



Clubs & Societies NEWS

Aontas na Mac Leinn
Ollscoile Luimnigh

University of Limerick
Student Union



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A Good Year for the Computer Society

BY CONNIE COLLINS, PRO



Last year, CompSoc was crowned the best society in UL, third best society in Ireland and our own president, Conor Walsh, also won best society individual in Ireland. Suffice to say, it was a good year indeed!

A panel of alumni judges and a private vote by council, voted us the best society in UL with an overwhelming 76% score. Conor Walsh was also voted best society individual in UL. Shortly after this, we competed in the Board of Irish College Society (BICS) Awards where we were awarded title of the third best society in Ireland and Conor winning the best society individual in Ireland.

CompSoc wasn't always this successful. Alas, in 2017, the society was in danger. We only had 40 members, we didn't have many events and our server, Skynet, had taken a turn for the worse. We were basically unknown and on the brink of extinction. So, what changed?

Recently, we went through a re-brand. We changed our logo to a more eye-catching,

memorable logo. We wanted to create a new brand that was recognisable around campus, incorporated our societies interest and just something that we could be proud of. We used Wolfie, gave him a new colour and added some circuitry and voila! A new, fresh brand was born. We were so excited about this new brand that we bought loads of branded merchandise for the society. We got, jackets, USB Keys, laptop stickers, wall stickers, business cards, jackets, a flag and a pull-up banner. Our new logo is so versatile that we can put it on practically anything, even a pumpkin! We feel that our new brand has helped us to be more engaging and recognisable.

This year, we ran twice as many events as the previous year. From Virtual Reality nights and cinema trips to PC builds and guest speakers. We did it all! One of our Favourite events was "Show and Tell", a joint event with Games Development Society and WiSTEM2D. Any participant got the chance to go up and

present any project that they had made in the past and tell us all about it. The best projects got a prize. We saw everything from copper plated rings to a home-built 3D printer. Our best guest speakers were from a Limerick start-up SmartFactory. Brendan Sheppard, CEO, and Anthony Kelly, Applications Director, came to talk to the society about their company, the smart-manufacturing industry and advice for getting jobs. They even took us for food afterwards to continue the discussion! Of course, then there was The Big One: Munich.

In January, we took 15 society members to Munich, Germany for a 4-day trip. This was our first foreign trip in over 10 years! We went to see the Deutsches Museum, the most famous technology and science museum in Europe. We spent an entire day in the museum and still didn't get to see everything. We went to see the BMW Welt and

museum, the Hoffbrau Beer House, the English Gardens and other great attractions all around Munich. It was such a great success that we've decided to make foreign trips an annual part of the society. And they're only going to get better! We feel that our Munich trip and our other great events have led to an astronomical increase in interest and engagement in the society.

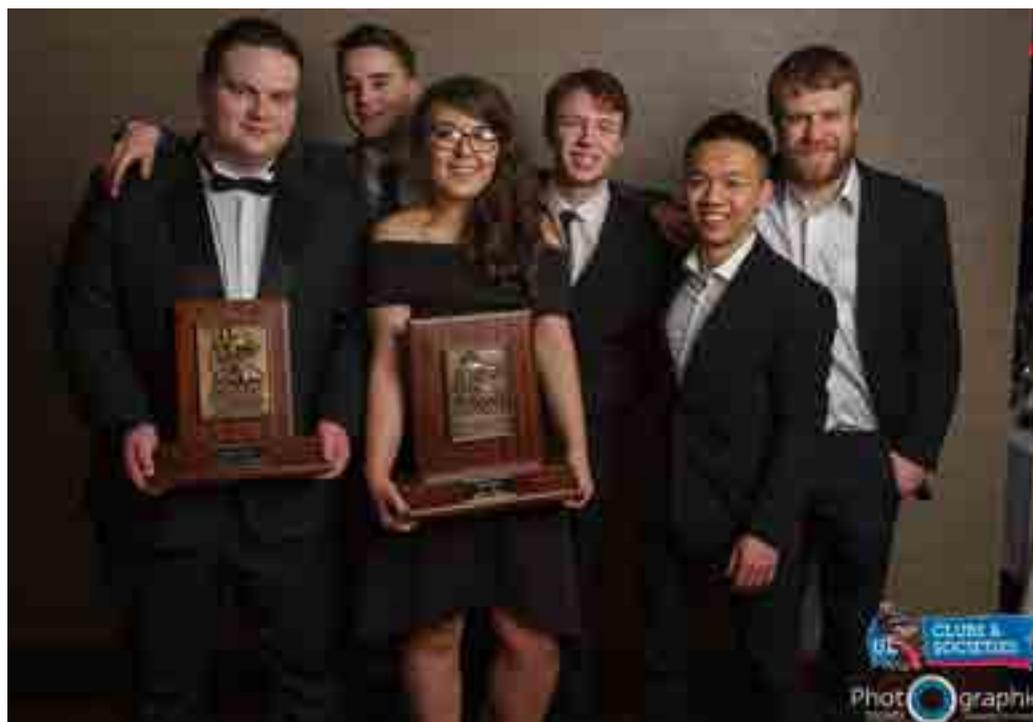
Over the last year, we received 15,550€ in sponsorship from various companies that are interested in what we do. We really tried to reach out to local business' and some multinationals to sponsor our projects, events and equipment. Dell sponsored us 7000€ for a new server, which was badly needed. Our server, Skynet, hosts Wolves.ie and several other Clubs' and Societies' websites. We needed a new server to keep all these websites online and to provide all the other services that we do.

The sponsorship that we got helped us to grow our society, provide more and better services to the Wolfpack and improve all our equipment and projects.

To conclude, CompSoc had good year. In fact, we had a great year. All our efforts have paid off with a 900% increase in income, 140% increase in membership, our great events, trips and of course the awards! Like a phoenix risen from the ashes, we transformed from a society that was really struggling to get by into a thriving society with unlimited potential. We hope that you take inspiration from our story to better your own Club or Society. For the strength of the pack is the wolf, and the strength of the wolf is the pack!

Facebook: facebook.com/ulcomputersoc
Website: Skynet.ie
Email: Compsoc@skynet.ie

#ULWolves



Welcome back everyone...



PAUL LEE
Head of Student Engagement
University of Limerick
Students Union
Paul.Lee@ul.ie
086-0435307

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Welcome to the Wolfpack

To all those coming to UL for the first time, freshers, postgraduates or our International guests you are very welcome.

The message from the Clubs & Societies to you in particular is the same tried and tested message we have been delivering for years. We have almost 86 different Clubs & Societies to choose from, and 5000 individual people on campus will join a Club or Society. It is THE largest social network of real people on campus. People and more importantly friends will be the most important influence on your time here in UL. The "Social Media" friend is not the same as the person that you can actually sit and have a coffee with in the Scholars Club or have a pint with in the Stables Club. Yes, you will meet some people through your various courses but just because you are, an engineer does not mean you will meet people with the same hobbies, interest and passions you may have. So whether it is an interest, sport or activity you have always done since before you came to UL or perhaps you want to push yourself and try something new, we have some terrific options. Maybe falling out a plane over France is your new challenge? Don't worry the skydivers will give you trainingand a parachute, OR how about Kayaking down the Slovenian Alps? Or even Windsurfing off the coast of West coast of Africa? Maybe even amateur dramatics workshops in the West End of London? There really is something there for everyone. Do not waste this once in a Lifetime experience by being stuck just in a pub with your downtime; embrace your new Student Life.

Of course, some have of you been scattered to the four corners of globe, getting some worldly experience while trying

to convince your parents you are working hard to help put yourself back through college!.. It will be great to see the familiar faces once more you are welcome back too.

I am guessing the Limerick Hurling student fan, probably despite your best efforts you are probably stoney broke after all the celebrations! Thirteen players were either current students or graduates of UL on the Limerick Senior squad, which was an amazing achievement and 45 years waiting for an All-Ireland does require celebrating in style. Super achievement guys!

OK some updates as well as it has been a busy summer that is for sure and just to bring people up to speed on the latest developments on the €30Millions Euros worth of Student Driven projects. For anyone new to campus the Students of UL have created an amazing legacy (<https://ulwolves.ie/about/referendum>) that you as a first year will get to enjoy all three wonderful projects during your time working towards a degree. This first of these, the "Maguire's Project" phase 1 is now complete as of August 2018. Three full size-playing pitches, equivalent in size to a GAA pitch have been constructed (GAA being the largest sports field dimension). One of these will be a natural grass surface with the other two being artificial grass. Fully floodlit and fenced off as well. It will also have a "hurling wall" and the plans include a jogging area around the perimeter ("The Golden Mile" Dave Mahedy our Director of Sport has dubbed it) and a spectator area too. Therefore, by the start of the next academic year the final phase will be available for use, the natural grass field. The beauty of this project is that students get to avail of these facilities free of charge during term time by booking through

UL Sport, details to follow.

Also the largest project, our proposed multi-million euro New Student Centre is working through a process for tendering and the expectation is that the construction will start very early in the new year (2019). This will be located at the back of the Stables Club complex, in the site currently occupied by the visitor car park looking down towards the Library. We will keep you posted as this process moves along but suffice to say the delivery date to walk in the door of the new facility is summer 2020.



The new Outdoor Pursuits climbing wall has received planning permission in July and now at an advanced stage. Our Project Manager, architect in association with UL Buildings & Estates are preparing that for a tender process as well. This project it is expected will also be ready for the next academic year 2019/2020.

Although the sprint track does not form part of the referendum projects there has been a lot of work by UL and UL Sport and that too looks fantastic now and another superb asset to the aspiring athlete in UL. The refurbishment of the second

floor of the Arena has not yet commenced, which will benefit clubs, as it is a less complicated project that those mentioned previously we just need to meet with those clubs to discuss ideas for its current development. Discussions on the Handball developments, which you will have seen on the previous link about the Referendum students approved in 2016, are under review until the other projects and funding becomes more apparent once tender processes are completed.

Other developments include brand new websites, new staff and a new name. UL Student Life formerly the Students Union is moving boldly into the future to become more relevant to the student experience of today, more inclusive, broadening the organisations supports and activities across a wider range of your experience as Student living in UL today.

SOOOOOOOOO as you can see this is an AMAZING Campus and a fantastic experience awaits. If you want to be part of the largest social network then please come along to our Clubs & Societies Recruitment drive on Wednesday September 12th from 4pm-7.30pm in the UL Sport Arena. PLEASE CREATE YOUR ACCOUNT ON-LINE www.ulwolves.ie BEFORE you arrive or you may end up queuing unnecessarily
 Paul.Lee@ul.ie
 Head of Student Engagement
 University of Limerick Student Life



Ongoing Developments on Maguire's Field 1 JULY



UL Sports Pitches Development AUGUST Latest



AISLING RYAN
Clubs and Societies
Coordinator
University of Limerick
Students Union
Aisling.m.ryan@ul.ie

Hi all, and welcome back to all of our existing wolves!! I hope you all had a great summer and you are ready for the semester ahead. To all of our new students congratulations! And a big welcome to UL. All the CAO hassle is gone now, you made it! Putting obvious bias aside I would strongly suggest you make clubs and societies a part of your university experience, I have seen first-hand the amazing experiences and the great friendships that come out of being part of one of these fantastic groups of people. So whether it is jumping out of planes with the Skydive Club that tickles your fancy or maybe a nice bit of Tea with the Tea Appreciation Society, there is a place for you here. There have been a few changes in the C&S office over the summer - sadly we said

goodbye to Michelle Whyte, but I am so proud and excited to let you know that I will be your new Clubs and Societies Coordinator. The past year and a half (ish) working as your Clubs and Socs Administrator has been amazing and thank you all so much for being so welcoming and patient over the year, I really appreciate it. In even more exciting news, we are saying hello to a new addition to the team in the role of C&S Administrator! Exciting times ahead for UL Clubs and Societies.

In my new role I will be here for your queries surrounding Health and Safety and Insurance be it Foreign trip, vehicle or personal accident, as well as being your port of call for Foreign Trips. It will also be a large part of my role to nurture and support any new clubs and societies deciding to start up here as well as ensuring that we are supporting our 80+ existing c&s to thrive and push new boundaries through our appraisal system.

I will also be taking over Michelle's duties in terms of our Societies of UL celebration known as SoUL Arts Fest (Week 7). Michelle put a lot of time and effort into developing this to where it is and I hope only to build on that over the next few years. I will be asking all you societies to really get on

board and make it a great year for SoUL, a great collaboration between UL Societies and the University of Limerick Arts office. Last year we had some great events including the Horror Tours put together by UL Drama Society, a touching tribute and awareness raising event 'A candle in the wind' organised by Out in UL as well as movie nights, a musical showcase, and of course our collective event in the courtyard – the all societies fiesta.



Staying on the topic of societies, I will be your new representative on the Board of Irish College Societies (BICS). A huge event in their calendar is their annual awards ceremony, this is a three day event where societies battle it out for the power, glory and bragging rights! Through submitting portfolios and being interviewed they compete for these prestigious awards. This year we came home with not one but two awards for Ethan Carey (Best Fresher) and Conor Walsh (Best Society Individual) which we are very proud of. We are

equally proud of all the great Societies who represented UL at the awards, you were all amazing and I cannot wait to see what you all come up with this year!

Another key event in the year is our annual Clubs and Societies Awards Ball which happens in semester two. It will be a responsibility of mine to administer this awards process. This is also an exciting process where shortlisted Clubs and Societies hust for the votes of their peers, votes are tallied and winners are under wraps until the night of the ball. I mean I am not saying it's better than the Oscars but...it is! (Full disclaimer – I have never been to/invited to/let in to the Oscars)

Ant that brings us of course to our first big event of the year – the RECRUITMENT

DRIVE! It will be happening in UL Arena on Wednesday of Week 1 (Sept 12th). For all you incoming students this is a phenomenal opportunity to see what we are all about here, it is the only time in the semester all C&S will be gathered in one place ready and waiting to answer your questions an welcome you to their pack. I know it is daunting coming to a new place and possibly leaving a lot of your friends behind, but these are some of the most welcoming and friendliest people I have come across and I just know you will find your place with at least one of their clubs or societies. I will also be there on the night manning the help desk so if you are nervous at all or just need some help, that's what I am here for! Here's to another great year gang!



UL Vikings American Football

BY JASON O'LEARY, PRO



The UL Vikings have historically been one of the top teams competing at the top level of the Irish American Football League. After a high turnover of players in the past few years we find ourselves in a fantastic spot, with a wealth of young player and every position up for grabs.

Aside from on the field triumphs, joining the UL Vikings offers a number of fantastic opportunities for new students. When you join the team, you join the family. There's a strong sense of brotherhood among the team and anybody who is willing to put on a helmet, pads, and a

Vikings jersey is accepted into the family. Many new players form friendships that last through their entire college career and far beyond it.

Off the field, the Vikings offer an array of social outlets. Besides getting out of study mode and meeting your teammates a few times a week, you also become apart of a vibrant social circle. Going out together is a massive part of being a Viking and we arrange loads of nights out to get new players gelling with each other and the rest of the team. These Include our Rookie nights, our NFL nights, and various fundraisers we arrange during the year.

We try our best every year to arrange a game in a foreign country. This has been

really valuable in the past to develop our new players and also create bonds in the team. Our trips have included a trip to Granada. Barcelona and Manchester in recent years. We are planning a trip this year that looks to be the best yet. You'll know more about it once you join.

The inter-varsity championship also takes place in semester one each year, where we battle it out in tournament fashion against some of our biggest rivals, where primarily new players get a chance to show case their skills. For the first time ever, this year the league has set up a Youth division. Each new player that joins gets a chance to develop and compete against players in the

same boat as them, without the pressure of competing against a veteran for time on the pitch. This doesn't mean you are limited to the youth team, first year players still play on the Top-flight team in semester two.

American Football isn't like other sports. Everybody starts off on the same level once you come to college. Being Irish, none of us have a natural inclination to be an amazing player. If you come down and join this family, you will get back what you put in, you can be an amazing player on an amazing team and make life-long friends and lasting memories while you do so. We look forward to meeting all of you during the recruitment drive.

Take Flight with UL Archery

BY LUKE VICKERY, CAPTAIN

With the new semester beginning again the UL Archery Club is looking forward to welcoming new members and returning archers. Every year we see our team grow and improve and we are certain this year will be no different. With two trainings a week and five Inter Varsity competitions a year, as well as many fun social events such as our

annual pub quiz and in house fun shoots we have something to suit everyone. Whether you are interested in developing competitive skills with a bow in hand or finding a fun new social atmosphere to meet people the Archery Club is perfect for you.

Last year many of our members had excellent results

in competitions representing UL. Natascha Guggi and Magdalena Ziehesburger performed outstandingly in their category taking home several top three medals and even some wins. Keith Coughlan, TJ Kennealy and Philip Molyneaux were three of our beginners that did very well in the men's category and quickly became core

components to our team. A big thanks goes out to Luke Blake our president and Liam and Charlie who have served tirelessly on our committee and without whom the club would be much worse off.

So if you have ever thought about giving archery a shot come and see us at the recruitment drive or drop us

a message on the new and improved wolves site. We have beginner courses running at the beginning of each term and would love to have you join us. Check us out on facebook by searching UL Archery Club to see pictures from past events. Looking forward to a great year and remember, archers score more often!

Great Year for UL Athletics Club

BY CONOR O'MAHONY, PRO

The 2017/2018 academic year saw one of our most successful and consistent years of competition ever. From the Road Relay Championships to the outdoor Track and Field Championships, UL athletes did themselves and the club proud by turning in fantastic performances.

The autumnal surroundings of Maynooth University were the setting for the annual intervarsity road relay championships last November. After strong performances by both the men's and women's teams in the Munster equivalent of these championships, and having won both titles nationally last year, both teams were hopeful of a strong display in this highly-regarded national competition. Our ladies team of Kathy O'Keefe, Lauren Dermody, Michelle Finn and Amy Donoghue did just that by cruising to victory over a strong DCU team! The men's team of Jamie McCarthy, Darragh Kelly, Eoghan Beary, Conor O'Mahony and Tom Hennessy pulled together well to finish ninth in a hugely competitive race.

The action then moved to the Athlone Arena for the IUAA National Indoors Intersvarsity Championships in February. Amidst top national and international competition, our athletes rose to the occasion and did us proud! Standout performances came from Niamh Whelan who was 2nd in the 60m final and 3rd in the 200m final in a new UL record! Serious plaudits must also go to Alana Frattaroli who won the

shot putt competition, Jenna Bromell (2nd 400m), Kathy O'Keefe (3rd 800m) and the girls relay team of Lauren Ryan, Deirbhle Ryan, Jenna and Niamh who finished in third position. UL AC stalwart Róisín Howard rounded off a hectic day of competition with a commendable 3rd place in the Weight for Distance competition. The men had a lot to live up to and the duly did not disappoint! Seamus McMahon won the gold medal and set a UL record in the Weight for Distance competition. Two of Nenagh's finest UL athletes Paul White and Tom Hennessy also made the podium, finishing 2nd in their 400m and 800m finals respectively. Evan Lynch returned to action with silver in the men's walk while newcomer Caolan O'Callaghan came third in the triple jump.

Next up was the prestigious IUAA National Cross Country Championships. Unfortunately, our promising women's team were forced to withdraw from the race and abandon their ambitions to win back their team title from 2016. This time, our men's team took up the initiative and caused quite an upset when finishing in fourth position, an agonising two points off third place in the team competition. Track specialist Tom Hennessy led the team home in 7th position and was quickly followed home by Eoghan Beary, Conor O'Mahony, Liam Naughton, Rob Hewison and Jamie McCarthy.

Finally, regarded by many as the pinnacle of the intervarsity athletics calendar,

this year's Outdoor Track and Field championships were held at the Mary Peter's track in Belfast. While the long journey at a busy time in the academic year may have slightly depleted our numbers, it by no means depleted the overall standard of competition or performance. To replicate last year's high standards, UL again finished second in the overall points competition, beaten only by DCU, who as always travelled in very large numbers.

For the women's team, it was yet again Alana Frattaroli who was our highest placer, winning the Shot Putt at her ease with a throw of 12.42m. Other medallist were Maeve Curley, who capped off her final performance in a UL singlet with bronze in the walk, and Roisin Howard, who did likewise, with third in the Weight For Distance. Cathal Locke led the way for our men

with a silver in the 400mH. Donal Kearns won bronze in the short hurdles. Two of our regular medallists, Kieran Elliot and Paul White both finished third in their 200m and 400m finals respectively. Our 4X100m relay team of Evan Crotty, Paul Costelloe, Mark Varley and Kieran Elliot combined to win bronze in an exciting relay final while our 4X400m team of Paul White, Tom Hennessy, Robert Hewison and Cathal Crosbie won silver medals.

A strong men's performance was topped off by two UL records by Yuri Kanash in winning the pole vault and by Seamus McMahon when coming second in the weight for distance.

All these brilliant performances are just a taste of the success of UL Athletics Club. Of course, there were multiple personal bests or personal triumphs along the way too, which is what it is all

about! Our athletes enjoyed the opportunity to relax too, and celebrated in style at the infamous banquets held after the intervarsity events.

2018/2019 promises to be our most exciting year yet, as after many years of hoping, our new track will be open for business! Our poor old red track is due a revamp over the summer holidays which should make it one of the most impressive tracks in Ireland and a key venue for future competitions. The 'UL Bowl' could be destined to become an infamous arena for Irish athletics! So if this whole athletics thing sounds like your kind of thing, or something that really does not, but you would like it to, be sure to join up for the 2018/2019 year in September as new members are always welcome! Speaking from experience you will not regret it! Until next year, Hon the Wolves!



Onwards and upwards for UL Badminton Club

BY TIARNAN LAWLOR, PRO

This past season 2017/18 was another successful one for UL badminton club. Competing in several student and public competitions across a variety of levels, we had varying levels of success. The major student competitions entered were the Intervarsity competition held in Dublin, and the International Student Badminton Tournaments (ISBT). Other notable competitions entered included the Munster Individuals, the Graduates, Intercounties and Individual All Irelands as well as several one-day competitions.

Several of our members were asked to represent Limerick at intercounty level, while various others represented their own counties throughout the country. Our members were present on teams in each grade, and all performed well, various finishing the day with a medal in their pocket.

On an international front, again we sent some of our members to ISBT Enschede over the New Year. This is always an enjoyable occasion and one which accommodates any level of badminton. Whether you are a total beginner (like Fla) or of a high standard (that's you Tony), all are welcome for 3 days of badminton and socialising. For all our incoming first years it is an excellent opportunity to meet some new people and befriend other members.

Arriving back from The Netherlands were 2 bronze medals. This was followed by a trip to ISB Utrecht, where ULBC had better luck, winning 1 gold and 2 silver. A quick mention must also go out to our very own James Flaherty, who was asked to compete in a competition in Switzerland, where he reached the semi-finals with his doubles partner, which is no small feat.

The Irish Intervarsities were held in DCU this past year. Due to the traveling expenses associated with Dublin, we were only able to send one team to the tournament this year. The team competed well making it out of their group to compete in the very competitive Cup Side of the competition. Unfortunately, we came up against a very strong DCU team and came up just short. This didn't stop us from enjoying a well-run and enjoyable 3 days and nights.

In summary, a hugely successful season for UL Badminton Club. For the season ahead, we expect to be even more competitive. For incoming members, please note that we are a social club and players of all standards are more than welcome to join. ISBT Limerick will be held in late October, and it is an excellent opportunity for you to experience an ISBT at home, with players from all over Europe. See you all at the start of the semester!



Help Bounce UL Basketball into the History Books

BY CLUB 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 Intervarsities held here in 2006 / 2012, 2018. This past year our Boys won the "B" intersvarsities, The freshers were narrowly beaten in the Final and our Fresher girls won the final. We are always developing and looking to improve as individuals and as a club.

We waited a while in setting the trend for men's basketball, but in 2013 we won the "A" intervarsity 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... 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 Intervarsities and Fresher tournament the only weekend competitions, so

you can still play club with your home club if that is what you want. Also note that there is national League Men & Woman's Club on Campus if you want to try out for this. 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 12th 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 24th & 25th. 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 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... 📹. This year we are putting a big focus on the 3x3 element of the game so watch out for information on that !!! All welcome including beginners...

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 !!!!

What JIU mean you haven't joined yet??

The 2017-2018 term saw the UL Brazilian Jiu Jitsu and Judo club go from strength to strength. This year was our second year up and running which saw the club grow in both numbers and an in the experience we delivered to our members.

"But what is Brazilian Jiu Jitsu?" I hear you ask. Good question. Brazilian Jiu Jitsu (BJJ) is a martial art and combat sport which primarily consists of grappling and fighting on the ground with no striking. BJJ promotes the concept that a smaller, weaker person can successfully defend themselves or another against a bigger, stronger, heavier assailant by using proper technique, leverage, and most notably, taking the fight to the ground, and then applying joint locks and chokeholds to defeat the opponent. The effectiveness of this method of fighting is very clear, with many Mixed Martial Arts bouts finishing in submission and it being a mandatory requirement for any mixed martial artist to have in their skillset. BJJ training can be used for general fitness, sport grappling tournaments (which we partake in) and in real self-defense situations. Our club consists of a team

of people who are passionate about BJJ and the many benefits it can provide for our members, not only in terms of learning how to effectively defend one's self in a real life scenario (which may prove to be useful someday), but also in terms of character development by inspiring self-confidence and comradery

for over four years with an intensity that many do not achieve. Under his instruction and training structure we have seen every single member of the club improve their own personal standard of BJJ, training at a level that they may not have believed they would achieve in such a short period of time. I would

leg of the DCU submission league, which saw a number of our members winning their first matches in their first ever tournament. Making the entire club extremely proud. This competition was shortly followed by one of our club social events: with copious amounts of pizza, accompanied by Jiu Jitsu and MMA on the

the owner and Headcoach of Husaria Naas MMA, Brazilian Jiu Jitsu, Muay Thai Club. Mariusz spent over 2 hours giving detailed instructions in one area of leg lock technique, something many people felt they benefited hugely from regardless of experience. With the success of this seminar we decided to hold another one a few weeks later, but not before our table quiz! A great crowd turned out in Scholars to support the club. A special thank you to Scholars and to everyone that sponsored prizes. A week later was our seminar with brown belt and European champion Marcus Phelan of East Coast Jiu-Jitsu academy, Dublin. Marcus took us through his strategies and go-to submissions that have been part of his winning strategies on the both the Irish and European circuits.



amongst the other members of the club. We equally stress the competitive and social dynamics to our practice. Founding member and head coach Eire McCarthy has been a key member in making all this happen. Eire is a purple belt and has been training

also like to give a mention to our committee and special mention to our team captain, Seamus Toowmey, who was instrumental in keeping the club moving forward! Over the course of this year we had many notable events. Starting with the January

big screen. This was a great opportunity for all of our members to get to know each other off the training mats when they weren't trying to choke each other out! Next saw us hold our first seminar event with black belt Mariusz Domasat who is

Brazilian Jiu Jitsu in both UL and Ireland as a whole continues to go from strength to strength each year and it is exciting to be part of such a rapidly growing and evolving community. We urge you to get in on the action too!

Haaaaay There!

UL Equestrian Club have been up and running for a few years now, and we hope you join us and get involved in some of the great stuff we have on! If you like horses we are the club for you! If you have never ridden but

really want to try it out, we are the club for you! Whether you're a beginner or a Grand Prix showjumper, we have something to suit you. Lessons are run weekly at a local riding school, with all levels being catered

for. Lessons are organised in Week 2. Treks are organised throughout the year, in varying landscapes e.g. beach, woodland, countryside etc. Trips to equestrian establishments are also organised.

UL are also represented each year with teams at both the Intervarsities (showjumping and dressage) and Tetrathlons (running, shooting, swimming and showjumping). If you'd like to get involved,

just get in touch. If you want to have a fantastic year, meet a load of fabulous friends, get to go to lots of places and join the horse fanatics from your college and all over the country... the Equestrian Club is definitely for you!

UL GAA Club

We are one of the largest and influential clubs in the University, with over 750 members in 2017/18! Across our 16 teams we cater for all levels of players and all codes equally; Hurling, football, ladies football and camogie.

Fresher 1 hurling and football finals. Many young players have found that colleges competition was a way to bridge the gap of making it county senior, or helping them establish themselves.

We are not just concerned with winning silverware. We want everyone who is interested and to play and stay with the GAA! The junior hurling, football and ladies football cater for those of you that want to play matches without

the serious commitment of one of the elite teams. With the new development of Maguire's pitches, there will be recreational leagues for freshers in hurling and football. The ladies are not forgotten about by any means, as UL will host both the fresher ladies football and camogie blitzes in October.

Many students have found a sense of belonging in UL GAA. As a fresher it can be quite daunting entering a University

and the GAA club has helped many students in the past get over this and make friends for life!

Whether you have had a positive or negative experience of Gaelic games in the past we encourage you to give it and try, you won't be disappointed!

Ronan Keane
GAA Development Officer
UL GAA Club
Ronan.keane@ul.ie
0867879909



UL Wolves Handball continue international expansion

BY JOHN BOSCO HURLEY, CHAIRMAN

UL Wolves Handball Club have plans to travel to five countries in the coming year as part of the club's emphasis on developing players through competition with the world's best players. The club will travel to Belgium, The Netherlands, England and France for the European Wallball Pro Tour and will compete against local clubs in local versions of the game of handball during these trips. The club will travel to Minneapolis, Minnesota for the 2019 US Collegiates in February and are hoping to organise a trip to New York in March to compete in the WPH Pro Tour against the world's best players. These tournaments will provide ideal training for the club, as our members will compete against the world's best players. 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 Wexford, Galway,

Cavan and Dublin in October, November, January and March respectively. There will also be weekend trips to tournaments in Kerry, Cork, Tipperary, Galway, Mayo, Roscommon, Tyrone, Cavan, 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, email ulhandball@gmail.com or follow us on snapchat @ulhandball. We hope to see you during the semester.

Kick Start the Semester with UL Shotokan Karate Club

BY CAOIMHE DOWNING CHAIRPERSON

2018 has been a busy and exciting year for the UL Shotokan Karate Club. We began our year with a once in a lifetime trip to Tokyo Japan. Whilst in Japan, the club members were given the amazing opportunity to train in the Hombu Dojo, headquarters of the Shotokan Karate International Federation, under the guidance of some of the best karate instructors in the world.

Not only did our members get the opportunity to further explore the world of karate, but also to explore the beautiful city of Tokyo and experience the Japanese culture. Some of the highlights of the trip included a trip to the 634m high Sky Tree, and the awe-inspiring Meiji

Shrine and some well needed retail therapy in Shibuya and Ginza. Another highpoint to the trip was, of course, the Japanese cuisine. From sushi to strawberry and cream sandwiches we explored all corners of the cuisine. We also ventured outside the capital, travelling to Mt. Fuji and some traditional Japanese temples shrines. The 2018 ULSKC trip to Japan was a major success and was thoroughly enjoyed by all club members. We're already looking forward to our next trip in 2020!

Last semester also saw our members take part in the Annual Karate Intervarsity's in UCC. All members did the club and the college proud bringing back a total of 10 medals. Our squad members ranged from first time intervarsity

competitors to season black belts spanning all categories from novice to advanced male and female.

ULSKC are also looking forward to a fun filled year, jampacked with pizza nights, movie nights and trips to Stables and Scholars after training. We will also be holding seminars and gradings with some of the greatest Sensei's from around Ireland. All these upcoming events are perfect opportunities for all our members to get to know each other and have some fun!

The ULSKC always welcomes new members and if anyone is at all interested and thinks they might want to give karate a try, they are more than welcome to watch a training session or jump right

in. We also accept people from all different styles and background of karate, it's a great opportunity to share knowledge and learn from different disciplines.

We train every Tuesday 6:15-8:15pm and Thursday 8:00-10:00pm in the PESS building across from the UL Sports

Arena. We can also be found at the Semester 1 Recruitment Drive so call over and talk to some of our lovely members. Find us on Facebook UL Shotokan Karate Club and Instagram at ul_karate, contact us on our email at ulshotokankaratechair@gmail.com.



ULSKC Club members at the Hombu Dojo in Tokyo, Japan earlier this year

Kayaking Trips, Tips and Tales

Between getting snowed over in Kilkenny and channeling our inner 'Bravehearts' in the Scottish Highlands, this semester has been an eventful one for the Kayak Club.

In true kayaking fashion, a few of our trips didn't quite go according to plan; however, this didn't mean that we didn't have just as much fun! In picking our winter trip abroad, we immediately had our hearts set on the land of Haggis and Tartan. The homeland of James McAvoy treated us well at first with an amazing hostel kitted out with a steam room that can comfortably fit four; uncomfortably however, we've proven that you can squeeze in about nine if you really want to enhance that bonding experience.

What we failed to predict, was that the Scottish winters may have a vendetta against Irish paddlers as we managed to visit in one of the coldest weeks that Scotland has had in about a decade.

Once armed with enough thermal gear to turn our members into walking marshmallows, we were able to continue on with our plans

and end up getting to see some of the most beautiful parts of the Scottish Highlands from a river-eye-view.

Speaking of the weather turning against us, let's move onto our second trip of the semester.

Our second planned trip was to the wilds of Kilkenny-or better known as the Lowe family garden- for a weekend full of paddling and half-pitched tents.

Like most tragic events, it started out perfectly with a fantastic day of kayaking on the Kings river, with sun shining and birds chirping our weekend was looking ideal and it was; that is until Saturday night hit.

Saturday night saw a blizzard try its best to take us out as we fled our tents to the warm comforts of the Lowe household.

If you have ever tried to fit roughly thirty college students in one house, you know that there is an insane amount of body heat and someone always has to be stopped from suffocating that one poor soul that resembles a lawnmower in their sleep.

Since no one was killed in the



dead of night, we considered the trip a success as we made our way back to Limerick.

Our largest trip of the semester and the one that everyone waits for is our annual trip through the Alps. Spending three weeks camping out and kayaking through Italy and Slovenia is as close to paradise as one can get on these trips. Surrounded by sunshine, amazing views

and clear blue water, it was an incredible experience.

Armed with advice from past members about obscure European foods and horror stories of missing toilet paper, we ventured into the Alps not fully knowing what to expect. What met us was three weeks filled with friends, new experiences and doing what we love. Also, a massive ramp that shoots fire as you launch

yourself into the river in Slovenia, but we're not going to mention that.

Overall this semester has been a great one and we hope that if you haven't already joined us that you might give us a shot and try out something new; be it meeting new friends, trying a new sport or visiting amazing locations!

UL Krav Maga Club BY STAN VASIL (PRO - PUBLIC RELATIONSHIPS OFFICER)

HISTORY OF KRAV MAGA

Krav Maga derived from a Hebrew word for contact combat and it is a self-defense system developed by Imi Lichtenfeld for the Israeli army and later adapted within the wide public. Recently all the members of IDF (Israeli Defense Forces) are trained in Krav Maga. Encompassing the most effective elements from various martial arts and with a strong emphasis on natural body movements, Krav Maga is suitable for both genders and all levels of fitness and ability. Krav Maga training addresses the need for one to be able to defend from both a standing attack and a ground attack, taking into account use of weapons and multiple attackers.

UL KRAV MAGA

UL Krav Maga is now running for 10th year since its founding

in 2008 by Darren Simring, who is recently one of the co-trainers. The club is always growing in its popularity, not only within students from UL and other universities, but also wide public from Limerick city. The club has recently about fifty active members. Our aim as a club is for each person to enjoy the training, learn new ways how to defend themselves and their loved ones and to give them confidence never experienced before. One will improve their cardio, flexibility and strength. The UL KM club has organizing its Regional Grading in April 2018. Grading was conducted by Srđan Kovacevic, our head Krav Maga Instructor. Two clubs from the Munster region, the UL Krav Maga Club and Response Krav Maga were attending the grading. We accommodated more than thirty students grading that

day with a 100% pass grade, which means the high standard of preparation from all both above mentioned clubs, since each grading is taken very seriously.

We will be preparing two regional gradings in UL every year, one each semester. We also will accommodate a seminar with the head of our organization called Lior Offenbach from Israel. Lior has established the Combat Krav Maga organization, as he wanted to eliminate all the unnecessary techniques and teach only the most effective and usable self defence there is and he's delivering on his promise. This will be a memorable event, such as every big event attended by any high ranked Instructor from Israel or any other country, that we've already hosted (Netherlands, Italy,

Israel and instructors from Dublin and Cork).

As a club, we often organize an airsoft weekend event, which is always lots of fun and a great cardio.

Another event we would like to organize is a Women Self Defence Seminar, which will be focused on the ladies defence techniques and awareness.

We will specify the dates later on during the semester and will be posting all the news on our Facebook page.

TRAININGS

The training venue is a PESS building (Old Sports Building), on UL Campus. Everyone is invited for a 1st trial training. Training Times:
Mondays 8:00pm – 9:30pm
Wednesdays: 7:00pm – 8:30pm



Please join us at:
<https://www.facebook.com/ul.k.maga>
Or email us at:
ulkravmaga@gmail.com

Strength to Strength for Women's Hockey

Irish Women's Hockey are breaking National records this year, and it's no surprise, a rise like this has been in the works for many years now, and these incredible women are at the forefront. What an incredible year for women's hockey here in Ireland, and no better time to pick it up! Our Ladies' team this year went from strength to strength, and welcomed over 50 members, some from each year of college, with even the odd international player here and there. Many of whom secured a position on either our Ladies' Varsity team or our Mixed Varsity' team, or even both. Under new management in the second semester, personal training and fitness sessions were introduced, which saw a huge increase in participation and strength and fitness. Thanks to multiple fundraising events by our squad, the Ladies were able to participate in the annual Varsity competition, with a subsidised cost. The Ladies' travelled to Dublin last October to play in the National Varsity competition, where they would meet 12 other colleges and

universities across the country in a series of tournament-style matches. The Ladies succeeded to the semi-final, but sadly it was the end of the road for the team. Nonetheless, the team enjoyed the festivities of the tournament where social nights were arranged by the tournament's hosts. As the second semester approached, mixed varsities began to enter the agenda. This year would mark the first year that a mixed indoor tournament would start alongside the traditional mixed field tournament. The team, in junction with the Men's Hockey team, travelled to Galway to play in both competitions, doing well in both of them. The Women's and Men's team share a great relationship, and often organise social events together. UL Hockey is as much social as it is skilful, and we have had players from all standards grace our pitches. Our training sessions are varied, to suit both the experienced player and the newcomer. Be part of a fun, fast and social game, and join UL Women's Hockey.



Great year for MBUL

This year saw an increase in members and an increase in activity for MBUL, we started off the year with a great start with the addition of many new members from the recruitment drive which allowed for weekly spins to Ballyhoura, Killaloe and further a field to Wicklow to the newly opened Glencullen Adventure Park which utilized our full fleet of bikes. This intake of new members made us realize that we needed to extend and upgrade some of the fleet of bikes that we had, and luckily through the generosity of the Bank of Irelands enablement fund the club was able to purchase four new Nukeyproof hardtail bikes that were put to use straight away on the trails of Cratloe and Bike Park Ireland, these bikes will allow

the clubs members to advance their skills and take on more challenging terrain while out on spins. As second semester came around the spins continued with further trips to Ballyhoura along with our annual trip to Rostrevor for some advanced downhill mountain biking. Second semester also saw some of the club members showing their competitive streak by competing in the Irish Downhill Mountain biking series, Jamie Fennell, Ewan Duerden and Jack Sweeney all competed giving it their all representing the club and the university with Jamie Fennell taking second place in one of the rounds. Looking to the year ahead, there is a lot planned for the club with the continuation of

weekly spins, the annual trips to Rostrevor and Wicklow and the planning of a trip to Bike Park Wales. As well as all the trips to look forward to in the coming year, MBUL has been granted further funding through Bank of Irelands Enablement Fund with which the club will continue to upgrade, repair and replace the fleet of existing bikes to ensure that club members are safe, they can advance their skills and to give members an opportunity to use a bike to compete on behalf of the club and University. We're really stoked for the coming year and cant wait for both new and existing members to get on the bike and send it !

Ladies Rugby – Just TRY to find a better club

UL Ladies Rugby is a continually growing club which has gained huge success in the last year. From playing in the first ever women's U20 match in Ireland against Shannon, to having two teams in the All Ireland Final, we have gone from strength to strength. For the third year running ULLR fielded two teams, both Senior and Junior squads, who participated in the two SSI Leagues. This has ensured that everyone registered has gained game time and experience, with great results. The continued dedication of coaches, the committee and of course every member has brought both teams to All Ireland finals; the Juniors

narrowly missing out on silverware and the Seniors bringing home the cup! A great way to end another busy and successful year. Our hope is to continue growing and building up the club each year with more members, more games, more trips, team bonding, and of course great memories made both on and off the pitch. While being competitive on the pitch ULLR is all about the social aspect of University sport, and looks forward to the new season with old faces and Freshers coming into another year of successful rugby. Maybe this will be the year we bring home two cups!



Don't make mountain out of a molehill – come join the OPC Family

BY CONOR WALTER P.R.O

Welcome to UL, you've made it to the home of the best college club in Ireland, The UL Outdoor Pursuits Club. We dabble in all things Outdoors, including Climbing, Hiking, Caving, and Orienteering. The OPC pride ourselves in creating an atmosphere that is open to every student in UL, regardless of ability and experience. If you simply love to travel and meet new like-minded people, you are in the right place. Striking a balance between experiencing the amazing outdoors and having the craic is one of the many reasons why the OPC is UL's largest Club. Throughout this semester you can expect to be treated to a new mountain in Ireland, every weekend on our weekly Sunday hikes including the tallest mountain in Ireland, Carrauntoohill.

Our famous weekend trips in Semester one to the remote landscapes of Connemara in the West and the beautifully scenic Kerry are a great chance to get some Pictures to send home to Mammy, these trips sell out fast so be sure to sign up early! For those more adventurous among you, the OPC organises a Winter Mountaineering trip to Scotland at the start of semester 2 and Sunny climbing retreats to Spain at Easter.

If you're new to college life and want to meet new like-minded people, pop along to the home of the OPC, our Climbing wall



which is located on campus, across from the Arena and is open Mondays, Tuesdays and Thursdays from 7pm-10pm. Come see the 26-year history of the OPC decorating the walls, meet people from all over the world, play an instrument, even pick your nose, we won't judge. The OPC are admittedly some of the crustiest students on campus, we will show members that you don't need to spend big to live an amazing college life. Almost all equipment and training is provided free of charge with discounts on official courses in areas such as First Aid and Mountain Skills.

Our International members especially enjoy learning the art of the Irish Céilií and we are always amazed at the excitement of our study abroad students when we see a field of cows. If socializing is your thing, experience our second home, Costello's Tavern. Hop on the free OPC buses throughout the semester to play beer-pong, get to know

other members and if you're lucky, dance the night away in their 'retro styled' nightclub. If you're feeling peckish, you may be lucky enough to sample the famous Ham and Cheese toasties which are served all night.

The OPC will teach you lessons about yourself and we try to provide a positive environment to explore your own form of 'Outdoor Therapy'. Former OPC members have climbed some of the highest mountains in the world, pursued their dreams in the outdoor industry, cycled across India, canoed around Britain, some have Never left college and others have even gotten married to each other! If the above sounds appealing to you, be sure to stop by the OPC stand at the Recruitment Drive and say hi to some of our friendly committee members. Membership fee is just 5 euro and covers you for many of our clubs activities. Welcome to the OPC, we've been expecting you!

HARDCORE PARKOUR!

BY MARLI SERFONTEIN, PRO



Cheesy, I know, but just bear with me. First of all, yes, parkour is an actual discipline and no, it's not just people jumping over walls screaming "hardcore parkour!" as the title suggests. The UL Parkour Club was founded 8 years ago and has recently become one of the founding members of the National Governing Body of Parkour in Ireland – Parkour Ireland. This means more collaborations with other clubs in Ireland and more chances for people to encounter this unique art.

So, parkour is growing. But what exactly is it? Most people would say it's a way to get from A to B in a fast and efficient way. It's a nice answer and easy to understand but it's also completely false. If you wanted to get somewhere fast, you'd take the car. Parkour is a form of physical training that beats doing reps in the gym or running for miles. It's a way of testing your limits and working to overcome them. It's also a source of adrenaline for those junkies out there. If jumping out of a plane is a bit too much for you, try jumping off a few walls first. I promise we'll be able to fuel your thirst.

For those who get vertigo from standing on a step half a meter high, this is also perfect for you. Trust me, I was one of those people. Parkour helps to push your comfort zone, sometimes without you even knowing it. It allows you to get up close and personal with your fears in a safe environment so that you can learn to overcome them. We have both indoor and outdoor training sessions equipped with an air-track, soft landing mats and bars to ease your way into dashing over a wall or balancing along a fence. If you're a complete beginner or have been tramping for years, we have challenges and training

to suit all your needs.

That's the training side of parkour, nice and structured with two training sessions every week. Now onto the extra fun stuff – the trips and events. Our biggest trip of the year happens in February where we join the UL Outdoor Pursuits Club and head to the breath-taking mountains of Wicklow. Here, we practice a more natural side of parkour by adapting to the environment. It's a weekend spent bouldering, climbing up waterfalls and exploring the valley followed by an elegant ball to wrap everything up nicely. Other trips include visits to JumpLanes, an indoor trampoline park, to run wild usually during stressful exam periods and trips up to Dublin to train with other parkour practitioners. We have annual events like the Christmas 10,000 push-up challenge, where we try to complete 10,000 push-ups as a team over the holidays, the 1,000 push-up challenge, where each person has to complete 1,000 push-ups in a day and the 1 minute push-up challenge, to test how many push-ups you can do in a minute, and work to improve that number. A lot of push-ups, I know, but fear not, for we also have non-physical exercise events such as pub quizzes, bake sales and general socials, so there's something for everyone.

So, in summary, if you're an explorer, fitness fanatic, adrenaline junkie or a social monkey, give this club a go. I promise you won't regret it! If you're still on the fence, take a look and follow us on Facebook and Instagram or pop us a question at ulparkour@gmail.com. Feel free to stop by our Tuesday training sessions in the PESS building from 20:15-22:30 or Thursday training sessions behind the Sports Bar from 18:15-20:30.



Loud and Mighty? (ULRC looking to push on from last year's Championships success!)

The University of Limerick Rowing Club as always are actively seeking new recruits, no experience necessary! ULRC has enjoyed previous success and greatness with novices and newcomers

Regatta in June. With the combination of the many new members who joined us last year, novices and rowers with international experience, the future of ULRC is looking bright. Last year's novices

women's crew also made a name for themselves by winning at Cork Regatta and even at the London Met Regatta. The men's crew showed their dominance in Limerick winning all the senior categories up for grabs at our own local Limerick Regatta held in O'Briens Bridge! A special shout out to Cian Humphries, Mikey Fanning and Michael Wilson who won a clean sweep in the Novice 1k Provincial Indoor Rowing Championships held here at UL Irelands top sporting campus back in November. With race season fast approaching amidst the impending semester, it is imperative that as athletes we get as much out of training for our rowing aspirations while not forgetting our studies. This is why we've come up with various training programmes

which can be tuned to individuals schedules. There's various competitions taking place this semester with the first being Castleconnell head of the river coming up in October. Our crews will compete for top positions in pairs in hopes to compete in the ever prestigious Bulls & Bears race which comprises of the 8 fastest of these pairs put into two 8's. These 8's race each other over 1.5km in what is guaranteed to be a spectacular race. The Irish indoor Rowing Championships will be taking place right here in the UL arena in November. ULRC have had great success in previous years, with 3 of our Novices taking 1st, 2nd and 3rd place. For both our competitive and more recreational rowers there are many extra-curricular activities organised

by the club every year such as, our climb to Carrantuohill, club BBQ's, team building trips to Galway and our annual club dinner which will be taking place soon. You might think that rowing is not for you or maybe you feel you wouldn't like rowing as a competitive sport, but rest assured there is something for everyone in ULRC. Why not give coxing a try? What is coxing? Simply someone who is small, light and mighty who enjoys shouting and motivating others while steering a boat towards success. If you are or know of anyone who would like to Cox for ULRC (no experience required) be sure to drop us a message at irow.ul@gmail.com or check us out on Facebook @ University of Limerick Rowing Club and our Instagram is @ulrowing.



winning many national championships throughout the years. This coming season sets to be an interesting and exciting one as ULRC aims to compete across the pond at the London Metropolitan

came on leaps and bounds since joining ULRC and have showed promise early in their rowing careers, winning the novice 4X+ category at both Inter-Varsity and National Rowing Championships. The

The Sky's Not the Limit



Ever wanted to jump out of an airplane? Then Skydive UL is the club for you! We are the first ever Third Level Skydiving Club in the Republic of Ireland and have gone from strength to strength since it was formed in 2007! We train students of UL to do their first skydive, most of whom have no experience in skydiving before! We can accommodate everyone, someone who wants a once off skydive or someone with the aim of becoming a licensed skydiver! The initial training session

takes only six hours, and then we can take you to the skies. The Course teaches you everything you need to know about how to do your skydive safely. So even if you have never jumped out of a plane before, you can do our Solo Skydive as your first jump. As part of your training you will learn about the parachute system, how to exit the plane, how to fly the parachute and navigate to the ground safely. We prepare you for everything you need to know for your first skydive. After a minimum of just 25

jumps you can complete student status and become a qualified Skydiver, and this qualification is recognised worldwide and so you are then licensed to skydive anywhere in the world. We also teach members how to pack their own parachute at Parachute Packing Classes which are held weekly on campus. Every year, we travel to the south of France and southern Spain for 1-2 weeks at a time with both beginner and intermediate skydivers for a training camp. This has proved

to be a huge success every year with all the beginners progressing to becoming self-sufficient skydivers! Our trips this year are:
 Week 6 Semester 1 (17-22 October) France, BEGINNERS (During the Open days so minimal lectures missed)
 January TBC Spain for intermediate members
 March 2019 Semester 2 (Dates TBC) South of France for 4 Days BEGINNERS, and finally, after the exams are over we will bring a group of you to the South of France for two weeks of skydiving. This trip is for complete beginners as well as intermediate and plan on going over from 15-28 May... and the club will look after the travel planning for these trips! So, if you want to make your experience at the University of Limerick even more exciting and experience the ultimate adrenaline rush, then Skydive UL is the club for you! How are we going to do this? It's very easy... first you must join the club if you haven't already. You can do this via registering with us on the Clubs and Societies page!

Come see us at the recruitment drive on Wednesday Week 1 in the UL Arena. Following that, we will have a club information night on Monday Week 2 at 6.30 pm. Keep an eye on our Facebook page (Skydive UL) and your emails for more about this (including the venue). To contact us our email is SkydiveU@gmail.com. Rumour has it that there will be pizza at the information night! Our first Club Social Event is planned for week 3...more details to follow!!

 But.....this all starts with your first jump, so come along to the recruitment drive and the information night to meet us. And remember...it was Leonardo Da Vinci that said: "For once you have tasted flight you will walk the earth with your eyes turned skywards, for there you have been and there you will long to return." He wrote that after his first skydive with us.....
 John Cussen PRO
 Email: SkydiveU@gmail.com
 Facebook: SkydiveUL

Want to join? 'Snow problem at all!

BY JACK STUART, PRESIDENT

We would like to say a very big welcome to all new UL Students for the upcoming season! Whether you are male or female, Study Abroad or Erasmus, Mature Student or Post Grad, you are most welcome to get involved with UL Snowsports Club. What better way to cool down after a hot summer than to get involved in downhill skiing and snowboarding or just playing around in the snow! ULSSC is UL's newest club and we are eager to get the

snowball rolling in UL's skiing and snowboarding culture by both introducing the sport to our students and allowing ski and snowboard enthusiasts to connect on a social level. We won't let Ireland's lack of snow restrict UL's 17,000 population from getting involved in one of the world's fastest growing sports! Being the last university in Ireland to have a Snowsports club we have a lot of catching up to do and we have many great things planned for this academic

year. Our activities include trips to Ireland's only artificial ski slope in Kilternan to develop ski and snowboard abilities. We also hope to get some further experience in natural ski resorts across the UK as affordable weekend trips away! A week-long ski trip to a central European resort is absolutely our biggest goal as we hope to introduce an annual "UL Ski Trip" in the month of January! UL Snowsports Club is strictly a fun leisure club and we hope to build a community

from enthusiastic beginners to seasoned skiers. Come down to one of our fortnightly social events to see what we are all about. We are active throughout the year on a social level even when there is no slopes to carve! From Après-Ski themed parties to table quizzes, to fundraising events and nights out, UL Snowsports Club brings together its members as friends before hitting the slopes in style! As the new academic year commences we wish to give a huge thank you to the efforts

of the Clubs & Societies panel and our outgoing committee - no doubt your roles will be filled by some enthusiastic members! (Anyone interested drop us an email). Keep up to date on the clubs activities and events through our facebook page and UL Wolves Page. Or, if you are looking for any further information on how our club is run, drop us an email! See you on the slopes!

The UL Soccer Club Compete amongst the best

BY CAOIMHE HENNIGAN, UL SOCCER CLUB, PRO.

The University of Limerick Soccer Club, one of the largest clubs in the clubs and societies. The club is made up of four teams; the men's senior team, the men's junior team, the freshers team and the Ladies. All teams are headed up by a very successful and talented coaching staff. Each week all the teams train on a Monday evening along and another evening a week depending on which team you are apart of. The last few seasons have been some of the clubs most successful seasons to date, with the club being voted the most improved club of the year at the annual clubs and societies awards for 2017. In 2017 The Ladies team had a very successful season, qualifying

for a national cup final, and placing third in intervarsities, wining regional futsal to qualify for the national finals. Along with the immense success that the women's team had, the men's team had success in their leagues and cups where they won the Harding plate and they unfortunately narrowly missed out on winning the CUFL Final.

Last season with a lot of our teams being promoted thanks to the outstanding performances from the previous season meant that we faced an even stronger opposition, but that was no challenge for our talented group of players who were able to hold their ground amongst the best of the best. We also saw our own

in-house freshers league take place between the fresher players to give them some extra game time, this league was an enormous success and hopes that it will be a continued tradition in the years to come. This year we were lucky enough to get new sponsors on board to sponsor jerseys for the team, a huge thanks to Apache Pizza, Annacotty.

In the second semester, it was a very busy time with varsities coming up, along with finals of the leagues and cups for all the teams. The men's senior team would be travelling to the DCU at the end of February to take part in the Harding Cup finals weekend. The ladies team did not have to travel that far to

compete in their intervarsities competition, with UL being the host university for this year's inter-varsities competition, where they finished third overall in the plate overcoming NUIG on penalties in a third place play off game. This season we hope to have yet another hugely successful season and welcome any fresh players that are interested in playing.

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.

A busy year underwater for UL Sub-Aqua Club

What a year we've had in ULSAC! New members, new events, new dive sites. It was a great year all around for fun and gaining experience in the club. In the last year the club has logged more than 300 dives in a manner of all locations.

Naturally the summer is our busiest time of the year given the improved weather. Over the summer club members have the opportunity to dive up to 3 times a week. Being based in Limerick the club really is spoiled for choice. Jacques Cousteau (one of the pioneers of scuba diving) described Kilkee, Co. Clare as some of the best diving in the world. Kilkee is just over 1 hour from UL. A personal favourite

place to dive is Doolin, Co. Clare. Nothing beats diving beneath the towering Cliffs of Moher and taking a spin out to have lunch on Inisheer.

A UL C&S experience would not be complete without weekend trips away. Recently the club has visited Killary Fjord, Portmagee, Co. Kerry (twice!), Hook Head, Co. Wexford, Baltimore, Co. Cork, and The Aran Islands and there's always time to plan more diving. Weekend trips give us the chance to do night dives in Ireland which is a very unique experience. Each trip offers its own special dive sites. Portmagee is the gateway to Skellig Michael. The UNESCO world heritage

site made famous in Star Wars. Baltimore in West Cork is surrounded by massive shipwrecks and submarines. The dramatic landscape of the Burren continues underwater out to the Aran Islands. These trips are always great learning and bonding experiences for members.

Above the surface the club has also been busy, we were proud to receive the Most Improved Club Award at last year's C&S ball. The award was nice recognition for the hard work that lots of our members put it to ensure the club runs smoothly and safely. In April we hosted a screening of "Ireland's Deep Atlantic" attended by the filmmaker

himself Ken O'Sullivan. As always there's learning to be done, the club hosted several CFT courses this year, including rescue diver, first aid and boating handling.

ULSAC is looking forward to the new year and new members. There's lots of amazing things to do and places to go when you're a member of a Sub-Aqua club. If any of this sounds appealing to you call down and meet some of us at this year's recruitment drive. Experienced or beginning the club will have something for you. You can always check out our Facebook page "UL Sub-Aqua Club" or our Instagram, or our brand new website "ulsubaqua.com".



If in Doubt, Paddle Out!

BY UL SURF PRO: MEADHBH RYAN

Welcome back! It's time for another semester of gnarly waves, top quality craic and of course some legendary Surf Club trips. Last year was a great year for UL Surf Club, jetting off on two foreign trips in search of waves we hit one of the Canary Islands in winter and for the Easter break we ventured to Baleal in Portugal. Every year we hand pick our surf destination to keep our members stoked as hell and this coming January we will be heading down the African coast to Morocco to catch some tubular waves. At UL Surf we cater for every ability level on our foreign trips with skills varying from absolute kooks (beginners) to advanced bodacious surfers! This year we will be traveling up North to the annual Surf Intervarsities to defend our 1st place title after hosting the event last year in our home away from home, Lahinch. There has never been a more

exciting time for our sport. As a newly official sport at the Olympics for the first time in 2020, surfing is becoming more popular than ever, recognised throughout the world and in UL too! Whether you have surfed a little before college or have never picked up a surfboard in your life you will be more than welcome in the community that we have here in UL Surf. We run balance sessions every week, surfing the land on our skateboards and using balance boards to practice our balancing skills - which are great craic! You will be ready to take to the coast in no time. We have weekly yoga sessions that help keep us zen when the surf isn't good and every week we hold a pool session where our members can learn the basic techniques of surfing, paddling and breath training in a relaxed environment; and we can't forget the quality banter provided too! Many of our

committee members are fully qualified beach lifeguards and experienced surf instructors so you couldn't be in better hands! We also run weekly wakeboarding trips to Ballyhass Lakes which is just 30 short minutes away in Co. Cork. During our spare moments of the year, few as they are, UL Surf host a vast number of events, like our travel inspired Food of the World party, pancake parties, surf movie nights, the ever epic Twelve Surf Houses of Christmas, charity table quizzes, end of semester BBQ and our many and varied sunset SUP's through the heart of UL on the river Shannon. During each semester we travel to some of the most alluring spots along the west coast of our Emerald Island. With weekly jaunts to our home away from home, surf city Lahinch. There are top class surf days to be enjoyed and questionable dance moves to be had in Kenny's



as well as abundant waves to catch at Spanish Point, Duggy and Cornish to name a few. We also cherish swells further afield when they arrive, like those from Bundoran, Co. Donegal to world renowned likes of Mullaghmore. Lastly, there are a multitude of majestic destinations in Co. Kerry that we love such as Castlegregory, Inch and Ballybunion. We are super stoked to let the fun of this semester unfold and

if you want to join (which you know you do) you can catch us at our stand at the recruitment drive in week 3, at our weekly pool sessions on Monday nights at 9.45pm or even stop and chat to one of our members walking around campus wearing our sweet merch. Check out our Instagram, FaceBook and website: ulsurf.com to keep up with all the latest news.

The UL Wolves Swim Club get ready for their most successful season yet... And we want you to join.

BY CAOIMHE HENNIGAN, UL SWIM CLUB, PRO.

The University of Limerick Swim Club has gone from nothing but strength to strength over the past few years since being established in 2012. At the beginning, from only having one or two training sessions a week, the club now has an incredible four sessions a week, with the hope of increasing this number in the following year. Training caters for swimmers of all abilities, such as those who only want to train to keep fit but also caters for those competitive swimmers, past or present. Each year the club has grown stronger and stronger, and this year is no different! As the current committee, we are inviting new members to join! It doesn't matter if you're an incoming first year, a returning student, or an Erasmus student, everyone is welcome! Thanks to the world class facilities that the UL Sports Arena has to offer including a 50metre pool and the new 25 metre pool, and thanks to the top class coaching available, it means that a professional and

enjoyable training experience can be afforded by all, and in turn making the student life that bit more enjoyable!

The club has been very busy over the past year, being one of our most successful years to date. The team attended an invitational gala hosted by NUIG, being the third year, the club has attended. With over 25 swimmers competing on the day it was the largest team we had ever sent! The club performed exceptionally with many swimmers achieving far past their own expectations. New club gear was ordered to help promote the club, and our Pub Quiz (held each semester) was a great success, with many students going home with lots of prizes on the night, while funds being raised for the club, will help towards planning the busy semester ahead!

In the second semester we had, our main competition, the Irish Inter-Varsities, a prestigious event which will certainly be the highlight of the semester!

With placing a strong 2nd place overall last year. This year we did not get the place as high with the University of Limerick placing 4th overall, despite going lower on the podium we had a stronger contingent at the gala with over 40 people competing for the wolves nearly double than we ever had before. Next year we will go at it again in the hopes of improving on the performance that we had at varsities 2018.

As well as competing in varsities we had a number of swimmers selected for the Irish team to compete at Celtic Nations in Edinburgh. We had 8 swimmers selected to represent Ireland along with our very own head coach chosen to coach team Ireland. UL Wolves swim team not only give swimmers the chance to compete at a national level but they also get the opportunity to compete for their country if they wish.

For the coming year ahead the club has some big plans such

as hoping to add more training hours, along with a possible trip abroad for a training camp or even an in house gala and we will be travelling to a number of galas around Ireland which are always a good trip away for swimmers. It doesn't matter if you never competed before you can give it a go as the club caters for people of all abilities.

Swimming is one of the most versatile sports there is, after all, you can set the pace! Trainings take place throughout the week which can be seen on the ULSU website at www.ulsu.ie, just find the UL Swim Club! Alternatively, send an email to the contact below. Thanks to the brilliant coaches available who are always there to make the best out of a training session, and to offer any advice that you may need, we can cater for various levels of ability within the pool. With the state of the art facilities now available to us with the Sports Centre extension, the club has now, for the first time,

the chance to train in both 50, and 25 metre settings! Providing a variety of training experiences to our swimmers. And not only that, with the extra training sessions taking place, it provides our members with greater opportunity to make loads of new friends!

The University of Limerick Swim Club is looking forward to what we believe will be our most successful year ever! So, don't miss out! New members are always welcome! Just meet one of the committee members at the recruitment drive, or on the poolside at any of the training times! Any queries about the club or about training can be forwarded through the club email: ulsc.swim@gmail.com Follow our multiple social media sites t always stay updated in the latest in the club! Facebook page: UL Swim Club Snapchat: [ulswimclub](https://www.snapchat.com/add/ulswimclub) Instagram: [UL Swim Club](https://www.instagram.com/ulswimclub)

UL Taekwondo – Not just for kicks!

BY REBECCA ANDERSON (TREASURER)

It's been a bumper year for UL Taekwondo. We've kicked, punched and crunched our way to fitness, health, new belts and of course, new silverware for the trophy cabinet.

So what's this taekwondo thing all about anyway?

Taekwondo is a Korean martial art, which, when translated, means "the Way of Hand & Foot Fighting". We like to think taekwondo has it all, with a unique combination of traditional martial art, competitive sport, and a serious fitness class. Pop into our dojang in the PESS Hall Monday and Thursday nights and 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.

Alright, so what'd you do this year?

We came saw and conquered of course!

Nah, we're joking... kind of... We trained twice a week to kick ourselves into top-notch condition and to get ourselves to our own personal bests. Our instructor will probably tell you we laughed a little too much while we did it but hey, exercise should be fun right? Our members worked hard and everyone progressed massively. Many saw that work rewarded in one of the three belt gradings we held over the year. Always nice to see a rainbow of belts in the room!

As always the club brought home the silverware on competition circuit, earning dozens of gold silver and bronze medals on the regional, provincial, national and international mats in patterns, sparring, special technique and destruction. This year our members competed in The intervarsities in NUIG, 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 world championships in Argentina. If you think that's a lot of competitions then you're absolutely right! UL TKD is one of the most successful clubs in third level taekwondo on the competitive circuit.

Yeah... That's grand and all, what about the fun stuff?

We're a friendly bunch! 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 by the lockers. We eat pizza (we earn it!), we go to the movies, we have the odd beverage in the Scholars and every now and then we get our skates on and try and do some of those



patterns on wheels. We also cross train with friends from other university clubs making UL Taekwondo a great place to meet people.

Okay okay 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 Facebook: <https://www.facebook.com/ULTaeKwonDo/>

Tag....you're it!



All of us at the Tag Rugby Club started our year with our Committee meeting way back at the start of August 2017 in which we put together our plan for the year, Pitches funding and recruiting new members were the hot points

of the night. We attended the Clubs and Socs drive in week 1 of semester 1 a great place to introduce ourselves to incoming students, and students in general, we had

a really successful drive as we generally do with Tag Rugby being attractive as it's a chance to meet new friends for guys and girls to get active, get outdoors and meet new people. Our members find the welcoming

atmosphere great especially for some who have never played any sport before and joined us to try and prevent the freshers stone.

We ran a successful league in first semester, with 4 U.L. Teams made of students and 4 external teams from limerick. At the beginning into our leagues taking our new recruits through the basics in training with the help of the mens Irish tag rugby coach, Shane Landers, who'll be around again this year lending a hand.

We ended the semester with our awards night in the Sports Bar, (Drinks vouchers and finger food included).

Second semester, was a similar format save for the mandatory week off for Charity week.

We are one of the few clubs who stay active all year round, with any students still in limerick or surrounding areas for the summer urged to remain involved, we put together our intervarsity

team which was managed by Shane Landers and Captained by Mark O'Brien, we took part in the summer league in Limerick entering in the highest category and holding our own with a 3rd place finish. We were they only team in the league to beat both first and second place finishers.

Finishing the year we entered our mixed intervarsity team into the regionals competition playing against Dublin Limerick Cork and Galway held up in Dublin in late July. We were competitive and finished well but the blitz style format didn't suit us on the day but we've been invited and are qualified for next year which we are delighted with.

Anyone looking to play Tag this year can contact us through our facebook page (Ask for Ian) which is monitored very often. Just search UL Wolves Tag Rugby. Hope to see you at the C&S drive!



Let's Bounce Into The Semester

BY CLÓDAGH DUNNE, ULTGC PRO

Welcome (back) to UL everybody! I hope you are all refreshed and ready to get involved this semester, maybe even with a spring in your step perhaps?

Let me introduce you to UL Trampoline and Gymnastics Club. It is a club for everyone from novice level to pro elite, for those who wish to compete and those who are there for the laughs and the joy of bouncing. Not only is it a club, but it is a family of tramps who look out for each other - don't worry you'll learn to embrace the word tramp! 2017/2018 has been an extremely busy time for the members of ULTGC as will 2018/2019. On the competition side, we were nominated to host not one, but two competitions during the first semester - the Munster Open and the Intervarsity Trampoline Competition. They both were major successes with great feedback from the other clubs around Ireland. Following this, second semester saw our fellow tramps travel to Scotland, Dublin and Galway for various student trampolining competitions. In total ULTGC brought home 48 medals this past year.

Fear not however, student trampolining competitions are not all about the medals, winning or landing 20 perfect skills, they are built upon having fun and meeting new friends from each club. These weekends are perfect

for a bit of friendly tramp rivalry and to embrace your creative side for the crazy themed nights out after a day of competing. A memorable mention is our 1st place in cheerleading this year during the Irish Student Trampolining competition up in Galway. Yes you read that correctly, cheerleading! Join the team and help us defend our 3 year title with us next year!

Socialising and making friends is a huge aspect of this club which is why we host pub quizzes and UV parties throughout the year. The year also saw the tramps head to the city for ice skating and popping down to Douglas Gymnastics Centre to meet up with some UCC tramps to show off our skills. You might have also seen us during our many outdoor bounces around the UL campus. It's safe to say our semesters are jam packed!

This year we also held our first ever 24hr bounceathon! With at least one person bouncing on a trampoline at all times for the 24hrs, multiple failed attempts at Twister, the most intense game of Monopoly the club ever did see, and €665 raised for Pieta House. It's safe to say it was an incredible 24hrs to spend together. Stay tuned as it will most definitely be hosted again, so why not join in on the fun?

This year we raised enough money which allowed us to

purchase two new trampoline beds, two full sets of springs and a new airtrack to upgrade our equipment. We are also looking to replace one of our old trampolines with an Ultimate Trampoline (a really good one!!) This is vital to continue the high standard in this club and make the trampolines as safe and enjoyable as possible.

ULTGC is currently equipped with 4 Olympic standard trampolines, a Double Mini-Trampoline, and an airtrack. 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. If teaching and helping others is something you are into, why not take the opportunity to become a coach yourself? Every year we send some of our keen members to become GI Coaches and Judges. It's a fantastic opportunity - and looks great on a CV too!

So if this is a club that takes your fancy why not pop down to us or get in contact, training runs Tuesdays and Thursdays from 7pm - 10 pm in the P.E.S.S. Facebook: UL Trampoline and Gymnastic Club. Instagram: ultrampoline. Snapchat: ultrampclub. Email: ultrampolining@gmail.com. Hope to see you all soon! #ULTrampsHahaha

Hat-Trick for UL Ninjas: Rounding up Another Ultimate Semester

UL Ultimate Frisbee Club, UL Ninjas, have won three of the most prestigious tournaments in Ireland this semester.

For the first time since the foundation of the club, UL have taken the title for Outdoor Inter-varsities and Women's Developmental's.

This semester also marked UL Ninjas' fourth consecutive win at Men's Developmental's.

Captain of the Men's team and fourth year UL Student, Ian McAuliffe says: "It has been a goal of mine to win an Inter-varsities with this UL club since my first year almost four years ago. To win is a surreal feeling in itself as it's the club's first ever time in doing so, but to win as the captain makes it even sweeter."

Outdoor Inter-varsities which took place in UCC (University College Cork) saw UL go head to head in a nail-biting final against DCU (Dublin City University).

Despite abysmal weather conditions, UL powered through and brought the Outdoor IV trophy home to Limerick for the first time - along with over a dozen muddy white jerseys.

For majority of the team, this tournament would be their last time wearing the UL colours before they graduate.

Fourth year student, Shane McNamara said: "The last four years have been unreal! UL Ultimate has helped me grow as a person over the years and the friends I've made are friends for life."

Both the UL women's and men's team conquered this year's Developmental Tournament in UCC and Trinity College Dublin. Developmental Tournaments are exclusively beginner tournaments for Ultimate players with under a year's experience.

This is the first year UL women's team have finished first in the tournament, stealing the four-

year title from UCC.

Women's Captain and second year student, Eva Normoyle said: "It [The win] really shows how the female side of club is growing which was my goal for the year. So incredibly proud of my girls and too see how much they have improved!"

Along with three triumphant wins for UL, the club also hosted the Mixed IV Tournament this year in March.

Over ten teams travelled to Limerick to play on behalf of their respected colleges.

DCU had a triumphant win in their final with UL's first team placing third overall.

UL Ultimate Frisbee has come on leaps and bounds this past semester and is home to some of the top players in the country.

Four club members and several UL alumni took to Australia in January to compete on behalf of the Irish team in the World U24 Ultimate Championships.

Many players will go on to represent the local Limerick club, PELT, at this year at the World Ultimate Club Championships (WUCC) in Cincinnati.

The year concluded with an annual awards ceremony where players on both the men's outdoor and ladies' developmental team were awarded personalised medal.

Awards were also given to Most Valuable Player (MVP) and Club Person of the Year which went to our President, Naomi Dowling.

If you want to get involved with UL Ultimate Frisbee next semester, or want to learn more you can check us out on all social media platforms @ ULNinjas.

Be sure to sign up through the UL Wolves website or stop by the recruitment drive next semester if you're interested.



A Bright and Windy Future Ahead

BY CONOR CANTON, KITESURFING CAPTAIN



A Bright and Windy Future Ahead

By Conor Canton, Kitesurfing Captain

This semester has been an active semester from all areas of the UL Windsports club and shows much promise for the club's future. Our year started off with the clubs first kitesurfing/windsurfing

foreign trip in many years to Sal, Cape Verde, a remote group of islands of the coast of western Africa. This beautiful island is home to some of the best winds in the world for kitesurfing and proved to be an excellent training ground for future club members with all members who attended greatly improving their skills

in their desired sporting area. Home to amazing people, world class waves and excellent warm winds we hope this is be a future location for future foreign trips.

Next up we had the sailing intervarsity's in March. This was the first time in many years we attended this event and we achieved 4th in the

bronze category! Well done to all who attended.

Our biggest event of the year was the windsurfing intervarsity which we hosted at the end of march in Castlegregory, Co.Kerry. Unfortunately, the wind conditions were not on our side, yet we still had enough to complete the races. Speeds were slow, but the competition was high as many of Irelands top college windsurfers were present! Overall, we placed second and we are hoping to take back the trophy next year so keep an eye out or even join us and help us make it happen! With races for all levels and beginner lessons on the day we had 20+ first time windsurfers out on the water, competing straight away!

Finally, thanks to much time and devotion of our committee

we now have officially introduced kitesurfing to our club with the purchase of our own kiting quiver! We purchased 3 brand new kite setups enough to facilitate 3 members at one time and have plans to purchase more equipment for members to use and rent! With kitesurfing lessons running constantly throughout the year it is a part of the club which is proving to be very popular and is growing at a fast rate. We even have plans to host the first major kitesurfing intervarsity's next semester so stay posted!

Lastly id like to congratulate once again our very own Fern who one the Jason Hackett award for outstanding club individual! Thanks for all your help, we would be lost without you!

See ye on the water and stay safe!!

Airsoft – The Ultimate Team Experience

BY FRANK KELLY SHACKLETON - PRO

Have you ever played a shooter like Call of Duty or Fortnite and thought "I wonder what it would be like in real life?" Then why not try airsoft? Airsoft is an experience like no other, it recreates the action of a shooter in a safe, exciting way. One of the most common questions about airsoft is - what is it? It is like paintball, but it is also very different from it. In airsoft, you use realistic looking guns that fire BB pellets. This makes the guns more accurate and the smaller pellets make it less painful than being hit by a

paint pellet. We play games like what you find in Call of Duty, such as capture the flag, and games that replicate military situations, such as sieging enemy bases.

Last year proved to be a very enjoyable year for everyone in the society. We went out on several trips across both semesters. Be it local sites in and around Limerick, to sites elsewhere in Ireland, UL was there at some stage during the semester. We even took part in a few overnight trips, and a night game!

One of the highlights from last year was the society's

first intervarsity competition! We competed against teams from colleges across Ireland, including DCU, GMIT and Queens university Belfast. We did UL proud, coming second overall, and everyone involved had a great day.

We also held social nights for our members across both semesters, including a movie night, a table quiz, and a pool tournament. These were all great events, and great craic was had by all who attended. Our team is one that plays hard on the battlefield and at home.

So, why should you join the

society? The sheer act of playing airsoft can prove to be very addictive. The rush of adrenaline when you storm an enemy base. The joy of getting your first hit. The tension when you defend your position, knowing that you are a mere minute from victory if you can hold on. The emotions evoked by playing airsoft are powerful, creating a thrill that few other activities can provoke.

The best thing about airsoft is that it is extremely friendly. Everyone involved is happy to help you get to grips with airsoft and will provide great

support in games. Ultimately, we are a team, and we want to make sure everyone is having the best fun possible. This semester, we aim to grow the society even further. We want to do more trips, more social nights, and we want to grow our member base. Airsoft is one of the most interesting experiences that you can try in UL, and we want to give even more people the chance to experience it. It's something everybody should try, and you won't return from a trip disappointed!

Anime and Manga

Anime and Manga Society did quite a bit during last year. Our first notable activity was a restaurant trip to Kyoto Sushi Restaurant in Limerick city during 1st semester. We booked in advance and had a full course meal in the restaurant. About 20 members went and we had an excellent time. It was so well received that we ended up going again in semester 2. We organized a trip to Dublin

Comic Con-Anime edition in March. We took a bus up to Dublin and spent the day in Croke Park Convention Center. A number of our members cosplayed at the event and it was great to see everyone get into the spirit of the convention. It was an excellent time, and everyone is looking forward to going back next year.

So, what does our society have planned for next year? We're

hoping to continue expanding and offer our members more activities and events. We will be going to more Conventions over the year and will be doing our traditional restaurant trip. Our weekly Anime Screenings and Hangouts will happen as usual as well as other events such as Japanese sweet tasting and cosplay workshops! We have a lot planned so feel free to come and join in the new semester!



SofA so good...

architecture

1. the art or practice of designing and constructing buildings
2. the complex or carefully designed structure of something.

society of architecture at UL
/sə'sʌɪtɪ/ ɒv, (ə)v /ɑ:kɪtɛktʃə/ UL

1. the art of practicing “the sesh” with creatively like-minded students open to the idea of heated debates over pints about whether board-marked concrete is the ultimate material or not.
2. the annual practice of trips within Ireland and Europe; exploring new architectural scenes, discovering exciting night life and of course, testing the capacity limits of a single hostel room.
3. the unique exposure to weekly events including soccer matches, table quizzes, movie nights, lectures, design workshops, photography exhibitions, and more!

4. the ability to connect and collaborate with even more design, arts, and architecture students through our ever growing national network of architecture societies in Cork, Dublin, and Belfast.

5. the complex and carefully organised special events throughout the year. Our annual Halloween costume competition, our very own themed ball/dinner-dance, or the big SofA Cup indoor soccer tournament.

In short, we have a massive year ahead of us at the Society of Architecture this year and we really want to share this experience with as many fresh new faces as possible! It's not a case of needing to be an architecture, arts, or product design student. If you have any interest or curiosity for design and creativity we want you to be a part of one of UL's most improving society's and join us in what is sure to be an educational eye-opener with an extra dosage of irresponsible fun!

The Lord Is My Strength

BY JEMIMA NUGENT- PRESIDENT



Being a university student can be a burdensome privilege for many as the weeks go by. We are happy to be here, excited to learn, yet when exams and social pressures come knocking we question the goal and wonder, is it really worth it? Students need hope, students need support but most of all students need the strength to KEEP GOING! The members of UL's Christian Union are eager to get out and encourage our fellow peers with the Gospel.

Sometimes in life we fail to see the bigger picture. When swallowed by fear and failure we need to take a step back. On a Tuesday night at 8pm,

the Christian Union together explores the many challenges faced in life and how we can find strength through our faith. Last semester we took a topical approach with a broad range of subjects, from new beginnings to mental health. This semester we have topics such as 'coping with loneliness' the 'importance of gratitude' and much more. The Bible is full of promises. When life says you can't, the Bible says "I can do all things through Christ who strengthens me" (Philippians 4:13).

We welcome everyone in our society. We want to build relationships of support and

friendships for the banter! Our tea and coffee stand is back with a swing this year providing a free beverage when the pockets are empty and freshly baked cookies when the mood's running low. Stop by for a chat or even ask us a few questions, go on, put us on the spot!

Keep an eye on our facebook page for details of our events for this semester and get in contact with us by messaging our facebook page <http://www.facebook.com/UIChristianUnion/> or emailing us ulchristianunion@gmail.com.



Having a Laugh

BY KEVIN KENNEDY, TREASURER

Ever watched a comedian and think "I could do that no bother", well now is your chance to actually try it! UL Comedy Society takes great pleasure in welcoming anybody and everybody to join our society. But do we have to offer? Firstly, we hold two types of workshops, one for 'Stand-up' and another for 'Improv'. In Stand-up you

can make material for the workshop and then together we try perfect it and give constructive feedback. This is a great opportunity to build self-esteem and improve your public speaking skills. Also, if you are confident with your material, you will get the opportunity to perform it Live! As for the Improv workshop, we play comedic games to exercise our funny bones.

These workshops are also fantastic inspiration for new comedic bits for you preform. But what else can you expect this coming semester? Besides social nights with the society, we will also be holding several stand-up gigs for members to perform in front an audience. With that, we plan to hold events similar to last semester. One such event is our 'Panel Show'

night. These are pub quiz nights that involve ridiculous questions with two teams made of society members, all in the name of raising money for charity. Even if you don't plan on performing, Com Soc is a great chance to improve your confidence. If you think you're not funny, perfect! That's the last thing you need. Here all about just having a laugh and

helping each other. Not trying to best one another. Hope to see you at our booth at the recruitment drive. For more information contact us at ulcomedysociety@gmail.com or follow us on Facebook, Instagram at UL Comedy Society and Snapchat on at [ULcomedysoc](#).

Introducing UL Crafts Society!!

As far as societies go, the Crafts Society is the newest society at UL and also the only Crafts Society offered by Universities in Ireland. Last semester we organized our events in cooperation with other societies. Together with the Tea Appreciation Society, we decided to "Get Crafter-Tea": On the 21 February, we had a nice evening of tea, cakes and relaxed crafting including Origami and crocheting. We got on so well and it was such a major success, that we had another event together later

in the year, on 14 March, where we got together to design and paint mugs in a nice, relaxing atmosphere with tea, cake and pleasant conversation. Earlier in March, we decided to support our funding by organizing a Bake Sale outside Red Raisins which was really good fun and got all of our members involved in supporting the society. We participated in RestART, a project by U are not alone on March 16 to raise awareness for the importance of self-care for mental health. Our

last event was "Get Shrekt", a screening of Shrek 2 in the Kemmy Business School on April 18. Teaming up with the Odeon Cinema Castletroy and the Student Union, we managed to have a movie night in cinema-like atmosphere.

In general, the main focus of all of our events was to organize a relaxed get-together to make things but also just to talk. Although the other clubs and societies are truly amazing, we thought that the University needed a counterpoint to

the more physically active or "exciting" activities that are offered. Arts and crafts do seem to be a larger part of the leisure activity outlet in other European countries, which might explain the very high proportion of international students at our meetings. Our events were therefore both a "touch of home" for international students and an opportunity to get Irish students involved in a cultural exchange of sorts.

Although certain crafts might not be everybody's thing,

the weekly meetings and other events were a place for chatting, socializing and relaxing and a way of sharing our lives and experiences in college outside of the conventional methods of student socializing, such as over a drink in the Stables. Our activities allowed us to bond and learn about each other in a comfortable and friendly environment.

UL Drama Soc: Taking Centre Stage

BY ROBERT BOURKE, PUBLIC RELATIONS OFFICER

The UL Drama Society is back at it again with not only one, but two productions, our weekly acting workshops, weekly Writers Group meetings, quizzes, and cinema and theatre trips. Following our success from winning the C&S Society Event of the Year with 'The Cock and Plucker', a play written by our very own Productions Officer, Cathal Moore, Drama Society is performing two plays this semester that have been written by UL students. Relax and enjoy 'Hubris', a political comedy directed by veteran director Cathal Moore and written by UL student Callan Quinn. Then, prepare yourselves for 'Scum of the Heavens', an ambitious supernatural drama set in Celtic Ireland, written and directed by our Writers Group Leader Conor Clohessy.

Last year was an extremely successful one for Drama. Our two main productions were written by society members, our Writers group wrote and starred in the Horror Tours, a collection of spooky short stories that were placed in different locations on-campus, and we collaborated with UL Filmmaking, reenacting scenes from the infamous cult classic film known as The Room. Lock-ins are a yearly event - previous years saw pizza, sweets, music, games, and an excessive amount of Mario Kart. Last year saw us

attempt "24-Hour Theatre" in which members wrote and performed short plays. For the first time ever Drama staged an in-house showcase where our members were encouraged to perform a piece of their own choosing featuring everything from Shakespeare to It's Always Sunny in Philadelphia. For the sixth year running we ended the year with our version of an Oscars. The Drama Awards, in which the best and brightest of the year were voted on and selected.

This year we will once again take our exploits abroad, going on an annual London Trip to see the sights of the city 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!

Weekly workshops will cover a wide range of topics including 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! Come along, join in and enjoy the limelight on Wednesdays at 7pm in the Jonathan Swift.

For those more inclined to get involved behind the scenes, we have a sub-committee run by our Arts Officers Paula Cooney and Jack McKeon. You can help out with lighting, set-design, set-building, prop-design, and sound-design, or even just moving a few tables.

There will be an opportunity to get onto the committee with the position First Year Representative. The only qualification to be First Year Rep you need is to be a first year, as the name would

suggest. You don't need to have any experience, and it's a great way to get to know everyone, so if you're enthusiastic and interested in being on Drama Society's committee, put yourself forward!

Lastly, if your interests lie on paper rather than the stage, our Writer's Group meets in the Student's Union every Tuesday at 8pm. Typically, the Writer's Group discusses the pieces written by members, and this isn't restricted to plays or scripts. Any forms of writing, such as short stories, poems or even the odd limerick is welcomed! This semester, our Writer's Group will be ambitiously writing a one-act interactive

play. We also hope to publish a collection of short stories which will be written by you, the students of UL, so watch this space!

UL Drama society is definitely something to keep your eye out for, and whether you prefer to be on stage, backstage or quietly in the corner with a pen in hand, we have something for everyone.

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 and follow us on Facebook, Instagram and Snapchat at [uldramasoc](#).

Come join us at Dance UL

We are calling on all students, incoming and current UL students, to become part of our Dance ULtimate family, it is a great opportunity to leave your hair down every now and then to dance the semester away with us.

We offer a variety of dance classes from Irish dancing and Ballet, to Hip Hop and Contemporary to cater for all different styles of dancing that students would like to partake in. We cater for all levels so if you feel that you have two left feet and don't think you have the moves to dance, or you have danced in the past and wish to upskill, you are looking at the right society who will show beginners and advanced students exciting dance classes that will make you want to keep coming back.

As well as our classes that take place every week, we also send teams to the Dance Intervarsities that are hosted by different Universities around the country once a year. It allows students to become more involved in their dancing and it is a great way, especially in first year, to make great friends within your team. This year we set off to Cork to UCC for two days where we had the chance to perform and watch a variety of styles of dance through the duration of the competition and it was lovely to see how encouraging each University was to one another.

This coming year, the competition will be hosted by DIT in Dublin and we welcome and encourage anyone who wants to participate as part of one of our dance teams to come and join us at auditions which will be held after the recruitment drive. By joining our Inters team, you will not only be representing yourself and showcasing what you can do, but you are also representing UL and your society in a positive way, so don't be afraid to show us what you can do!

Being part of Dance UL is more than just coming to class and learning a fun and unique piece, we believe it's more about being a part of a family where you can just let yourself loose, live in the moment, and make memories, knowing that everyone at Dance UL will help and encourage you throughout your journey here at Dance UL.



Economics and Investment Society – One Year on

After a very successful debut year, the UL Economics and Investment Society hopes to continue building its momentum going into its second year. There is a fantastic calendar of events planned, ranging from guest speakers to trading workshops, all capped off by our annual trip to the

Kilkenny this November. This year's launch night will mark the beginning of the Bank of Ireland Forex Trade-Off Competition, where we will have Bank of Ireland on campus. Following this, career workshops will be offered throughout the year, while guest speakers from

the Central Bank, Deloitte, PWC and Asset Logic amongst others, are due to make an appearance during the coming semester.

For more information, follow our social media accounts and of course, don't forget to call by our stand at the recruitment drive in Week One!

Fan Out and Make friends



What are your Fandoms? If you are a fan of anything at all, then Fan Forum is THE Society for you. At our weekly meetings you will get the chance to meet your fellow fans and discuss whatever you like over pizza. This last semester in spring 2018 our society brought together Harry Potter, Lord of the Rings, Sherlock and Game of Thrones fans. We welcome everyone!

Fan Forum run events to cater to everyone's nerdy tastes!

Besides our regular pizza meetings on Thursday evenings Fan Forum hosts quizzes. For those of you who like Quizzes, we have got you covered. This last semester we hosted a Harry Potter Quiz in

the UL Sports Bar with Harry Potter Fan merchandise to win and good deal of laughing and fun for everyone. We promise to keep this coming.

Fan Forum Society also organizes cinema trips the home of movie lovers. Whenever there is a good film to be seen, us fans meet up and go together. We take advantage of the cinema on our doorstep for Wednesday cinema trips. This gives us the chance to see all the new releases with a group of fellow fans. We also love to go to midnight releases together, getting to see Black Panther and Avengers: Infinity War were on our program was a definite highlight of the semester. If that is your taste why not come along?

Of course we also do weird and nerdy activities that only fans would do. Laser Tag and Go Carting were on the agenda this year. The society also has a history of playing Quidditch. However, we're always open for new nerdy suggestions!

And finally may I introduce: Fred the Wheel (who can also be found on Facebook). The wheel is the symbol of Fan Forum. It's how you can recognize us at the recruitment drive and in Soul-week. Fred the wheel is also present at wheel events. They can be quizzes, games and more.

So if books, films, quizzes... are what you enjoy, then check out Fan Forum!

Be an Active Activist

The UL Feminist Society is a new society founded to raise awareness of and educate in issues related to gender equality. We hold weekly meetings for our members where we discuss a range of intersectional feminist issues, and organise trips and events. We welcome every one of all gender identities to join!

Last year we had one of our busiest years yet! One of our main focus was the Repeal the 8th campaign and in February at the Student Union's annual AGM the students voted

overwhelmingly to allow the SU to campaign for a repeal of the 8th amendment. This was one of the highlights of our society's achievements to date. It meant that the SU supported all its students, through any choice that they may have to make. From there we pushed on to International Women's Day on the 8th of March when we protested for the repeal of the 8th amendment with the UL students on the Living Bridge and hosted a joint event with the UL Law Society. We ran weekly Together for Yes canvassing trainings in conjunction with UL

Students for Choice and Repeal LK for all interested students.

WE also ran bake sales and a Rave and Repeal event before the exams, all of the funds raised went to the Together for Yes national campaign and the Women on Web charity. We had a karaoke night and a few night out collabs with the amazing Out in UL!

This year is another jam packed schedule for us; some of what we have planned is to work with the SU to deliver consent classes to students, tackling

rape culture on campus, awareness of the condition if direct provision in Ireland and Transgender issues in Ireland-

what we can do to be more inclusive and sooooo much more!



Film Brats

BY MICHAEL FINNERTY, PRO

"All the fun of a film degree, without the bad career prospects"

This semester, the Filmmaking Society here in UL are going all Bill Murray in Lost In Translation – we're taking on a serious project in order to gain critical acclaim and respect from our peers!

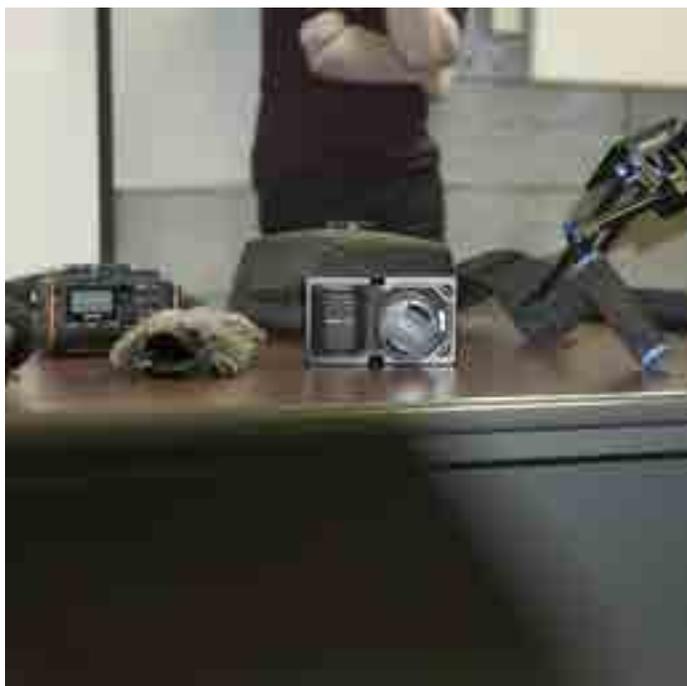
Our main objective this semester is to write, produce, edit, and release a short film by the end of the first 7 weeks. At time of writing, the script is currently in the hands of our crack team of highly trained monkeys, and by the time you are reading this we'll be at the end of pre-production, so we are looking for people behind and in front of the camera to make the story come to life! The upcoming year will be the first full outing for our new workhorse camera, the

Panasonic Lumix G80.

This baby is waterproof, 4K, can shoot anything between 12mm up to 150mm, has an in-built stabiliser to prevent our footage from looking like Paul Greengrass, and works in V-Log, saving us the task of colour grading.

That's not to mention our already existing fleet of lighting rigs, boom mics, sliders, a broadcast quality mic for outdoor shots, and tripods!

If those last two paragraphs didn't sound like an infomercial you'd see at 6 in the morning, and want to engage in lively debate about films at workshops that somehow always ends up in Stables, then the UL Filmmaking Society is the right society for you!



Life's a Game-Grab a Controller

Another year of gaming for all to enjoy! No matter where your interests lie, everyone is welcome to experience the world of gaming and all that it has to offer. You'll be able to take on and experience new and exciting games of all kinds, or maybe you'll have the chance to appreciate some old classics. Either way, 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 Tabletop Games Nights in Main Building EG010 every Monday evening from 6PM onwards are a great way to kick off the week! 2017/18 was a massive year for us as we made great steps in improving our board game collection, and we're proud to have something for everyone! Tired of committing hours into games like Monopoly and looking for something new and refreshing? We've got you sorted! Our popular board games include Dominion, Love Letter and Ticket to Ride, and we have plenty of other excellent board games which you can experience with your friends! We also organize a collective pizza order to ensure nobody gets hungry as the evening goes by! Our Monday meetups also provide the perfect opportunity to meet fellow TCG players and RPG enthusiasts; you can get some games against players both new and experienced in Magic: The Gathering, Hearthstone or Yu-Gi-Oh, or you can meet one of our Dungeon Masters and embark on an unpredictable and chaotic adventure with your friends in



Dungeons & Dragons! We'll also be hosting various events throughout the year including tournaments and sealed events with prize support, so stay tuned if you're in the scene!

Need your dose of video games during the week? That's what our Console Games Day is for, every Wednesday from 12PM to 6PM in the Students' Union, Room 3! With our very own current generation consoles including Playstation 4's and Xbox Ones, it's truly a great way to take it easy in between lectures, whether you're yearning for some co-op action in Call of Duty Zombies, intense edge-of-your-seat combat in Tekken 7, or epic 8-player brawls in Super Smash Bros. You can also arrange to meet up for some practice in your favourite fighting games or take part in some MOBA's including League of Legends at our LAN and FGC Weeklies, held every Thursday in Main Building EG010 from 6PM onwards! Our Friday Lock-In is our premier monthly event, and has proven itself to be a favourite amongst members throughout the society's history! 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, hilarious half-asleep games of Love Letter and adrenaline-fuelled League of Legends matches as the night passes by. We're sure you'll have some of the most memorable moments of the semester here, so come along and experience an all-nighter like no other!

We are also planning our trademark campus-wide Zombies event, which will be happening midway through the semester. Be sure to keep an eye on our social media accounts to find out more as soon as we make an announcement! Our Facebook page Instagram is also regularly updated with photos from our events, so give us a like and a follow; we'll make it worth your while!

We hope to see you throughout the semester!

-Dean Maloney (President)
Facebook: www.tinyurl.com/ULGSoc
Instagram: [ul_g_soc](https://www.instagram.com/ul_g_soc)

Get your heart racing with UL Horse Racing Society

BY MARK BOYLAN, CHAIRMAN

Ireland may struggle to call itself the best in the world at any internationally competitive sport but in horse racing there is little doubting that this country continuously produces sporting superstars - both human and equine.

In the first two years of the UL Horse Racing Society since restarting in September 2016, our members have had the opportunity to meet plenty of those galloping galacticos and 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 tours of trainers' stables, attending Ireland's premier racecourses and 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

has grown in size with each semester and we have enjoyed some terrific times together in recent semesters. In our first year we managed to visit outstanding champion jumps trainer Willie Mullins' Closutton base, Joseph O'Brien's burgeoning Owning Hill operation and the incredible Coolmore/Aidan O'Brien's Ballydoyle.

It was an excellent start to the last academic semester when we were treated to an access all areas tour of Gordon Elliott's impressive Cullentra House Stables, getting a taste for some of the outstanding talent in the County Meath stables before the season really developed.

The Gold Cup and Grand National winning trainer was extremely generous with his time and gave us the opportunity to get up close to the likes of his star performers Samcro, Apple's Jade, Cause Of Causes, Tiger Roll and Shattered Love.

After the morning of watching the horses exercise and learning about Elliott's training methods, we enjoyed

a day of racing at Fairyhouse Racecourse courtesy of Horse Racing Ireland, viewing the racing from a private suite with some warm and tasty food on a chilly afternoon.

One of the highlights of our last academic year was our first trip abroad to visit British Champions Day at Ascot in London, which certainly lived up to expectations.

We enjoyed world class racing in the afternoon at the phenomenal racecourse before a post-racing concert provided by the track with George Ezra and racing the following morning at Kempton Park, home of the King George VI Chase.

Much of our second semester focussed around running a Cheltenham Festival preview night in the Castletroy Park Hotel with the proceeds going to Limerick Suicide Watch, and we were extremely disappointed to have to cancel the event at the last minute due to the 'Beast From The East' making it impossible for our star panel to travel.

However, we were still able to hand over a cheque for

€620 in March to the brilliant charity as the majority of our advance sales chose to not ask for a refund and for the money to go to Limerick Suicide Watch.

As well as running a fun evening in Limerick for our Christmas racing knowledge quiz, we also headed to day one of the Punchestown Festival and had our own private box overlooking the winning post for the afternoon, which was a nice addition after getting soaked on a fantastic guided tour of the Irish National Stud earlier that morning.

This semester promises to be another exciting time for our members and first on the agenda is a trip to Europe's biggest race, the Qatar Prix de l'Arc de Triomphe at the newly redeveloped Paris Longchamp Racecourse in October. This is an outing we have worked on all summer and hopefully it can be a major success.

We will be interlinked with Horse Racing Ireland for the organising of their quarterly

guided tours of leading stables on these shores and we will be racing throughout the year while also holding social evenings on campus. A trip to the Aintree Grand National in April is also in the pipeline and we are hopeful of achieving this.

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 post updates of events our Facebook page (www.facebook.com/ULRacingSociety) and we have a private group for members once you join through the Wolfpack website.

Here's to plenty of enjoyable experiences together over the coming semesters and for more details, we can be contacted at ulhorseracingsoc@gmail.com.



Law Society: the A-Z

The University of Limerick Law Society was established for the social and professional development of students with an interest in a legal career. More importantly however, the Law Society creates a network of students, which removes the inter-year barrier and allows for the sharing of experiences and information.

We host a variety of events, each with a different emphasis. A particular focus is information seminars relating to legal practice and the Law Society of Ireland. We invite speakers from various firms or legal occupations to share their experience in the legal world,

in order to help students realise what area of law they'd like to practice in. Our Company Law Seminar in the second semester of the 2017/18 academic year was a huge success, and it will pave the way for several more conferences of its kind in the future.

We also strive to host events outside of the legal spectrum, such as our International Women's Day Conference, which we hosted in collaboration with the Feminist Society and our Negligence Seminar, in collaboration with the Science and Engineering Society. It's important to play a part in the wider UL community,

and to promote inter-societal conversation.

The Law Society also organizes the Law Ball, which is a huge event in our academic calendar. Law Ball 2018 had the theme of "Candyland", and was a huge success, selling out in a very short time. The main aim of Law Ball is to again create a cohesion within the UL law community, and to celebrate the accomplishments of each individual student throughout the year. It is always a stand out event for the society and is thoroughly enjoyed by staff and students alike.

A large part of the law

curriculum is Mooting and participating in Moot Court. The Law Society has its own Mooting Officer, and has its very own annual sponsored internal moot. We also promote participation in inter-varsity moot competitions and have a long-standing mooting tradition with Cambridge University. In the upcoming year, a team will travel from UL to Cambridge for the annual moot. Mooting workshops are also a large part of what we do as a society, as we feel it's important to provide the tools with which students can build their arguments and confidence in their own public speaking abilities.

This year was monumental for us, as we undertook the massive task of facilitating a foreign trip. Twenty-five students from Law, Law and Accounting and Criminal Justice travelled to The Hague in February 2018. The trip was an overwhelming success, as it presented to us legal practice on an international level. We met with an Irish barrister whom was working in the European Courts of Justice. The trip will become an annual or bi-annual excursion of the Law Society and we look forward to the many years ahead.

The LGBTQ+ Wolves are BACK!

BY CIARA NÍ THORÁIN, SECRETARY OF OUT IN UL

On the back of another brilliant year for our society, Out in UL will return for what we hope will be an equally fantastic semester. 2017/18 saw strong attendance at our major events, such as Alternative Miss UL, our amateur drag competition held on campus, and Queerbash, a night of showcasing and celebrating the city of Limerick's LGBTQ+ community. As always, we advocated and campaigned for UL's LGBTQ+ students, increasing the visibility of our community on campus. We were nominated for awards from both UL C&S and BICS, the national Board of Irish College Societies. All this could not have been achieved without the help of the many individuals and organisations we worked alongside, including UL Student Life, GOSHH and other clubs and societies. However, the most important of our achievements has been continuing to provide a safe and supportive space for all of our members and encouraging their participation in the society and wider LGBTQ+ community.

In the semester ahead, we will continue to hold weekly members' meetings on Monday evenings at 7pm, at which we discuss LGBTQ+ topics in a non-judgemental, informal space. Last semester these meetings covered a

wide range of subjects, from group discussions about mental health and body image to informative meetings on LGBTQ+ activism around the world. Our other weekly event is Queer Hangouts, which takes place on Thursdays from 1-3pm and provides a space where members can chill out with music and games to take a break from the stress of university life. We also hold a number of annual events, the largest of which during the coming semester will be Rainbow Week. This features workshops, talks and social events, with at least one event every afternoon and every evening of the week. It is one of the biggest events of the year for UL's LGBTQ+ community and we hope to make it another massive success this semester.

Our priority as a society is advocating for and supporting our members and LGBTQ+ people on UL's campus. We pride ourselves (get it?) on being an inclusive and welcoming society for all, irrespective of sexuality and gender, and the main purpose behind all of our meetings, workshops and events is to foster a sense of solidarity between the LGBTQ+ community and our allies, while ensuring that people are as well-informed as possible on issues affecting us. Our committee are passionate

about helping LGBTQ+ students so if there's anything at all you need, feel free to get in contact with us! We recognise that not everyone is as comfortable being open about their sexual orientation and gender identity as others, and we do our best to cater to everybody. We have a Befrienders Service which allows anyone who wants to interact with Out in UL but who is too nervous or otherwise unable to make it to a meeting to talk to two of our committee members who

can answer any questions that person may have. Anyone who wants to use this service can email us at outinul@gmail.com and it can be arranged! We hope to meet many of you in the next few weeks, whether it's at the Clubs and Societies Recruitment Drive on Wednesday 12th September. In the meantime, feel free to follow us on Facebook, Twitter, Instagram and Snapchat, all of our social media links are [/OutinUL](#) and from these you can get updates on our society and

what we're up to! You can also check out our website (outinul.ie) which contains blog posts, introductions to our lovely committee and contact links for support services that work with LGBTQ+ people in Limerick and nationwide. In any case, LGBTQ+ students, always remember that this is your campus, your student life, your city as much as those of anyone else, and that you have love and support in UL and Limerick should you need it.



If you don't like tea, then just move Oolong!

After taking a hiatus semester for semester one of the 2017/18, UL Tea Appreciation Society is back in full swing for this coming academic year. This year we plan to be bigger and better than ever, offering two events a week, many trips and hopefully also a trip abroad!

Many of you are probably asking "What exactly is Tea Appreciation Society? What is it that they do?" We do pretty much what the name

suggests, we appreciate tea! In our society we offer people the chance to get together once a week to hangout with friends, drink tea and socialise.

This semester we plan on doing our Mad Hatter's Tea Party again. The Mad Hatter's Tea Party is on every year during SOuL Fest (Usually around Week 7!). This event is aimed at raising money for a selected charity/organisation. In the past we have raised money for Limerick Suicide

Watch and the UL Student Hardship fund.

In Semester 1, we're hoping to start a new annual event, our Father Ted Trip to Craggy Island. This trip would involve a trip to Craggy Island (Co. Clare), and to other locations where the legendary Father Ted show was filmed. For one day, you can live the life of Ted, Jack and Dougal and compete in the Lovely Ladies competition and fight to be top priest in the Golden Cleric

award! And in the traditional Mrs. Doyle way, there'll be tea for everybody.

And last, but certainly not least, we plan to have at least one themed event per month. For example, we usually do an Irish Culture night to educate our international students about the culture, myths and legends of Ireland! Towards Halloween we will also hold what is known as a "Death Cafe" (this sounds scarier than it is!) The idea of the

Death Cafe is to talk openly about Death in a comfortable environment with friends, and when better to do it than halloween! Coming up to Christmas we will have our Tea Soc Christmas Party, and in between now and then we'll try to take everyone to as many different cafes around Limerick as possible, and show you the Tea Scene that Limerick has to offer!

ULFM: Radio by students, For students

BY YASH SANGHVI, PRO.

Another glorious year has come to an end, the Spring semester is over and now we say bye to those brave few who have graduated and have taken their first step into the real world, we would also like to welcome those who have decided to enter this new world of unlimited possibilities. We have had a really great year with us winning Best New/Improved Society in the C&S Awards, His Highness Declan Mills being awarded the Mike Sadlier socs lifetime contribution trophy and a successful AGM that brought lots of new blood to the committee, our annual internal awards, and a wrap episode which would always be emotional. Under normal circumstances, when the University shuts down for the summer so do we usually head home, however, this year like last we decided to continue with limited broadcasting over the summer, as we love our society and our station. We also began laying the groundwork for recording podcasts and working towards improving and bettering this society even further to help it reach newer heights and also to cement a legacy for the future generations. We love our station as though it is our own child and it too requires to be looked after, hence we have made some improvements to the studios in terms of software and hardware and there is still a lot of work to be put into it. We even planned and hosted an intervarsity where various

radio societies from across Ireland descended upon our humble abode for a lot of craic. 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 (P.S. our Vice President is a Law And Accounting Student)! 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, [facebook.com/ULFMradio](https://www.facebook.com/ULFMradio), @UL_FM on Twitter and Ulfmradio on Snapchat



Press Release For UL Young Fine Gael

The 2017/18 academic year saw Young Fine Gael take on 'A New Hope', as branches around the country commemorated the anniversary of its foundation, which shares the same year as the Star Wars movie franchise.

Throughout the year, UL Young Fine Gael organised a variety of events, from table quizzes and political debates, to the extremely successful 'Traffic Light Party' for Jigsaw. The biggest event in the Young Fine Gael schedule, National Conference, took place in Tipperary in early 2018, which saw our very own Daniel Lynch elected to the national executive committee.

We have been very lucky this year to host prominent Fine Gael members such as An Taoiseach Leo Varadkar and Minister Eoghan Murphy, who discussed Project Ireland 2040; and Minister Helen McEntee, who spoke on the importance of the European Union.

As the academic year came to a close, we held our AGM; and Séamas Bulaeir succeeded Kenneth Conlon as Chairperson of our new committee.

With a packed summer ahead of Young Fine Gael, including Summer School and Blue Weekend, we are excited to see what 2018/19 has in store!



UL WiSTEM2D Society: What a year!

UL's WiSTEM2D Society is the first society of its kind in Ireland; which supports the advancement of women in the professional areas of science, technology, engineering, mathematics, manufacture and design. The society was set up last September and organises social and networking events as well as industry site tours in an attempt to bring together the female population of these often male-dominated sectors. It is also a way for students to establish connections and contacts as they make their way into industry and to enjoy the social aspect of being part

of the society at the same time.

Several events were organised for members throughout the year. The year commenced with some social nights - a great way to break the ice for newcomers - including the society's launch, a movie night, a trip to Rollerjam and a fundraising table quiz in collaboration with the Science & Engineering Society. In February, the society held a mystery tour which brought members to Dublin on an overnight trip where they had the chance to bond as a society. This event was the society's highlight of the year

for many members. Activities included a visit to the national Science Gallery, Dublin site seeing and a fun night out to Club M in Temple Bar. Site tours were also held during this semester; offering members the opportunity to get an early introduction to their relevant industry and to make those critical connections between the theory learned in college and its applicability to the corporate world. These consisted of visiting industrial companies such as J&J Vision, Regeneron and Stryker. Members of the society received a valuable insight into the workings of the Irish

Biomedical Industry and the interesting manufacturing process involved in making contact lenses. The site tours organised by WiSTEM2D further benefit the society's members as the students are also availing of networking connections and many students have acquired summer jobs/co-op placements/graduate opportunities as a direct result of these connections. Several other site tours are planned for the future. On the 11th April, a number of society members visited Coláiste Nano Nagle Secondary School in Limerick to promote the

study of STEM2D subjects to their third-year students.

The current WiSTEM2D committee would like to extend a sad farewell to our founders - Jessica Silva, Siobhan Phelan and Kristine Surat - as well as a big thank you to them for all their hard work during the society's first year. They also thank Caitríona McKey, Easa Man, Ellen Healy and Jess Dino who joined the founders as the first committee members and to Jenna Coleman and Kieran O'Sullivan for their contribution to the society.





ulwolves.ie

**CLUBS & SOCIETIES
RECRUITMENT DRIVE**
WED. WEEK 1 - ARENA BUILDING
WEDNESDAY 12TH SEP, UL ARENA
4PM - 7.30PM

