



# JANUARY 2013



## GOOD LUCK LADS!!!

### **Watergrasshill United face Malahide in the U16 National Cup this weekend!**

On Dec 1<sup>st</sup> of last year, Watergrasshill United U16's created club history with a dramatic win in the National Area Cup final over a gallant Leaside team. A fantastic achievement for the team and a historic day for Watergrasshill United as the team progressed out of Cork into the last 32 of the National Cup. This tremendous win was a tribute to the players themselves, their coaches Noel Prendergast, Pat O'Keeffe, Edward "PIPS" O'Connell and Marcus O'Reilly and the support of the wider Wgh Utd coaches and support staff.

Our U16 team, playing in division 1 of the Umbro Cork Schoolboys League is now facing NDSL Premier team Malahide United AFC. All efforts have been made by our club volunteers this weekend to make the pitch and grounds match ready and the team sponsor NB Shipping Ltd has sponsored new sport tops for the players and management team for this special event.

Skehanagh Park in Watergrasshill will most likely be the location this Saturday, Feb 2nd for the national cup game between the Watergrasshill United and Malahide U16 teams. If the bad weather continues during the week we might have to relocate to an all weather pitch. We have secured the pitch opposite the Glanmire Community College as a backup. Please check our website [watergrasshillunited.com](http://watergrasshillunited.com) for up to date news on this.

Join us on this historic day, where our U16 team has the chance to secure a place with the last 16 in the National Cup. C'Mon and support Watergrasshill United this Saturday. See [watergrasshillunited.com](http://watergrasshillunited.com) for directions to our grounds or backup location. Kickoff is at 14:00.



## OUR PROGRESS IN 2013

2013 has come of to a great start, Have a look at ALL the positives so far in January:

1. Commencement of the Boys and Girls Academy Training in the Community Hall and secured the hall for the coming weeks
2. Secured Sponsored sports tops for our Under 16's for their historic National Cup run to date. Special thanks to Niall Browne of NB Shipping Ltd.
3. Secured Sponsored sports tops for our under 14's trip to Blackpool at Easter.
4. Formalities in place for a May or June GALA weekend in cooperation with the Watergrasshill National School Parents Council.
5. Sports First Aid, CPR/AED certified & subsidised course completed by 10 club members
6. Pitch & Facilities tidy up to prepare for Malahide National Cup Match with pitches been sanded and signage installed.
7. 3 Club members completed the FAI Kick Start 1 course and 2 further members signed up for next month's course.
8. Confirmed Watergrasshill Summer camp dates for the first week in July (July 1<sup>st</sup> -5<sup>th</sup>)
9. Confirmed Summer Camp sponsor, Ken Ross Centra Watergrasshill
10. Offered the opportunity to start a Women's Over 30's team to the community
11. Offered the opportunity to enter the FAI's S5 competition ([www.s5.ie](http://www.s5.ie)) to the community
12. Restructuring of our under 12 girl's academy to ensure all girls get equal & fair match time
13. Result of our Christmas sponsored competition, Foto Island Voucher
14. Assisted Glenville GAA in the selling of tickets for the showing of FOR CLUB & COUNTY..THE MAKING OF A SPORTING HERO
15. All the various blitzes that have taken place to date for underage academy boys & girls.
16. Confirmation that Watergrasshill United will have a presence (including a "float") in this years Fermoy St Patrick's Day Parade.
17. Assisted in fundraising for families for the Blackpool trip in the form of sponsorship cards given to participants to enable them to self fund as much as possible.

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OR SIGNUP TO OUR MAILINGLIST  
BY EMAILING US**





## MAY GALA WEEKEND TO LOOK FORWARD TO

On the back of the hugely successful Fashion Show in May 2012, Watergrasshill United and the Watergrasshill National School Parents Association are once again teaming up to run a Gala Weekend in Watergrasshill at the end of May.



Preparation for the event is well underway and we hope to announce the full line-up of events within the next week or two! Please check our website and Newsletters for the latest updates!



## SUMMERCAMP DATE CONFIRMED

The 2013 Watergrasshill United Summer camp date has been confirmed for the first week of July. An action packed week of fun and games will be organized from Monday the 1<sup>st</sup> of July until (and including) Friday the 5<sup>th</sup> of July. Please check our website and Newsletters for more details closer to the date. Have a look at an impression of last years camp on our website or on the following link: <http://watergrasshillunited.com/?p=2154>



We would like to thank **Ken Ross** of Ross's Centra Watergrasshill for his continued support and sponsorship of our Summer Camp.



## FERMOY ST. PATRICKS DAY PARADE.

For the first time in its history, Watergrasshill United is planning to enter this years Fermoy's St Patricks day parade. We are planning to have a "parade float", in the form of a 40Ft tautliner. We are looking for creative ideas on how we can decorate the vehicle to show off our Clubs identity. Feel free to email us your ideas on [watergrasshillunited@gmail.com](mailto:watergrasshillunited@gmail.com) or let us know if you are willing to help with the decoration.



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## CHRISTMAS NEWSLETTER COMPETITION WINNER

Congrats to Jennifer Knaap for correctly answering:

1. What was the first year our annual golf classic was run? **2006**
2. Who is the current shirt sponsor for our Under 16 squad? **NB Shipping Services Limited**
3. What month & year did Watergrasshill United re-launch it's monthly newsletter? **September 2011**  
(Date appears on website home page, top left hand corner)

Thanks again to MSC Mediterranean Shipping Company for sponsoring this prize.



# GIRLS ACADEMY

JANUARY 2013



*A recent group photo of our Under 12 Squad*

Squad pictured: (L-R Front row) Grainne Curtin, Louise Horgan, Elsie Cahill, Jessie Dalton (Capt), Elannah Sheehan, Katie Burke, Mollie Hartnett, Abbie Leahy, Sophie Condon (L-R Back Row) Kay Sheehan, Maggie Darragh, Mollie Scannell, Jess Hoare, Amy Geary, Grace Sharkey, Leanne Loftus, Sarah Doran Good, Jayne Fitzgerald, Kate Sharkey, Saoirse Brady, Naoise Hogan, Emma O Shea.

## **GIRLS ACADEMY – JANUARY 2013 UPDATE**

### **Training:**

Our indoor weekly training re-commenced on Thursday January 10<sup>th</sup> last with the continued great and enthusiastic support from our Under 8's, 10's, and 12 girls. Details on our training schedule can be viewed on our website under our girls section. It's never too late to join our academy, if interested attend our training session or contact us on our girl's academy contact number: 086/4476760. It's great to see a steady increase in numbers attending our under 8 academy section.

### **Blitzes: (Under 10 & 12's)**

It's our intention to continue to participate in the indoor blitzes coordinated by our league, Cork Women's & Schoolgirls Soccer League (CWSSL), in the Sports Village on the Model Farm Road. There are no direct entry costs involved to families for these events & they are certainly worth while from a squad/team building & comradeship point of view and also gets us interacting with other Clubs. With the rules involved in "futsal" events it will also assist with our overall skill levels. We will bring a maximum squad of 10 per event, as games are 6 a side. As per our written notification given to all at training during January, we will rotate our entire girl's academy squad members to ensure everyone gets equal time throughout the season for these worthy competitions.



## **GIRLS LEAGUE: (UNDER 12'S)**

As you are aware the Club entered this season our first competitive under age girls team to compete in a league run by the Cork Women's & Schoolgirls Soccer League (C.W.S.S.L.) This was a huge jump for us as our girls academy has really only taken off over the past 2 years in a very non competitive way but we believe in this decision that it will stand to us in the next 1-2 years as the majority of the squad will still be eligible for this under 12 category. Our numbers attending both home & away games has been truly fantastic & we thank all families for their commitment weekly.

Our league is a 9 a side competition and permits a number of substitutions to be brought on/off at any given time .As you may have witnessed, due to the great attendances at games we have had to rotate our entire team to accommodate every player's participation at some stage, which incidentally has been Club policy since the creation of our underage academy structure back in 2004.We find this unfair to all concerned and as a result will create two squads, which will be rotated from game to game.

The majority of our under 12 squad presently is made up of 8 & 9 year olds who are competing against 10 & 11 year olds in league games which is reflected in our results, nothing we can do here as other clubs have simply been established longer than Watergrasshill United.

**So going forward, effective immediately, we will be sending out text messages to families for certain games ensuring however that ALL girls get fair play/game time throughout the season.**

We hope you understand & appreciate the above as we continue at all times to have the interests of our girl academy members in mind. Of course we welcome any feedback from parents/guardians

Any ladies interested in competing in an over 30's indoor soccer league each Wednesday night, 8pm-9pm, in the Sports Village on the Model Farm Road please contact Paul Sharkey for further details. This is coordinated by the CWSSL, NO COST for entrants.

Continued thanks to Ber, Jackie, Paul & Tony for all their efforts & volunteered time they give up for training, blitzes & games, home & away, weekly.

Thanks to families, taking the time & expense to travel to all events.

We will continue to coordinate car pooling for all away events where necessary so please liaise with Paul in the event you require availing off lifts.

Anyone interested in our Summer Camp please liaise with Paul Sharkey  
Check out our website for February fixtures list.



## Development Pamoja - "Our colleagues in Kenya", by James Hennessy

Development Pamoja is a community based organisation working in the Rift Valley in Kenya. Our main focus is empowering communities to become self-sufficient. Since 2010 we have provided zero interest loans to people in the district of Mogotio, enabling them to start small businesses. In the past two years we have begun to focus on assisting local farmers, particularly subsistence farmers, who only produce enough to survive. In 2012 we started a demonstration farm showing local people how to harvest rain water, as water is an issue in the area. We introduced new farming techniques such as drip irrigation to the area. Our aim is that local people will start to replicate these farming techniques which will increase their own productivity and in turn ensure that local farmers and their families no longer rely on aid. The farm also provides employment for people in the local community.



Apart from providing loans and working with local farmers Development Pamoja also implements social projects. At present we are testing people in the Mogotio district for HIV/AIDS to help prevent the virus from claiming more lives. Within this project we also educate people on how to live with HIV/AIDS and care for people suffering from the illness. We also promote the rights of

those living with HIV/AIDS and show the community at large that people living with HIV/AIDS still contribute positively to society.

With the help of Watergrasshill United we also work closely with a local football team Athinai Football Club. David Okinja and James Hennessy who work with Development Pamoja assist with coaching the senior team. The season in Kenya runs with the calendar. In 2012 we finished fifth in a league of seventeen teams and will be hoping for an improved performance in 2013.

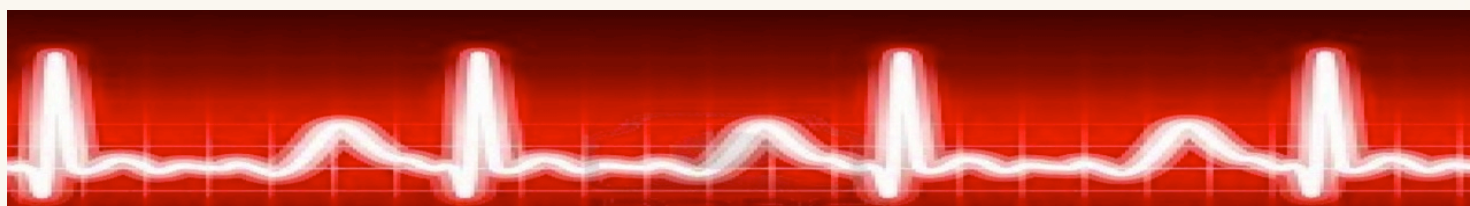


As Development Pamoja we would like to take this opportunity to thank members of Watergrasshill United and the parish of Watergrasshill and Glenville as a whole who have been very supportive of our work to date.

If you would like further information on our work please check out our website [www.developmentpamoja.org](http://www.developmentpamoja.org) - James Hennessy



Thanks to Sponsor Niall Browne / NB Shipping Services Limited for the sponsorship of sports tops for our entire under 16 squad & mentors for their upcoming National Cup game at home to Malahide United next Saturday



Continuing our ethos of providing the best facilities support to all our members and to support the wider Watergrasshill Community, several of our Officers/Coaches completed a 5 hour Level 1 First Aid & Sporting Injuries course in the Arts Centre in Watergrasshill earlier this month. The course was run by the Academy of Emergency Care from CUH and course Instructor Tony O' Brien and Course Assessor John Clifford made it an entertaining and very informative.

Part Two of the course - CPR & AED training - took place last Sunday and this part of the course learned us all how to perform live saving CPR and defibrillator skills. As you all might know we have a defibrillator on site at Skehanagh Park.



Last week the following members of our Club completed CPR and AED training at the Arts Centre in Watergrasshill - Paul Sharkey, Derry Desmond, Frank Cronin, Robert Knaap, Chris Sheehan, Marcus O' Reilly, Tony Carroll, Dave Hogan, Billy Loftus & Dave Doyle.

Many thanks to course instructors Tony O' Brien and John Clifford, and to MSC for the delicious sandwiches.