is a great way to further practice your comedy skills! With all these options, there's plenty of ways to get involved! Comedy Society is well worth the €3 it costs to join, so look out for our stand at the recruitment drive and don't be afraid to contact us on Facebook by adding us (UL Comedysociety) and also on Twitter @UL\_Comedy. You can also always email us at [ulcomedysociety@gmail.com](mailto:ulcomedysociety@gmail.com).



*A full house for stand-up comedy in Scholars*

# Bits & Bytes for the year ahead – A bumper year to look forward to for the Computer Society

BY TREVOR MCSWEENEY P.R.O

The computer society is one of UL's longest running societies. Over the last few years we have developed the society to include more activities like gaming and electronics projects. Last year the society built a 3D printer, purchased a HTC Vive and hosted a game programming competition! We have expanded into doing some electronics focused stuff as well as a bit more social video gaming. There are great plans for this year that will really move the society forward. Our first ever overseas trip will be in January 2018, to Munich, Germany! A programming competition is planned for first semester this year that will be open for anyone to enter. We're going to building a gaming PC step by step showing people the benefits and some of the

pitfalls of building your own computer. At nearly every meet up we have free pizza for the members, and what students don't like free food? The society's top of the range virtual reality HTC Vive headset will be available at many meet ups throughout the year for members to play with. It really is an experience that is impossible to understand until you try, and once you do, you'll want to buy your own! Despite all the new stuff we're doing, the computer and server side of things is still an important part of the society. We are building a brand-new server for the society this year that will provide a variety of services to members. This includes data storage, game server hosting, email hosting and many other



services. If you are a person with an interest in servers, administration or just making your own website there'll be something for you. The new server will be set up and run by members which will be

great experience for anyone to put on their CV. Come see us at the recruitment drive! Our stand will probably be somewhere near the helpdesk, where we will be happy to give you more

information and sign you up. We will have the VR Headset set up at the running track for people to try out too!

# Dancing Our Way To An Exciting Year

BY ANA CAMILLO, DANCE UL PR

Welcome back current students and our warmest welcome to the new students! We hope you will enjoy your time at UL as much as we do, and have some of you as our dear members.

Since 2008 Dance UL is one of the most stimulating societies at UL, promoting

dance classes and workshops to all students regardless of previous experience. This year, one of the greatest news is that Dance UL will be offering special memberships not only to alumni but also to the whole community. Students, alumni and the community, need an

outlet for the stress of studies and/or work. By joining Dance UL, members avail of classes of many dance styles in a friendly atmosphere, as well as many events, thus enhancing health, well-being and sociability. This is certainly a wonderful asset to the Limerick community.

Running from week 3 of this semester, weekly techniques classes – including contemporary?, jazz?, Irish dance and, brand new to the timetable, ballet for fitness and Gypsy dance – are sure to keep members de-stressed, fit, and having fun. To spice things up a bit more, weekly workshops will be facilitated by guest teachers. Dance UL promoted during last semester Swing Dance, Dancehall, Hip Hop, and Heels workshops – only to mention a few. Some of those workshops will happen again this semester, due to popular request, and many diverse workshops will too. What is more, for those who wish to have more commitment – and extra excitement – Dance UL will have 2 hours weekly of Intervarsity rehearsals for each team. The teams will be contemporary, jazz, Irish dance and mixed categories. Intervarsity will take place at UCC in March? and we will announce the dates of auditions, so stay tuned!

community members who wish to take part in Dance UL classes and/or Intervarsity teams must become a member through the UL Wolves website beforehand. But don't worry: if you need help registering there will be committee members at the classes to assist. Alternatively, you can visit us at the Recruitment Drive on 6th September in the UL Sports Arena. You can check us out, register, and chat with committee members for further info. Also, you are most welcome to attend our AGM on 14th September at Dromore Village Hall. Time?

Stay tuned for additional news, classes timetable, auditions and events. Visit our website [www.danceul.wordpress.com](http://www.danceul.wordpress.com) and follow us on Facebook, Instagram (officialdanceul) and Snapchat (DanceUL)! Feel free to drop us an email: [danceul@gmail.com](mailto:danceul@gmail.com).

The Dance UL committee is looking forward to having both fresh and familiar bodies dancing their way to a thrilling academic year!



All students, alumni and

# Environmental Society – We Need You!

BY NICOLE GLENNON, P.R.O

If you care about any of the following; food, water, animals, soil, energy, air, the future of humanity... there's an environmental issue you care about. Climate change, investing in renewable energy and coming up with ideas for sustainable development are just some of the issues we tackle in our weekly meetings. Our main focus is increasing awareness of these issues among the student body and implementing tangible, positive change on UL's campus.

Environmental soc is barely over a year old, with a core group of members who have built the society up from the ground. Because of this, we are all very passionate about the society and a close-knit group of people. In saying that, we are very eager to welcome new members into the fold. Whether you want

to get yourself a committee position or just be an extra hand for our campaigns, we'd be happy to have you on our team.

Last year we designed (our logo, poster campaigns), we built (a "UL" bottle collector, water conservation piece, carbon campaign), we wrote (articles for the campus newspaper), we composed and recorded campaign music, we organised a fashion show, we baked for a fundraiser, we distributed road safety gear and information, we organized group cycle trips and so much more. We also organised the first National Forum of Environmental Societies and making contact with other environmental societies throughout the country.

We have also strived to open the lines of communication

between our society and a number of bodies within UL. Due to the Universities commitment to its green campus, both the University itself and the Students' Union are extremely supportive of our society. We work closely with UL's Environmental Committee, UL Green Campus Committee and ULSU. Getting involved in this society means you have a real opportunity to enact change on your university campus. This year in particular we have plans to work closely with ULSU in ensuring the new students' union will be a sustainable and environmentally friendly building.

But as the saying goes, all work and no play makes Jack a dull boy. There's plenty of craic to be had in Enviro soc too. Day trips, movie nights and band practice (yes you read that correctly) are just



some of the things you can get involved with in our society, with a trip abroad planned for 2018 too. UL's Club & Societies Awards and the Board of Irish Colleges and Societies Awards in Athlone are in our sights again in this year!

So if you'd like to have a bit of craic while doing something good for the planet (and

sticking the middle finger up to Donald Trump) come join us at 6pm every Tuesday evening. If you'd like to find out more, come say hi at the recruitment drive in the UL Arena on September 1. You can also find us on Facebook (UL Environmental Society), Instagram (environmentalsocietyul) and Twitter (ULEnviroSoc)!

## Fan Forum Episode I: The Fandom Menace

ISABELL SCHULZE, FAN FORUM SECRETARY



Are you always waiting for the newest cinema release? Do you love the smell of books and what it feels like to get lost in fantasy worlds? Or maybe your mouth starts watering when you think about a tasty slice of pizza? Then Fan Forum is the right society for you! We at the Fan Forum society love and appreciate every aspect of pop culture.

While our meetings every Thursday for nerdy discussions and pizza are still what we are all about, we keep ourselves busy with a broad variety of different events, like our weekly trips to the cinema, table quizzes and laser tag. In addition to that, we are always up for a Midnight Cinema Release of movies such as Doctor Strange, Rogue One, Fantastic Beasts, Logan and many others. The cinema releases for this semester are looking pretty fine, so we are expecting to have some great events.

If we're not doing any of these activities, we're running around with broomsticks between our legs to strike in a good old Quidditch match.

The UL Werewolves have had several fun training sessions and even a friendly game against the Harry Potter Society of Mary Immaculate College. While we are still pretty new in a game, we are very excited about upcoming Quidditch trainings and matches with teams from all over the country. You can believe me if I say that there is nothing more hilarious than a group of adults chasing each other on broomsticks. If that is your cup of tea, join our team and experience the magic of Quidditch in a slightly less glamorous way than on the cinema screen.

If not, you might be interested in our table quizzes where we compete against each other to try and find the wisest nerd of them all. A special quiz highlight last year was the introduction of our own little "Wheel of Forum". A Fan Forum dream came true when we met up at The Sports Bar to spin that wheel and participate in a very different kind of game show. The Wheel will make its legendary reappearance this semester,

same as other quizzes about several topics, such as Harry Potter, Game of Thrones, etc. We're also very excited about other reoccurring events this semester, for example laser tag. Last year, on an unforgettable cloudy day, Fan Forum members split up into two teams to fight for fame and victory. We are hoping to get a rematch soon, to decide for good who shall claim the throne and who will bring dishonour onto their families. Another amazing event we had last year was the Karaoke with Out in UL. It was a great night and it is so good to see a completely different side of people when they are singing tunes like "I will survive" or giving a nice performance of "Don't go breaking my heart". Fan Forum had an amazing year and we are hoping to have another great one, so join us at the Recruitment drive to find out more about this year's big events and activities! At Fan Forum you will not only meet people with similar interests and partake in fun events, but you will find friends for life.

# Life's a game, so grab a controller!

SIMON MCGLYNN (TRADITIONAL GAMES OFFICER)



As the 2017/18 year begins, we at the Games Society are more excited than ever to provide you with amazing gaming experiences throughout the semester. No matter what part of the gaming spectrum your interests lie everyone is welcome to come along. You'll be able to join in for new and exciting games of all kinds or old classics, and you're bound to make plenty of new friends in the process. Read on to find out how you can be a part of our weekly events.

Our Monday Games Nights are a great way to start the week. Along with simple games which anyone can learn

to play, like Exploding Kittens and Cards Against Humanity, we also provide all the fan-favourite board games, such as Settlers of Catan. We also actively encourage chess players after our fusion with the Chess Society, and boards will be supplied so you can test your strategy against your friends. On top of that, it's the perfect chance to meet fellow TCG players and RPG enthusiasts; you can get a duel against players old and new in Magic or Yu-Gi-Oh and do some trades, or you can meet the Dungeon Master and embark on an unpredictable adventure with your friends. From 6PM until 10PM, it's

perfect for winding down after a tough day. You'll find us in the Main Building in EG010, left of the Main Reception (Skislopes). You can become a member here if you aren't one already, allowing you to attend our Games Nights for absolutely free.

Need your dose of video games during the week? That's what our Console Games Day is for, every Wednesday. With our very own PS4, Wii U and Xbox One, it's truly a great way to take it easy in between lectures, whether it's some casual rounds of Zombies, classic games like Crash Team Racing, or epic 8-player brawls in Super Smash Bros. We also have some previous-generation consoles to enjoy, with the Nintendo 64, PS2 and even an NES all available to play. Interested in joining in? Be sure to check out the scene all day from 12PM to 6PM upstairs in the Students' Union. You'll find us in Room

3, before the pool table room. As with our Games Nights, taking part is free for all members, and you'll be able to register here if you haven't already done so.

Friday Lock-In's are our premier monthly events, dedicated to all aspects of gaming. This is where we book the Students' Union building for 12 hours, from 8PM to 8AM, providing members with the ultimate gaming area. Expect intense Commander games of Magic the Gathering at 3AM, LAN games of all the popular MOBA's and party/co-op games and some frantic RPG's. Our lock-ins are our most popular event, and it's the perfect way to meet fellow gamers.

One of the highlights for us and for many members during the first semester is our campus-wide event, Zombies. The goal is simple: survive for as long as possible against the

growing zombie horde, by hiding, outrunning them or using supplied survival tools to fend them off. Once you're caught by a zombie, you join their ranks and hunt down any remaining survivors as they roam throughout the campus. This adrenaline-filled mayhem also rewards players for doing certain tasks, such as taking the best photo in the heat of the moment or being part of an epic showdown. Expect it to happen mid-semester.

We are always welcoming of new members, no matter what your interests in gaming may be. Our Facebook group page "UL Wolves Games Society" is the best way to find out about future events, so be sure to check it out. We hope to see you throughout the semester, and be sure to come along to our AGM, it's during our Monday Games Night on 12th September at 6:30PM!

## Filmmaking in the Making

BY AIDAN FITZPATRICK, FILMMAKING SOCIETY PRO

PROJECT planning began as soon as the idea came to life, the script and drafts then followed. We as the filmmaking society then began to organise our members into specific crew roles. A calling to actors in the Drama society was answered and we had our actors. We shot and directed our first short Ghost Getters written by Sean O'Boyle in

one intense day. For some of us this was our first on set experience and we had to quickly learn the skills needed.

At an early hour, we gathered hopefuls for a productive shoot. The set we chose was an eerie bungalow just off campus. One of our members, Aine had set up a rough timetable to guide us through the day. Thankfully,

with a lunch break to keep us refreshed. Michael our most experienced member prepared and briefed us all. We each went through the script, practised our roles and took positions for our first take.

We were making slow progress. but by midday we had some useable footage. As time ran out and jokes were made we forgot about the looming deadline of nightfall. We were falling behind schedule. Then the time came for lunch. This break gave us a second chance which we took. We became more focused and organised. The roles we played became less intense and more enjoyable as we became more comfortable with the filming.

Even though at times it was stressful we managed to



Michael Boyle, Evan Mcternan and Aidan Fitzpatrick take a break in between scenes



Sinead Morrissey keeping it cool in front of the camera

complete our task and learn the tricks of the trade. Our filming experience kept all members engaged and involved. It was a moment of self-pride to see us, a group of novices and pros take action and pull off a task we had set out to complete since day one as a society.

With this year ahead we plan to keep the semesters ready to be spent with us. With a multitude of classic cinema trips, film lock-ins and a view into the world of filmmaking we should have something just for you.

# Striving for equality on campus

BY MEGAN THORNTON UL FEMINIST SOCIETY CO-PRESIDENT

This semester marks the start of the UL Feminist society's second full year as a society and it is going to be bigger and better than ever! Our society aims to provide a safe place

and to encourage learning and understanding the diversity of UL's very own campus. This year we plan on exploring topics such as ableism, consent, racism etc. and

also raising money for some very worthy organisations in Limerick and further afield. We also plan on getting more involved with the Repeal the 8th campaign. Interested in trying to make a positive change on campus? Follow us on Twitter @ULFemSoc or like our Facebook page and drop us a message! We are very excited to meet any new members and to make this year even better than the last! Pictured in the first picture is Nicola O'Sullivan former Secretary and Beth O'Neill former Co-President at our SoUL week event last year! The second picture is from our event last semester where we held an event for the Repeal the 8th movement on the living bridge on International Women's Day. This picture shows Vivian Walsh our current secretary.



# Need tudoring? Join the History Society!

LEIGHANN MULRENNAN - HISTORY SOCIETY EVENTS OFFICER



History Society's Pub Quiz

very active, with weekly events and committee meetings. Our weekly events range from pizza movie nights, watching films based on real historical events (such as Selma, Michael Collins and Braveheart), pub quizzes and discussions about different historical events - the ancient and the new. The History Society also organises trips to historical places such as King John's Castle and Bunratty Castle. Every year, the History Society takes part in Bunratty's medieval banquet held in the castle. This event is a great opportunity to experience the dining of the medieval century and we are always treated to an evening of medieval food, songs and facts in the authentic and breathtaking setting that is Bunratty Castle.

As mentioned, the History Society was re-established last year and it was a great success. Both the members and committee members of the History Society showed outstanding enthusiasm and passion for the success of the History Society, similar to the enthusiasm and passion shown by the students who first founded the

society in 1997. Last year, we held weekly events involving historical films and discussions, we organised two pub quizzes and enjoyed travelling back in time to the medieval century in Bunratty Castle. We also went fencing and learned the art of medieval fighting, which was very different and exciting. It was a very busy year for the History Society and we hope to have another successful year ahead.

This coming year, we hope to organise trips to Newgrange and many places in Dublin such as The National Archives, Dublin Castle, Trinity College Dublin and The Chester Beatty Library, where History Society members can enjoy the history that these places have to offer. Along with historical trips, our weekly events express much enthusiasm and it is always lovely to see the new faces that they bring. Our pub quizzes, held once a semester, are filled with historical knowledge. These quizzes create a wonderful opportunity to learn new facts from team mates and peers and there is a Pub Quiz prize for the winning team. For our



Recruitment drive stand

The History Society was first founded in 1997 by students who shared a passion for the subject. As described in the 1997 article on the new History Society by UL's newspaper, An Focal, "the University's first History Society is demonstrating the fascination the subject holds for many people." This same passion for history is still seen within the History Society today and especially, last year when the History Society committee members re-lit this fire of fascination and the society was re-established.

The History Society is

pizza movie nights, a film based on a historical event is chosen by our members and we gather to watch this film together. The film is then discussed in terms of its historical accuracy and everyone is encouraged to share their opinions and views. This friendly banter is sure to help members to gain confidence and also to learn from others while listening to their ideas and opinions.

If you are interested in the subject of history to aid your college studies, or you simply enjoy the subject as a hobby, then the History Society

is the society for you! The History Society introduces you to new people who share your interests and it is a great way to meet people who may in your lectures or tutorials that you would not have known otherwise. It is always lovely to meet people who have a love and passion for something and ours is for history.

If you have any questions, please feel free to contact us at ulhistorysociety@gmail.com. To stay in the loop, follow us on Facebook @ulhistorysoc and Twitter @ULhistorysoc.

# UL Horse Racing Society raring to go with big year in store

BY MARK BOYLAN, CO-CHAIRMAN



*The UL Horse Racing Society with a statue of Yeats, Ascot Gold Cup four times in succession.*

While in Ireland we may struggle to call ourselves world leaders in any sport, there's little doubting that this country continuously produces superstars of the horse racing world - both human and equine.

And in the first year of the UL Horse Racing Society since restarting last September, students have had the opportunity to access behind the scenes experiences at some of the leading stables, stallion farms and racecourses in the world.

In brief, we are a network of students on campus with a shared passion for horse racing; enjoying special tours of trainers' stables, to attending Ireland's premier racecourses - enjoying the social element of the sport in equal measure. We aim to create a community for those with an interest in racing in UL whilst encouraging and educating those who are new to the sport.

With the bit between our teeth and backed by Horse Racing Ireland, our group grew from five members after a period of inactivity last year to almost 50 by the end of the last semester, marking a hugely successful period for the equine enthusiasts' group.

We visited Gordon Elliott's burgeoning stables, being treated to seeing Cheltenham Gold Cup hero Don Cossack, with then assistant trainer

Olly Murphy waiting until we arrived to exercise the champion individually for our group.

As well as getting an insight into Elliott's impressive operation, there were pictures galore, with some of our members keen to take selfies with the aforementioned multiple Grade One winner as well as Apple's Jade, Don Poli and Cause Of Causes.

From one jumping powerhouse to another, our members then had the opportunity to visit champion trainer Willie Mullins' yard, meeting the phenomenal Douvan, Annie Power, Yorkhill, Un De Sceaux and the much talked about Melon long before his hurdles debut.

Students were treated to an outstanding tour from Patrick Mullins, watching Cheltenham champions exercise, before our members donned the silks of some of the sport's stars such as Hurricane Fly, Faugheen and Nichols Canyon. We visited Fairyhouse Racecourse, watching leading juvenile hurdler - and unofficial ambassador for the society - Landofhopeandglory make a successful hurdles debut as well as a trip to Gowran Park for the Thyestes Chase.

Owning Hill beckoned in January, home to Joseph O'Brien's exciting stables where we spent time with the Galway Hurdle-winning team

on the gallops.

Knockhouse Stud was another fascinating experience, where Epsom Derby/Prix de l'Arc de Triomphe winner Workforce stands - as well as serving the best cup of tea and biscuits in Ireland, courtesy of the Kinsella family.

However, the icing on the cake came on our final outing of the year; a once in a lifetime trip to Coolmore Stud and Ballydoyle Racing, home to Aidan O'Brien's unbelievable operation.

Our members met the mighty Galileo, visited Coolmore's private museum and travelled around the gallops which have developed some of the greatest equine talent to ever grace the racecourse - an unforgettable time.

Later that afternoon we enjoyed a private suite at Tipperary Racecourse before returning to the Stables for a sociable time of things.

While last year was an outstanding success, we are by no means letting up and aspire to bring the society to new heights, with a proposed trip to Ascot on British Champions Day and potentially the Cheltenham Festival in the pipeline, as well as further trips closer to home.

At the time of writing we are in the process of confirming further outings that we can't mention just yet, but rest assured that plenty of exciting days lie ahead over the coming year.

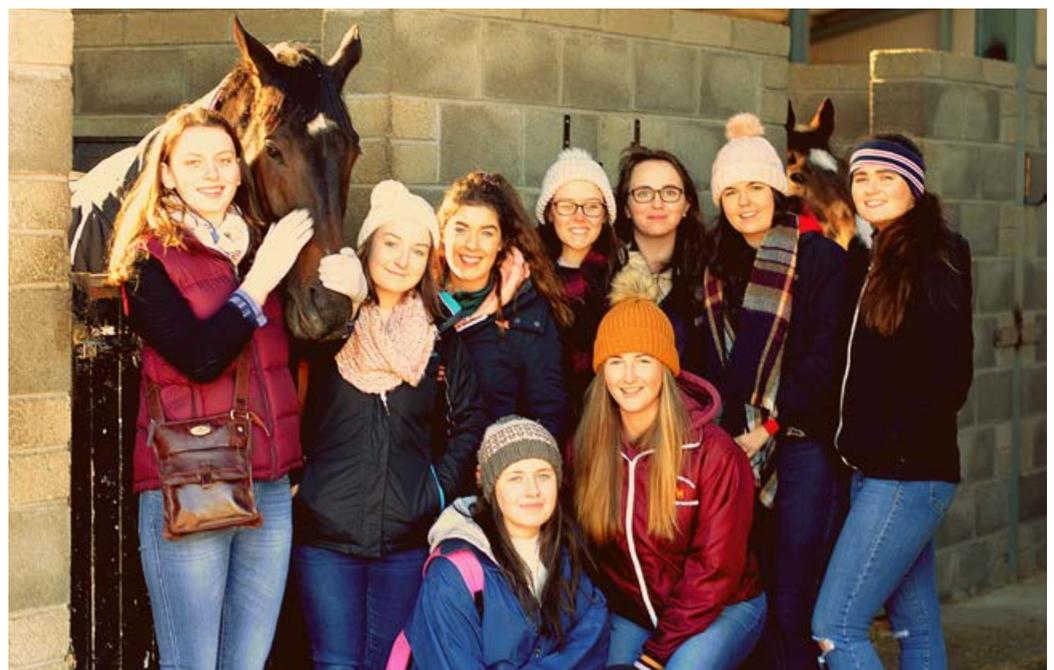
We are always keen to invite

new members on board, so regardless of whether you're an equine expert when it comes to Cheltenham and the Curragh, or a Grand National novice once a year - we'd only be delighted to have you as part of our society.

We regularly update our Facebook page ([www.facebook.com/ULRacingSociety](http://www.facebook.com/ULRacingSociety)) with details of meetings and society events and we look forward to having plenty of enjoyable experiences together over the coming semesters!

Get your heart racing!

For more details, we can be contacted at [ulhorseracingsoc@gmail.com](mailto:ulhorseracingsoc@gmail.com) or give me a call on 087 6266820.



# WE ARE GONE TO THE DOGS!

## Own a racing greyhound and volunteer with retired ones - Something for everyone with ULGRS.

BY JULIANNE O'KEEFE CO-CHAIRPERSON

University of Limerick Greyhound Racing Society consists of a group of students from the University of Limerick who all share a common interest in greyhounds. We are one of U.L.'s newest societies and the first of its kind in Ireland. Our society was set up with the aim of promoting and developing the greyhound industry with specification on the youth. We also work with the Irish Retired Greyhound Trust and other such organisations as animal welfare is one of our

extra winners prize with the jacket and race trophy, plus Burrige Trophies surprised us with a glass piece for the society to take back to U.L. as a memento of our official launch. Following our launch, we were kindly offered shares in two greyhounds 'Mohane Odie' and 'Rastaboombasta'. Amazingly we have been incredibly lucky with our two greyhounds so far having won 8 races between them and winning us some significant prizemoney ! We are also proud to announce that

are handled and actively socialised so they become used to people. All they need are short walks and access to a small garden because 'they are designed to expand their energy in short, sharp bursts. A racing greyhound's diet is very similar to a human athlete, once retired dry complete dog food is enough. Greyhounds have a smooth, low shedding coat and are proven to be less of a risk to those with allergies such as asthma. We are excited and



top priorities and to show the public what special lives greyhounds have during and after their racing career. Our journey began on the 21st of February this year when we were accepted as an official society here in U.L. We gladly accepted an invitation from the Kingdom Greyhound Stadium to have our official launch night in conjunction with the Gallivan Murphy Hooper Dolan Juvenile Classic final night, one of the biggest events of the Greyhound racing calendar. Oceanfeed Greyhound Plus gave us a tub of their organic dog food as an

we now have our very own greyhound who will run in the name of UL GREYHOUND SOCIETY. The dog is currently unnamed but we will be running a naming competition to name her with a cash prize so watch this space ! We are very proud to be involved with a fantastic organisation the Irish Retired Greyhound Trust. This organisation helps greyhounds find wonderful and loving homes following their racing career. Greyhounds make a perfect pet, they are very friendly and sociable as from the moment they are born they

looking forward to organising the retired greyhound stroll around limerick on Sunday August 19th. We want to introduce greyhounds to a new and wider audience so whether you are a regular race goer or if you wouldn't know a greyhounds head from its arse we'd be delighted to have you join our wonderful society. Our facebook page (University of Limerick Greyhound Racing Society) is regularly updated with details of upcoming events, meetings, activities such as kennel visits, results, fundraising, deals and finally.... competitions.

# We shoot stuff

BY PATRICK LU



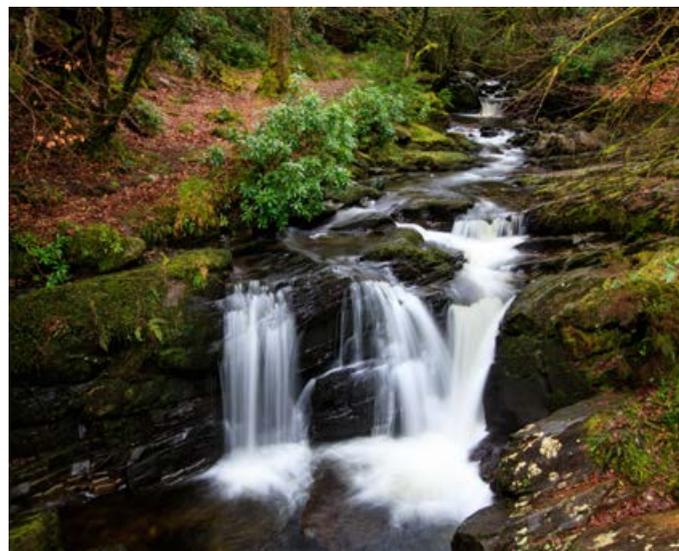
Want to shoot stuff? You're in the right place. How about trips all over Ireland? Imagine shooting wildlife in Kerry, or birds in Donegal. How about scenic waterfalls, cliffs, or beaches. Maybe sports is more your style. There's a huge variety of sports that takes place on campus, all of which are available to shoot. Take your pic, from Football to Karting we shoot it all. How about backstage access to the hottest gigs on campus, and maybe even a chance to meet and shoot some of the world class acts we invite for Freshers' and Charity Week. If you answered yes to any of the above then we're the Society for you!

Don't have your own gear? No problem. We keep a modern and up to date stock of some of the newest and best equipment for all your shooting needs. Professional grade Canons, a wide selection of lenses, GoPros, and more. If you'd prefer shooting in a studio, we've got a full suite of professional

studio backdrops and lights so you can learn exactly how the pros shoot.

No experience? Not a problem! We'll train you from the very basics all the way up. We have workshops and talks every week, including classes from some of the best shooters in the country. If you've got your own equipment, we'll teach you how to use it. You can even start learning the basics with just your phone. Of course, there's no better way to learn than by doing it yourself, which is why we organise a variety of trips away every semester, and send people to events almost every week.

So what are you waiting for? Join the UL Photographic Society today, and get shooting. Find us on Facebook at UL PhotoSoc, drop us a line at photoul@gmail.com, or come meet us at the recruitment drive. Also check out our friends at UL Airsoft Society for even more shooting of a different kind.



# 10 reasons why you should join the UL International Society

BY AMELIA ACHMETSINA, INTERNATIONAL SOCIETY PRO



Excitement, nervousness and the rush to do everything at once are all the feelings felt when starting University. The International Society is the largest and most active society in UL with members from all over the world. With a large contingent of Study Abroad and Erasmus students, our society aims to integrate students into campus life through various social events, trips and activities. Every Friday night is International Party Night (best night of the week!).

So, whether you are a first-year embarking on your new adventure, a returning student or an Erasmus student who wants to travel around Ireland or participate in great events, then the International Society might be just for you and here are the 10 reasons why.

1. **Socialising-** The International Society welcomes everyone to join, no matter if you're international or a homebased student. It's a great way to meet new people and expand your social group. We are the largest society in UL and therefore you are bound to hit it off with a couple people, especially if you have like-minded or similar interests.
2. **Trips –** You can travel throughout Ireland with a fun group of people

and visit places such as Galway, Cliffs of Moher, Kerry, Dublin, Wicklow and Cork amongst others, as our trips are offered at great prices and you can enjoy karaoke's on the bus and midway dances. Last semester our weekend trip to Galway, Arran Islands and Kylemore Abbey was undoubtedly one of the best ones yet, that featured a pub crawl throughout Galway city and showcased beautiful scenery.

3. **Regular Events and Activities-**The International Society has engaging and fun weekly events whether it's a language evening for people to learn new languages, a movie night, Holi Fest, or you can polish your shoes and take out the dresses for our International Ball which will be a memorable night with the members dressed to impress, excellent food, music and company.
4. **International Week-**This week-long event happens in week 3 of Semester 2 and promises to be fun and filled with different events and activities, such as Tales and Treats, Irish Culture night among many others whilst being accompanied with free

food, new people and music what more could you ask for?

5. **TGIF (Thank God It's Friday)-** Our themed party night in the Stables is not to be missed. Filled with great music from Dj Ber and a great atmosphere to meet new people in and have a dance. You can gain ultimate sewing and creative skills each week by participating in our themed nights such as Galaxy Party, Onesie night, Halloween, Oktoberfest and many more and be in a chance to win spot prizes for the best costume. By the end of your studies or semester you will realize you could have done a

fashion degree on the side and probably done really well.

6. **Learning and Understanding different cultures-** You get to learn about varied cultures and showcase your own. We have events such as language evenings where you can learn a new language or our Food fair in which you taste food from all over the world and can participate and cook your own for others.
7. **Friendship-** Being a member automatically gives you a feeling of closeness to other members, you share something that other people are not a part of. You could spend your semester or the next 3/4 years at University getting to know these people and maybe even after University.
8. **Develop skills, network and become more employable-** Did you know that by joining a club or society it can show employers that you have team working skills? University may only be for a short number of years but what you do here can positively affect you in the future. By getting involved in events, fundraising or putting yourself forward to become a committee member can add valuable skills which will build your CV.

9. **Open Opportunities-** Get involved We are an open-minded society and always welcome everyone with new ideas. We are flexible to collaborate with any societies for activities and you can get involved in the society by becoming a member as we have plenty of positions to be filled such as Vice Events, Trips and Pro, amongst others. It counts towards the PVA and you can have fun too.

10. **Have fun –** Your time at University doesn't have to be all work and no play, joining a society could be your way of having fun during the day and alleviate stress.

There you have it—my top 10 reasons why I think you should join the International Society. You never know what you might find, and you never know what fun opportunities may lie ahead just from putting your name on a sign-up. Make sure you register on the UL Wolves site to partake in our excellent society.

Follow us for updates!  
 Facebook: UL International Society  
 Twitter: @ULintSociety  
 Snapchat: ulintsociety  
 Instagram: ulinternationalsociety  
 Pictures feature Holi Fest on Campus, Giants Causeway in Belfast and the Eask Tower in Dingle.



# Out and Proud to be the Best Society in UL

BY ORLA MCDERMOTT, PRO OF OUT IN UL.

UL's best society is back and the queer wolves are excited to recruit new cubs, so come and join the family! Last year was an incredible year for our society, with new and enthusiastic members, collaborations with other brilliant societies including UL Drama Society and Fan Forum, and of course many wonderful events which included our Orlando Pulse Remembrance for SOUL Fest, the best attended Alternative Miss UL to date, and the biggest night of the year for our society, Queerbash 14 – Fairytale and Fiction. The last year was a busy one, with something happening almost every week, so there was always something to look forward to. It ended on a high with many of our members joining us for our annual trip to Dublin Pride. We also had the opportunity to work with great organisations outside of UL, such as GOSHH and Shoutout.

Without a doubt, our biggest achievement last year was being nominated for multiple C&S awards, and being awarded the title of Best Society in UL. This was a huge honour for our society as it recognised the hard work we put in to running a great society and providing a safe space for the LGBTQA+ students of UL. It also recognised the impact that our society has on the university as we campaigned for more gender neutral bathrooms, and spread queer inclusive awareness about sexual and mental health on campus. Being awarded best society meant a lot to us and we plan to live up to our reputation in the coming year. Our weekly members meetings will be commencing in week 2, where we look forward to getting to know all of our wonderful new members, and catching up with the old ones we haven't seen in a while. Our weekly meetings cover a

wide variety of queer topics, with the aims of educating each other and sharing ideas and opinions. Last semester we had meetings on everything from Labels, to Body Image. The meetings are always interesting and you'll always leave knowing or understanding something you may not have ever considered before. As well as our weekly members meetings, we also have Queer Hangouts once a week in the Student's Union, where you can come and get to know other members in a relaxed environment, with music, occasional games, and guaranteed banter. As well as our weekly meetings, we also have our annual Rainbow Week coming up in the first semester, and you won't want to miss that! A week full of workshops, events on campus and of course our big night out!

As a society, our main aims are support, education, showcasing the LGBTQ

community, and creating solidarity between the LGBTQ community and the wider community. Our excellent HSO is always on hand to help members who are struggling with their mental or physical health by providing advice and information. We also provide free condoms and dental dams to promote safe sex, both among our members and in the wider community. If someone's uncomfortable with coming to meetings, we provide a befrienders service where you can meet a committee member and have a chat with them. Our weekly meetings and regular events give our members the opportunity to make friends and gain a strong support network on campus too. Our events and collaborations with other societies showcase the LGBTQ community and create solidarity between us and our allies on campus, but most importantly, they're a great opportunity to get to

know new people and just have fun, because at the end of the day, that's what our society is all about!

If you'd like to find out more about our society, check out our website, [outinul.ie](http://outinul.ie), where you can read blog posts about our previous events, and get a preview of your wonderful committee. You can also follow us on social media, our handle on all platforms is @outinul. If you want to get in touch you can email us at [outinul@gmail.com](mailto:outinul@gmail.com). But do you know the best way to find out what Out in UL is really about? Join the queer wolves and have the best semester with the best people (it's official, we have an award, remember?). To join, simply come to our stand at the recruitment drive at the start of the semester, or just come to a meeting! I hope to see you there!



# Race through the year with UL Racing & Motorsport!

BY KATLYN DALY



Driver Theo Freaney racing for ULRM in last year's intervarsities

Let's kick this off by giving those of you who are coming back after the summer months and to those of you who are joining the wolf pack for the very first time, a big warm welcome to UL from everyone here in ULRM. If you have a need for speed and a love for all things racing and motor sport than keep on reading as you are going to want to join UL's fastest society. We kick off this new academic year with our new president Darragh Lynch who has many new and exciting things planned for ULRM. From

thrilling Go Karting nights with an emphasis on fun that will include internal championship events and casual karting from drift to endurance plus some exciting trips, we promise to have your inner adrenaline junkie taken care of. We won't forget to mention your chance to compete in the up and coming intervarsity's where ULRM will get the chance to race against other karting teams from other universities around Ireland letting us bring out our competitive side. SoUL week will bring with it the return of

our fun and beloved Sim Racing event held in the courtyard with many more events to follow it, so keep your eyes peeled! We also have some new and cool merchandise that will be available this year including t-shirts and hoodies to let everyone know you're one of us. So, make sure to come find us at the recruitment drive to say hello to us lovely ULRM folk where we will have goodie bags in hand and don't forget to like and join our Facebook page at UK Racing & Motorsport.

## Sinn Féin UL – Politics with Rebel Songs and Craic

BY RYAN JENNINGS (CATHAOIRLEACH)



We would like to welcome everyone back to UL for another year that will hopefully be every bit as much craic as the last, maybe even more craic. If you're unhappy with the current political climate or if you're interested in getting more politically active then this is the society for you! Early in the semester we'll be fundraising for charity, holding talks by politicians and guest

speakers and having socialist and republican movie nights for all to enjoy. Sinn Féin UL are pleased to come back for the second year as a full society. Even though the society has only been here for a short time, we have participated in numerous events and trips throughout the year and we hope this year will be are most active yet! Last year was a big year for

us. We went on marches and protests, we joined commemorations, drove away to exciting trips and even celebrated a successful referendum result!

In the second semester of last year a referendum was held on campus, it was whether the University of Limerick Student's Union should support a United Ireland. We lead a successful campaign that passed with 77% of voters supporting it! We worked hard and canvassed tirelessly for the referendum that ULSU choose to support and the hardwork paid off.

In January we traveled up North, to Derry, for the Sinn Féin Republican Youth National Congress where we got to meet other Sinn Féin societies from around the country. In Derry we participated in various workshop, listened to talks from speakers including Gerry Adams and Michelle O'Neill, and of course had a couple pints while watching the fantastic band Spirit of Freedom perform. Naturally I think our back-up vocals weren't quite as good.

We picked two charities to raise money for this year: Pieta House, who deal with suicide and mental health issues, and the Mid-West Simon Community, Simon helps tackle homeless which has been steadily on the rise every year. We managed to raise over

## Join YFG Today!

BY MICHAEL MCKENNA UL YFG SECRETARY



A voice for young people, a vehicle for positive change, sharing thoughts and ideas, nights out, pizza, game nights and foreign trips, if any of these things sound good to you then Young Fine Gael is your ideal society. As part of the largest party in Ireland and the largest youth political society on campus YFG gives young people from all across the country from all backgrounds a chance to have their voice heard on a national platform. As part of a wider national organisation UL YFG gives young an opportunity to present their ideas nationwide and to meet other young people from across the

country. Of course this comes along with nights out, game nights, table quizzes, dail trips, an annual trip to the European parliament in Brussels and of course meeting new people and having the craic. The annual national YFG convention is the highlight of the year, blending both the political and social sides of YFG in a weekend of debates, hustings, guest speakers and banter. So if any of this sounds appealing to you then get involved. If you want to find out more than contact us via Facebook, twitter or by email at [ulyoungfinegael@gmail.com](mailto:ulyoungfinegael@gmail.com)

€1000, which meant we could contribute over €500 to each charity. We raised the most portion of that money from our sleep out for homelessness. We slept in the Student's Union courtyard and lit candles for the hundreds of people who

have to sleep rough every night in Limerick. We will be at the recruitment drive so don't be afraid to pop over and have a chat. You can also find us on facebook at [www.facebook.com/SinnFeinUL/](http://www.facebook.com/SinnFeinUL/)

# Stepping Back into the Spotlight

BY CATHAL MOORE – PUBLIC RELATIONS OFFICER

Places people! It's time for the show to begin again! The UL Drama Society returns this semester with a wide range of workshops, shows, trips, and events for those willing to thread the boards. After a stellar year consisting of three shows, an annual London trip, quizzes, karaoke nights, and three Board of Irish Colleges awards, we're looking to keep the ball rolling this year with a new line-up for all our newcomers.

Our weekly events consist of three different workshops covering a range of theatrical topics. We have acting workshops every Wednesday at 7pm in the Jonathan Swift theatre, covering everything from the basics of theatre, to character development, emotional expression, script reading, monologues, and stage fighting. Our workshops are run by both students and special guests, but either way no experience in theatre is required to partake and have some fun! Workshops look to develop your natural ability to perform on-stage to the

level you are comfortable with, and our committee is eager to encourage all who attend to find their place in the society and the acting world. Be it to perform in one of our productions, build confidence, or simply blow off steam, stop into our workshops each week and see what's going on!

For those more inclined to get involved backstage, we also hold technical workshops biweekly in the Jonathan Swift theatre at 7pm on Tuesdays. These workshops cover topics such as lighting, set-design, set-building, prop-design, and sound-design. Technical workshops are generally run by experienced members, or external guests who have a range of knowledge on the subject, so there's something new to be learned!

Lastly, there is our Writers Group for those looking to pen their own scripts! Our Writer's Group meets in the Student's Union every Tuesday at 8pm. Typically, the Writer's Group discusses the scripts written by members, and edits scripts

submitted by other writers to make them more stage-worthy. This semester, our Writer's Group will be focusing on putting together scripts for a Horror Tour planned to take place around campus.

This year we will also be going on our annual London Trip to see the sights of the town along with shows in the West End for four days. Typically, the itinerary changes from year to year, so as we get closer to the date we'll check demand for different locations and make sure the trip is enjoyable (and affordable!) for all those interested. Unfortunately, numbers will be restricted to 20 members, so get your name in early if you want to guarantee your spot!

Every semester the society performs a production in the Jonathan Swift theatre. Last year saw our first-semester performance of STIGMA - an award-winning mental health showcase - won the society two BICS awards, and CARZ - an unconventional performance taking place in several vehicles

parked throughout the campus - bagged to society a third! Our second semester performance took us through the 20th Century as we told the story of Limerick in Pigtown. This year we'll be hosting our usual production, along with shorter performances at different times throughout the year. Auditions for the main production will be early in the semester, so keep an eye out!

We also have a range of usual events planned for this semester. This year we are looking to put together a team of brave warriors to take on Adare to Survive in aid of Limerick Marine Search and Rescue. Adare to Survive is a 7.5km military-style obstacle course hosted annually in

Adare, Co. Limerick. We also plan to have our annual Halloween Lock-In in the Student's Union. Previous years saw sweets, music, games, and a LOT of Mario Kart. Last year saw us attempt "24-Hour Theatre" in which members wrote and performed short plays. This year we're looking to re-enact scenes from the infamous disaster-piece known as The Room in celebration of The Disaster Artist being released later in the year.

If you would like to be involved in the UL Drama Society, look out for our stand at the September Recruitment Drive. You can also contact us at [pro@uldrama.com](mailto:pro@uldrama.com) and follow us on Facebook and Snapchat at [uldramasoc](#).



## ULFM: Radio by Students, For Students

BY DECLAN MILLS, PODCASTS MANAGER

It has been a busy few months for ULFM since the publication of the last C&S Newsletter. Our spring semester reached a triumphant end with us being shortlisted for Best New/Improved Society in the C&S Awards, our current affairs programme 'Crossing the Line' being shortlisted for an Oxygen. ie Student Media Award, a successful AGM that brought lots of new blood to the committee, our annual internal awards, and an emotional wrap-up episode where we ended the semester by saying goodbye to some old hands.

Normally, that's where the

story would end. However, this year we decided to continue with limited broadcasting over the summer, airing live one day a week with a variety of music and talk programmes and even managing to get a few special guests. We also began laying the groundwork for recording podcasts and putting together a slate of titles that we will be releasing across the course of the coming year. As well as all of this, we made a number of technical improvements to our broadcasting studio (with more to come!) and started planning an intervarsity event with student radio stations from

around Ireland.

If you are a media or journalism student, ULFM is the perfect society for you. We have the only live broadcasting studio on campus, put our presenters and producers in for national awards, encourage rigorous standards of journalistic integrity in our members, provide technical training for our members, and help everyone network with journalists and journalism students around the country. If you're not studying journalism, but fancy going on the radio to talk about something you're passionate about, we are also perfect

for you! With our training system and our habit of pairing inexperienced presenters with more experienced producers, we are a platform for hobbyists and enthusiasts galore, broadcasting programmes hosted by music fans, GAA players, and members of various clubs and societies including Fan Forum and Out In UL. Interested in getting involved but not ready to start hosting your own show? We always have room for newsreaders and roaming reporters. That is, in fact, how the author of this very piece first got involved in ULFM! On top of this, we are

looking at expanding our talent development with special once-off showcase broadcasts where new recruits can try out hosting their own show with experienced supervisors in the room, something we have tested and found to be successful this summer. We also run a range of fun social events, games nights and fundraisers so be sure to check that side of things out for chances to meet new people all year!

Look us up on [www.ulfm.ie](http://www.ulfm.ie), [facebook.com/ULFMradio](https://facebook.com/ULFMradio), [@UL\\_FM](https://twitter.com/UL_FM) on Twitter and [Ulfmradio](#) on Snapchat!

**ulwolves.ie**

**CLUBS & SOCIETIES  
RECRUITMENT DRIVE**

**WED. WEEK 1 - ARENA BUILDING**

**WEDNESDAY, SEPTEMBER 6<sup>TH</sup> 2017**

**4PM-7.30PM**