

U8 Schedule May/June/July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14 May	15	16 Football Training Time 6.30 Venue CCC	17 May	18 May	19 May Hurling Training Time 11.00am Venue CCC	20 May
21 May	22 May	23 May Football Training Time 6.30 Venue CCC	24 May	25 May	26 May Hurling Match Time 11am Venue TBC	27 May Football Training Time 11.30 Venue CCC
28 May	29 May	30 May Hurling Training Time 6.30 Venue CCC	31 May	1 June	2 June Football Training Time 11.00am Venue CCC	3 June
4 June	5 June	6 June Football Training Time 6.30 Venue CCC	7 June	8 June	9 June Football Match Time 11am Venue TBC	10 June Hurling Training Time 11.30 Venue CCC
11 June	12 June	13 June Hurling Training Time 6.30 Venue CCC	14 June	15 June	16 June Hurling Match Time 11am Venue TBC	17 June Football Training Time 11.30 Venue CCC
18 June	19 June	20 June Football Training Time 6.30 Venue CCC	21 June	22 June	23 June Football Match Time 11am Venue TBC	24 June Hurling Training Time 11.30 Venue CCC
25 June	26 June	27 June Football Training Time 6.30 Venue CCC	28 June	29 June	30 June Hurling Training Time 11am Venue CCC	1 July Football Training Time 11.30 Venue CCC
2 July	3 July	4 July	5 July	6 July	7 July Football Training Time 11.00am Venue CCC	8 July Hurling Training Time 11.30am Venue CCC
9 July	10 July	11 July	12 July	13 July	14 July TBC	15 July TBC

CASTLEKNOCK U8 FOOTBALL and HURLING UPDATE MAY 2007



FOOTBALL UPDATE Games have been on going since February and have been a great source of fun and excitement for everyone – players, mentors and parents. We have had great games against St. Peregrines, Donnaghmore, St. Oliver Plunketts, Skerries Harps, St. Brigids, and Na Fianna. Only St. Vincents remain - a game which was cancelled due to First Communions. We look forward to a second round of games against all these clubs.

HURLING UPDATE The hurlers have also had a busy few months with a series of indoor games kicking off the year and moving outdoors in recent weeks. All matches have been extremely tight affairs. Further exciting games can be expected against all the teams in the group - St. Peregrines, Skerries Harps, Na Fianna, Good Counsel, Kilmacud Crokes, Erin's Isle, St. Vincents and Fingallians.

THE 1999 SQUAD

The group of 1999 boys continues to attract the largest number of players in the club. In total we have some 45 players with 36/38 playing football regularly and about 25 playing hurling. It would be great to see more coming along to give hurling a try. We can provide a helmet and hurley initially to get you going.

The numbers playing football provide us with a different challenge. Playing games in a three team group means that 21 (3 x 7) can only be accommodated on the pitch leaving some 15 subs at any time. Our policy is that everybody will play a part in the matches. However, in order to be fair to all players priority will continue to be given to those who attend training on a regular basis.

MATCH DAYS – HELP NEEDED!

Many thanks to all who lend a hand on match days with the various (not so glamorous) jobs. Additional help is always welcome. In particular, on the morning of home games we need help in marking out pitches, setting goals up etc. It would mean arriving about 45 mins before the match.

KEEP UP TO DATE

You can keep up to date with all the latest club news at www.castleknock.net. An article has recently been posted on the site which sets out the case for wearing gum shields while playing contact sports. Parents may be interested in following up on this

CALENDAR

A full training and match calendar until July is set out on the back of the newsletter. Changes to the schedule will be notified by text.

SPONSORSHIP

Many thanks to Stephen Rafferty of Lisney Financial Services for sponsoring the 1999 boys jerseys – they certainly look the part.

SUMMER CAMPS

The club will be running the annual football and hurling summer camps in July and August. The camps were a huge success in previous years and kids have loved them. The Hurling camps are due to be held on the weeks commencing 9 July and 13 August and the Football Camps will be held on weeks commencing 16 July and 20 August.

CLUB LOTTO

Pearse Tolan has been doing great work in increasing the numbers from our group contributing to the club lotto. We urge each family to fill up a direct debit lotto form (available from Pearse). With the development of the club's new home grounds due to start shortly this income will be vital to the success of the club.

If you're not in you can't win!

PRACTICE, PRACTICE, PRACTICE

As the saying goes practice makes perfect – so with the good weather and longer evenings why not take to the outdoors and spend 10 minutes every day practicing football and hurling skills. Following the Go Games Review the bounce and solo are particularly important in football. So here's two suggestions to get you started.

Football – practice your solo – stand in the one spot and count how many times you can solo the ball – if the ball is dropped or goes above your head start counting again – don't forget practice with right and left foot. When this becomes easy start running slowly and solo as you run – take one solo every four steps.

Hurling get out your hurley and a tennis ball and hit the tennis ball against a garden wall or the side of the house. Hit it back and forth on both sides – try to hit it as hard as possible!! Bounce the ball on your hurley 10 times trying to keep it from dropping.

CONTACTS

Feel free to contact any of the 1999 mentors

Football	Bernard O'Keefe	0862455975
	Barry Ryan	0877531108
	Ger McCann	0872933861
Hurling	Liam O'Flannagain	0879970031
	Kevin McCambridge	0863886608
	David Nugent	8216971
Lotto	Pearse Tolan	0862478961