

Mungret St Pauls Camogie Club Notes
11/03/2024

Limerick Camogie U14s Announced:

We are delighted for Rosa Harrington, Eilis O'Neill and Saoirse Browne who have been selected for the U14 Limerick Camogie development squad for 2024. Also a big well done to all the #MSPCamogie players who took part in the five weeks of hub training! Each and every one of you did us proud.

Best of luck Eilis, Rosa, Saoirse and the entire squad, it will be great to see you in the green and white throughout the year!



Limerick Camogie U17s:

Well done to the 4 #MSPCamogie U17 Limerick players Jayne Casey, Molly Tobin, Sarah Horgan and Clodagh Nestor who headed to Frank McNamara park on Sunday with their teammates to take on hosts Clare.

Unfortunately Clare came away with the win on the day, but only by a few points.



Male Allies at MSPCamogie:

Women can be hugely effective at creating change in sport, but it's fair to say that having men backing our cause will ultimately have the biggest impact. These men are our allies.

A male ally is any man that is willing to advocate and speak up in support of women in sport.

What does it take to be a great ally?

The Tucker Center for Research on Girls and Women in Sport has suggestions:

Be Vocal:

- speak up if you see inequity; celebrate female athletes; create a culture that values and supports women

Educate yourself and others:

- Learn about the barriers girls and women face in sport; Review and question policies and practices; Reflect on and address your own personal bias (conscious and unconscious)

Promote female leadership:

– Mentor, sponsor, champion and hire women; Invite women to apply and communicate opportunities; Use your power to advocate for women

To all the men at #MSPCamogie who are already making a difference for our girls, we see you and we thank you! 🧡

To the others we ask that you use your voice and influence to bring equality for women in sport (and ultimately to society)



International Womens day 2024 at MSPCamogie!

“It takes someone strong, to make someone strong”

Behind & beside every #MSPCamogie player is an amazing Mammy. They are their daughters biggest champions. They empowered them to take the first steps into camogie and are there to support and watch them thrive ever since.

Last week, on international women’s day, we saluted the women who have raised our players. These girls can, because you told them they could.

Keep her lit!



Win a car with Limerick Camogie!

It's important in any sport or organisation to have Ambassadors that can fly the flag in their name.

When we were asked by Limerick Camogie recently to nominate an U12 player that could represent #MSPCamogie at their "Win a car" fundraiser launch, it really was an impossible task to pick just one.

Each & every one of our players exemplify the positives of camogie, champion the sport & are role models to others both on & off the pitch.

A draw was held and who better to be chosen than Dearbhla Walsh!

You may already recognise Dearbhla as the magician who turned Sliotars into Easter Eggs almost 1yr ago on Ballybunion beach as part of our #NoHurleyLeftBehind competition!

But last weekend she represented #MSPCamogie at Cavanaghs of Charleville for the "Win a car" fundraiser launch.

And that she did with great pride!

Dearbhla was warmly welcomed by all the Limerick Camogie stars present on the day, especially Junior Captain Ann Kennedy & Vice Captains Megan Ryan and Valerie Shanahan (shown below in the official photo)

We touched on "opportunities" earlier in the week and this "Win a car" competition will bring just that to not just Limerick Camogie, but also all the clubs across the county.

Tickets for the car draw can be purchased on the link on our facebook page.

Thanks Dearbhla for being an awesome ambassador, player, champion, magician and all round cool kid on the daily.

We see you and we celebrate you!



Women in Sport week:

1. **Liv Cantillon!**

Liv is one of our many U12 camogie players who can be spotted in #MSPCamogie HQ on a very regular basis honing her skills and generally raising the vibe of the entire place!

If you don't have a smile on your face after meeting her, do you even have a heart!?!

Liv loves her club AND county and aspires to play for Limerick Camogie - if she keeps going the way shes going, there will be no stopping her!

Between old friends, new friends and her coaches, there are many reasons as to why she loves the sport so much.

Not only is Liv Camogie mad, but she loves giving back to her community.

She recently decided to host a bake sale along with her younger sister Freya, and friends Sofie and Molly Ryan and they ended up raising a whopping €820 for Limerick Animal Welfare Limerick Animal Welfare. Yes, that's EIGHT HUNDRED AND TWENTY EUROS!!!!

If this isn't a girl to be reckoned with, we don't know what is!

Liv, don't ever let anyone stop you – you are a force to be reckoned with and we are all along for the joyous ride!



2. Millie O'Keefe!

Camogie has the potential to transform the lives of girls for the better BUT the opportunities are not always there for them.

When MSPCamogie was founded back in 2009 the focus from the outset was to promote a strong emphasis on participation, fun and encouraging girls to be active members of the club. This participation, year on year, has indeed brought opportunity but we need to keep harvesting it.

Harvesting it so girls like Millie here can continue to thrive both on and off the field. 🧡

Millie is one of our many fantastic U10 camogie players who, eats, sleeps and lives camogie. Her favourite time of the week is 7pm Friday when she hits the pitch for training with all her pals. Let's continue to celebrate our girls like Millie, she's paving the way for those coming behind and she's giving them a hand up whether she realises it or not.

PS did we mention her #1 fan is her Grandad Jack, who is also her bestie?

As she says herself "MUNGRET ABU"!!!!!!!!!!

Keep in Millie, you are indeed FLYIN!



3: Fiadh Hussey!

Every week is “women in sport” week as far as we are concerned here at #MSPCamogie, but, with the week that was in it last week we shone an even brighter light than usual on the girls. We thought we would tell you a little bit more about the importance and benefits of getting our daughters playing sports, from a young age especially. Like how studies consistently show that playing camogie leads to a healthier mental and physical fitness, a more positive body image, teaches teamwork and that’s only the tip of the iceberg.

We could go on, but then we thought we would have U8 camogie player Fiadh tell you in her own words why she plays, her favourite thing about the sport and how all her family are involved!

Let Fiadh be an inspiration to the girls in your life, encourage them to step outside their comfort zone and pick up that Hurley - we promise you, they won’t look back! Visit our Facebook page to see the video !

Fiadh and all her U8 pals train every Thursday night from 6-7 at #MSPCamogie where they can be found focusing on their fundamental skills as well as discussing what divilment they got up to during the week.

Keep her lit Fiadh, KEEP.HER.LIT

