

COLLEGE Since 1860

## Senior rugby tour south africa

7th - 17th July 2023





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## With Best Wishes from





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## thank you

As the Coaches and the boys prepare to go on their exciting never to be forgotten adventure to South Africa, we would just like to acknowledge the parties who have pulled this together.

**Peter Shaw** - our school rugby coordinator has devised an excellent itinerary and liaised with the tour company and parents to ensure that the boys maximized every day on Tour with lots of activities, from rugby, to social and most importantly charitable. We have 59 tourists and great credit to Peter for organising and taking care of every little detail.

Terenure School - our amazing school staff from Breda, Mags, Shauna & Emer in reception/office, who were so accommodating in assisting the charity collection in particular, to Tracy Warren who looked after all the financial aspects. To our ever-supportive principal Philip Wallace & his staff. Fr Eanna & the Carmelite order for their support and guidance. In particular, we would like to call out Sean Skehan, Paul Barr, Colm De Buitlear, Luke Clohessy, Aaron O'Connor, Dr Billy Twomey Jr., Richard McDonald & Gwen McDonnell who have taken their own personal time, we are very grateful for their dedication.

Parents - to all the parents of our tourists,

thank you! We are all aware of the costs and sacrifice involved for every family and we are most appreciative of your support in the fundraising. Whether this was arranging advertisements in this book, turning up, donating prizes, putting teams in the quiz, helping with the clothes collection or generally being so positive in all aspects, we are very thankful. **Fund Raising Committee** – Thank you very much to my fellow committee members who volunteered (or were volunteered!) their time so unselfishly and came up with many creative ideas to offset the cost of the trip. They dedicated many scarce hours to these efforts and always with a positive can-do attitude and raised much-needed funds. The 80/20 rule would apply to the committee, in that **Caroline Kennedy** did at least 80% of all the work involved and this book in particular is great testimony to her drive & determination, and we most appreciate her long hours in pulling everything together.

### Contributors

As mentioned, we got great support from Parents who arranged advertisements (which are part of this book) but we also got support from contributors both personal & business that made donations but did not take out ads. We would like in particular to thank Brendan Timbs, Brian Weber, Hickey Electric, Tom & Joanne Smyth, Spawell House (Kennedy family), Typetec & Urveo for their generosity. We would also like to mention, Cecilia in Terenure College Rugby Club for being so accommodating the evening of the Quiz night and finally to Barry Meade, (CJ Fallon) for his great support in the printing of this publication.

We wish all the Tourists a wonderful tour and we hope that they come back with many happy memories and stories that they will recount for many years!

Aidan Horgan

**Committee Members:** Caroline Kennedy, Podge Kearney, Catherine Curry, Deirdre Gallaher, Colin Durkin, Eimear Wardick, John McNiff, Ray Carter, Damien Daly, Barry Mooney & Aidan Horgan



"Get in position early, run hard, demand the ball"









## tour introduction

### On July 7, 2023, the Senior Rugby squad 2023/2024 will embark on a voyage that we all hope will be a once in a lifetime experience.

They will be tested in the greatest battles schoolboy rugby has to offer on the planet, and as a result, they will forge alliances that will sustain them not only in the embers of a Senior Cup match, but also in their future vocations and personal lives. They will appreciate the culture and variety of experiences that South Africa offers. They will be put to the test in the world's finest adolescent rugby contests.

The boys gain knowledge that they can apply during training, and matches put this knowledge to the test; however, it is the tour that exemplifies what it means to be a rugby player: friends for life, laughter and banter, trying times, opportunities to demonstrate good character, and team infractions and minor misdemeanours that result in enduring team bonding.

WISE WORDS

The support that the parent's group has provided throughout the current season as well as the support that has been provided for the upcoming tour exemplifies the positive energy that has recently surrounded the rugby programme. These tours are a once-in-a-lifetime opportunity for the boys, and the parents are responsible for facilitating the majority of a project of this nature – to the parents of each member of the touring squad, a heartfelt thank you, as you have made this process a success, we are grateful.

We were able to effectively complete our journey through the fundraising efforts that will bring us to the Southern Hemisphere for the first time in 15 years. This was only made possible due to a strong fundraising committee. Despite the brief notice, impending deadlines, raffles, exams, draws, clothing bags, and advertisements, the group rose to the occasion. I appreciate how you made everything feasible, and nothing was ever too much to ask. Thank you to each and every company and individual that donated and sponsored funds towards the tour brochure, your support is greatly appreciated. Caroline Kennedy, who deserves special recognition for compiling the book and, as far as I can tell, is universally

"The more you sweat in training the less you bleed in battle"



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Best of Luck to the Terenure College Senior Squad on their Tour to South Africa

Alchemi Financial Services Lifestyle Financial Planning 17 Upper Baggot Street Dublin 4 Tel: 01-614 4362 Email: stephen@alchemi.ie

### tour introduction by Pete Shaw Cont.

revered by members of the Terenure community for the exceptional work she does, she has our deepest appreciation.

We would like to thank the college, and Philip Wallace in particular, for making it possible for us to prepare for excursions such as this one. Tracy, Shauna, Emer, Breda, and Mags who work as non-teaching staff in the college but are incredible behind the scenes with not only a rugby tour organisation but all rugby activities. They support everything so well in the school and much of their work goes unnoticed, but if you spent a day in the college, you would be blown away by the work they do, so thank you so much for your assistance. On the field, I do not know what the tour will bring for the boys, other than the fact that the games will be extremely physical and incredibly challenging, but the boys will have a lot of support from the

group of individuals who are accompanying them on the trip and serving as touring staff. Thank you so much for everything you will do for the boys during their tour. Gwen, Sean, Paul, Aaron, Richie, Billy, Colm, and Luke.

I sincerely hope that the boys are thrilled and that they are relishing the opportunity to put themselves to the test in such a challenging environment. My sole hope for them is that they recognise how fortunate they are to be able to travel to new locations and spend time with their peers in this manner. If they take this opportunity and commit to it fully in every aspect. I believe that the planned tour to South Africa in 2023 will be a success. Yours in Rugby,

> Peter Shaw Rugby Co-Ordinator

## the coaches | staff

Tour Head Coach: SCT Head Coach: Tour Manager: Asst. Coach: Asst. Coach:

Mr. Paul Barr Mr. Sean Skehan Mr. Peter Shaw Mr. Colm De Buitlear Mr. Luke Clohessy

Athletic Development: Mr. Aaron O'Connor Tour Doctor: Tour Physio: Loaistics & Pastoral Care:



Dr. Billy Twomey Jr. Mr. Richard McDonald

Ms. Gwen McDonnell







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### I would like to begin by thanking everyone involved in making this tour possible.

A tour like this does not just happen, it requires a huge amount of hard work and organisation. Community is very important, here in Terenure College. An example of the community that exists in Terenure College is the great work that has been done by the parents and guardians of the boys. Without their support this tour simply would not happen. The energy, innovation and expertise shown by all those who have worked on behalf of this tour is truly impressive. We are deeply indebted to the members of staff who have spent long hours organising the tour and for giving so willingly of their time. A special thank you from the school to; Pete Shaw and all our coaches, the Fundraising Committee and all the parents and guardians for their commitment and dedication in making this tour possible.

This tour is not just about rugby, it is also an expe-

## principal's message

by Mr Philip Wallace

rience of a lifetime for the players and coaches alike. It is an opportunity to see and experience South Africa, it's people and culture, and these experiences alone, will remain long in our students' memories.

I wish all those who are taking part in the tour well. To the boys we say: the success of the tour will, to a large extent, depend upon you. So enter fully into the tour and savour what is quite a unique opportunity. The leadership and responsibility that you show will be very important. Remember, that in Terenure, the winning of matches may give us a great deal of pleasure but it is how we represent ourselves, our families and the school that truly makes us proud. I know that both on and off the pitch you will do us proud.

Wishing you all the very best on the tour and we will be eagerly following your progress from home.

Kind regards, Philip Wallace, Principal.



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## tour head coach

by Paul Barr

### Schools Rugby in Ireland

In my dual roles as coach of this tour party and also head coach of the Irish schools team I think explaining the part schools rugby plays in the game in Ireland is perhaps best explained by a simple analogy. - Schools rugby is the goose that lays the golden egg for Irish rugby in terms of player development.

There is also great work being done in clubs at underage levels, I have first-hand experience of this and it is especially effective at growing the game in rural areas away from the traditional rugby school strongholds. In short underage rugby in Ireland is thriving.

However, it must be stressed that developing players for professional sport is not the raison d'être for playing rugby in Terenure. The true benefits are friendship, fitness, dealing with adversity, growing personal and collective confidence as well longterm commitment required to achieve a goal. Also pride in the school and humility in the face of our opposition while immersing the players in a deep and abiding sense of community as fostered by our Carmelite tradition in Terenure.

The challenge for our current generation of players and coaches in the college is to regain our traditional position of perennial contenders for the Provincial school's cups - not just to "forge our own tradition" but to "reforge our old traditions"

To this end we are all really looking forward to our tour, to making new friends and to part forge our incoming senior team in the white-hot heat of South African schools rugby.

**Paul Barr** 





"Play for the colour of your Jersey, and everyone will remember what it says on the back"



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## sct head coach by Sean Skehan



It is a massive privilege for me to be part of the wider Terenure College rugby programme's efforts to re-establish touring as part of our offering to our players.

Over the last few years, huge attention and investment has been allocated to ensuring rugby in the college returns to its former glories. Greenshoots of these efforts are starting to become evident, with our perennial performance contention at Junior Cup (three semi-final appearances in the last four years), Senior Plate title last year after a very tightly contested Senior Cup exit to Clongowes over two fixtures by a combined margin of three points and the continued growth of our provincial representation at school's and U19s level. the renaissance of Terenure rugby. The boys will be challenged on and off the pitch in a country with such a rich rugby history. I fundamentally believe that it will be a once in a lifetime experience for our players and having previously visited South Africa myself, I know the exposure of witnessing a totally different culture will have a long lasting impact on all of the touring party.

A huge thank you must go to the school's ma agement for being so supportive of our aspirations, to Pete Shaw and Naomhan Rossiter for their expert guidance and support in getting all of the logistics together in league with our tour operators Edwin Doran Sports. To all the staff going on the tour, rugby, strength and conditioning, medical and pastoral, I sincerely thank you for affording your time and expertise to make this trip possible. Finally, to the parents who have supported this tour so enthusiastically, thank you for trusting us to lead, care for and take your sons on what promises to be a fantastic adventure.

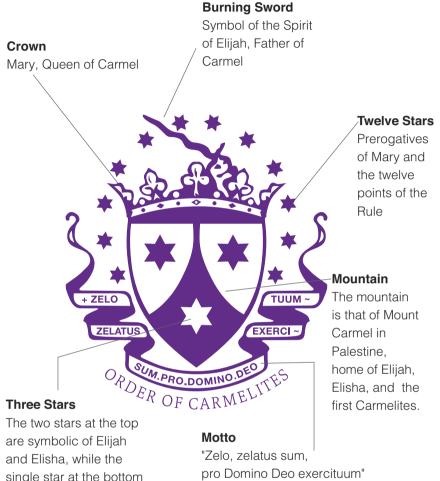
The opportunity for a senior squad of fifty players to tour South Africa is a significant milestone for Sincerely, Sean Skehan





Ofernlanegardenrooms

### origins of terenure college crest



and Elisha, while the single star at the bottom is for Mary, Our Lady of Mount Carmel - Faith, Hope, Charity

"Zelo, zelatus sum," pro Domino Deo exercituum" "With zeal, I am zealous for the Lord God of Hosts" these are the words of Elijah to God on the mountain. (3 Kings 19:14, Douay-Rheims)

TERENURE COLLEGE Since 1860

"Passion first and everything will fall into place.

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## message: past pupils union

by Robbie Dillon

Dear SCT,

I'm writing to you on behalf of the thousands of proud Terenure College Past Pupils who will be thinking of you on your tour.

Boarding that flight, you're not only representing yourselves and your coaches, but the current pupils of the school and all those that have gone before you. You should be immensely proud of yourselves for getting this far.

Myself and the PPU Committee would like to wish you the very best of luck in all your games.

Off the pitch, enjoy the tour itself, South Africa is a wonderful place to visit and I'm sure you'll represent both Terenure and Ireland extremely well.

I have no doubt this tour will give you memories that will last a lifetime.

We all hope the bonds made and the lessons learned on the tour will be one more step on the road to the ultimate prize!

Onwards Terenure, *Robbie Dillon* 





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### TERENURE COLLEGE RUGBY PROGRAMME COMMUNITY



## rugby programme community

Terenure College Rugby Programme Community (TCRPC) was established to support the College's delivery of an exceptional schools rugby programme. Our efforts are focused on the key pillars of the rugby programme -Participation & Enjoyment.

### **Participation**

The significant increase in participation we wish to achieve, with over 60% of students to be actively playing the game, will be primarily generated by providing an exceptional schools rugby programme. The physical benefits to students from participating in an active sport like rugby are proven to lead to happier and healthier students. Enjoyment

There are several important reasons why we want the students taking part in the game. We want them to enjoy their time in the College, create lasting friendships and memories with fellow students, learn important values and ethics and most importantly we want them to have fun. Success on the field will also lead to a more enjoyable experience.

Support provided by TCRPC is focused on promoting the game and awareness of the College's various teams but also providing incremental financial support to the programme; to attract and retain high caliber coaching staff and expertise, strength & conditioning/nutritionist resources plus specialist equipment as required. To date we have had a few generous individual and corporate donors (as listed below), but we want to expand our donor base.

We have recently launched a website **www.tcrpc.ie** which provides further details of our plans and if in an individual capacity or as a corporate you wish to make contact to discuss how you can provide financial support to the programme please **email info@tcrpc.ie.** 

We wish all players and coaching staff a safe, successful and enjoyable tour to South Africa.

Onwards Terenure Colin Keaney (Chairperson)





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 Bellwether Financial Planning wish Terenure College Senior Rugby all the best on your Tour to South Africa!

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### Going on this tour to South Africa is a particularly positive way of setting standards,

objectives, and culture of the 2023/2024 SCT Cup squad and striving for greatness. Personally, for me being in the school as the strength and conditioning coach with-in the rugby program, this will be the first time going away with a group of players that I have coached since they were in first year. The current fifth years started in 3rd year, the TYs started as second years and the present third years started in 1st year, so watching them grow in maturity and develop physically has been a journey already. This tour will grow the boys into young men and will have such a positive effect on their rugby careers and playing ability not only this but getting to experience different places around the world, meeting new and different people, once in a lifetime experience and learning about different cultures is fantastic for them.

When looking at a rugby perspective, it is great that the boys will witness different exposures such as playing fields, food, recovery strategies, training environments and most importantly opposition. Playing South African teams will give the players a first glimpse of international rugby. And will hopefully give them a taste for doing everything

## strength & conditioning

possible to excel in the sport, outside school's level, and advance to the next stage of their playing career, if at a high level provincially, internationally at age grade, at U20's or a club first team level. Hopefully, what the boys learn from playing over there, they can bring this back and put into practice in our friendly games and the upcoming Senior Cup.

In the rugby program, my responsibility is to physically prepare the players for the demands of the sport for different scenarios such as sprinting, jumping, turning, winning collision contests and being able to last 70 minutes at a competitive level. The players must be strong and have a large physical stature while having a tolerance to the game in terms of injury prevention. As rugby has high-intensity and low-intensity intermittent activities such as sprinting and collisions between oppositions during games, it is important to develop the match demands in young players which is beneficial for their sporting performance and success. The physical characteristics of rugby players have been directly linked to the training and playing age of individuals to highlight the importance of enhancing the physical qualities which rein improvements in the physical sults characteristics which relate to the demands of the game. Not only does the S&C program have an emphasis on intensive training and conditioning but the philosophy is to educate and improve their knowledge so they can bring anything they learn into sport and everyday life.

### WISE WORDS

Without motivation, there is no sacrifice, without sacrifice there is no discipline and without discipline, there is no success.





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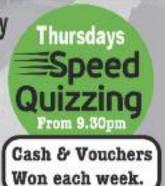
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# itinerary

Friday 7th July Arrive 12:20 Terminal 1 BA837 DUB – LHR 15:20 Departure Arrive LHR at 16:45 BA057 LHR to JNB Depart at 12:25



Sunday 9th July Breakfast at 7am Pro Coach Session at 9am Winnie Mabaso 12.30 Hotel, Evening off (Meal Out) Jersey Presentation



Tuesday 11th July ◀--Breakfast at 8.00 Transfer to Mabula at 9.30 Lunch at Mabula at 13.00 Check in 14.00 Dusk Game Drive 15.30

Dinner at 19.00 V

### Saturday 8th July

Arrive at 9.15 in Johannesburg Coach to HPC

Shakcout Session at 11.30 Transfer to Pretoria at 13.00 Lunch at Loftus Versfeld Stadium SA vs AUS KO 17.05 Transfer to City Lodge Hatfield B&B







Monday 10th July Breakfast at 08.30 Lesedi Village at 11.15 Lunch at Lesedi 13.30

### Fixture 1

W/N DRIVE

Terenure vs Connect Sports Academy KO TBC Hotel evening



### Wednesday 12th July

Dawn Game Drive 5,30 Breakfast at 9,00 Check out 9,45 Fixture 2 KO TBC Transfer to City Lodge

Lynnwood Pretoria B&B

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Terenure College Senior Rugby Tour South Africa 2023

Friday 14th July Breakfast at 08.00 Stellenbosch Academy of Sport at 10.00 Lunch at 12.00 14.00 Training

Dinner at 18.00 at Fat Butcher

Check out at 05.30 Packed Breakfast FA129 JNB to CPT Depart 08.35 Arrive 10.50 Table Mountain 12.00 Lunch at 12.45 (Not incl) Garden Court Nelson Mandela Boulevard 16.30

Thursday 13th July

ABLE MOUNTAIL

---- Saturday 15th July Breakfast at 07.00 Fixture 3 KO TBC Local Game Overnight at Hotel

CHAPMAN'S PEAK





Sunday 16th July

Breakfast at 07.00 Hout Bay 09.00 Chapman's Peak 10.00 Boulder Beach 11.00 Muizenberg Beach 12.00 Lunch 12.15 Ocean Basket Surf lesson 13.30 Hotel 16.45

Monday 17th July Breakfast at 08.00 Transfer 09.15 to Airport FA601 CPT to JNB

Check out 09.00

BAO56 JNB to LHR

BA832 LHR to DUB

Depart at 12.00 Arrive JNB at 14.05 Depart at 19.20 Arrive 05.30 LHR Depart at 06.55 Arrive 08.20 DUB



# meet the squad





### **TOM MULHERN**

### PROP

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "Touch it, catch it" Funniest school memory:

have dinner with:

Boomer Wasps V Leinster 2015 Seeing Enoch Burke while plaving Wilson's. Three people I would like to Messi, Elon Musk & Kanve.

Eben Etzebeth

### **OLIVER McDONNELL**

PROP

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Best advice I have received: "Square on the ball" Funniest school memory: Three people I would like to Eamon Gormely, Kanye, have dinner with:

Brian O' Driscoll Eddie Bohan Taking 12 biscuits at a time in the club. Sausage O'Leary. & Conor McGregor.



### PEARSE KELLY

PROP

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Siya Kolisi Dan Sheehan **Club French Tour** 



SCOTT McALLISTER

PROP

Favourite domestic player: Earliest rugby memory:

Louis Kearney Running off the pitch because was too cold,

Best advice I have received: "Fall on the outside"

## forge your own tradition







### LEO ZELMAN

### HOOKER

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Best advice I have received: "Never say die" Funniest school memory: Three people I would like to Ronnie Coleman, Arnold have dinner with:

Dan Sheehan Ronan Kelleher Plaving in under 10's in the club Achill trip with JCT. Schwarzenegger & Jay Cutter.



### **MARK EGAN**

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Funniest school memory:

Three people I would like to have dinner with:

HOOKER

Dan Sheehan Levi Vaughan Under 6s rugby in Club Best advice I have received: "Fight for what you believe in" Seeing Mr Boomer dancing with a bucket hat on.

> MF DOOM, Mike Tyson, Josh Steward



### **JAMES BRENNAN**

HOOKER

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: Be obsessed! Funniest school memory:

Three people I would like to Tadgh Furlong, have dinner with:

Maro Itoii Dan Sheehan Mr Lynch my D team Coach Earliest rugby memory: Sliding through puddles on back pitches Tadgh Furlong & Tadgh Furlong



### **ADAM COOPER**

PROP

Favourite rugby player: Favourite domestic player: Best advice I have received: "The greatest gift you can

Three people I would like to Kevin Hart, The Rock & have dinner with:

Antoine Dupont Adam Tuite Playing rugby in the snow give to your teamate is tackling"

**Ricky Gervais** 

Terenure College Senior Rugby Tour South Africa 2023



**OLAN STOREY** 

### PROP

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "Fail to prepare, prepare

Tadhg Furlong Adam Tuite Running laps of the 4G to fail"

Funniest school memory:

Any of Boomer's classes



### LOUIS KEARNEY

PROP

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "Never drop the head" Funniest school memory:

Three people I would like to Joe Rogan, have dinner with:

Cian Healy Adam Tuite 1st year, Wesley Blitz Playing football in the rain last day of 3rd year Steven Gerrard, Trump



### **JAMES ARCHBOLD**

### PROP

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "Good players don't

Funniest school memory:

Two people I would like to have dinner with:

Ellis Genge **Campbell Classon** Playing for Mary's RFC drop balls" I haven't scored since second year Gerry Cinnamon & Bob Marley



### LOCHLANN WARDICK

BACK ROW

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "Don't let the wait win" Funniest school memory: have dinner with:

Ardie Savea Peter O' Mahony Playing in the club at U6 Delphi Three people I would like to Kanye West, Lebron James & Liam Gallagher





### **JAKE CARTER**

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Best advice I have received: "Leave your studs

Ardie Savea Josh Van Der Flier Tour to Madrid with the club team in early"



### **EAMON GERAGHTY**

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "Think of that ball as

Funniest school memory: have dinner with:

SECOND ROW Jack Conan Michael Melia Cardiff tour in Jun. School

something you love then say, that's mine" School musical after party Three people I would like to Megan Fox, Garry Ringrose & Harry Styles



### **RAY MEADE**

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Best advice I have received: Why are we walking !!! Funniest school memory: Three people I would like to Paul O'Connell, have dinner with:

Tomas Lavanini Paddy McCarthy Changing from a back to a forward in the Club The stands in the AIL final Madelyn Cline & Theo Von

ROW



### **MICHAEL CANDON**

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Best advice I have received: "Best form of defence

Funniest school memory: Three people I would like to Ronaldo, Gandhi & have dinner with:

SECOND ROW

**Michael Hooper** Paddy Tuite Cacks on a Sunday morning in the club is attack" Bus to Wilson's hospital **Tiger Woods** 

Terenure College Senior Rugby Tour South Africa 2023



JOSH MOONEY

## BACK ROW

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "Leave it all out on the

Cheslin Kolbe Josh Van Der Flier Tour France with the Club pitch" Achill with JCT



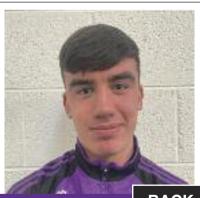
### LUKE McNIFF

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "Try your best" Funniest school memory:

Kolise Josh Van Der Flier Tour France with the Club

Smashing up a pumpkin

Funniest school memory:



### **BEN BLANEY**

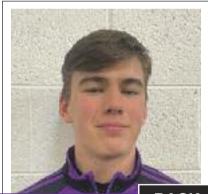
BACK ROW

Favourite rugby player: Favourite domestic player: Best advice I have received: "The harder you train,

Funniest school memory:

Three people I would like to Joey Diaz, Ricky Gervais have dinner with:

Finn Russell Jordan Coghlan the luckier you get" 2nd year online Spanish classes & Micah Richards



### **MICHAEL MURPHY**

BACK ROW

Favourite rugby player: Earliest rugby memory: Best advice I have received: "Stick with it" Funniest school memory: Two people I would like to have dinner with:

Peter O' Mahony U8's in the Club Biarritz Tour 2022 Pat Spillane, Paul O'Connell





### **HUGH WEBER**

BACK ROW

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "Work rate is better

Funniest school memory: Three people I would like to Theo Von, Trump have dinner with:

Paolo Garbisi Hugo Keenan JCT final 2015 then talent" Paris trip & Biden



### **OLLIE O'LEARY**

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Best advice I have received: "Never give up" Funniest school memory: Three people I would like to Andy Farrell, James Ryan have dinner with:

Josh Van Der Flier Conall Boomer Scoring a try against Belvo at Minis Diving board in Munich & Leo Cullen

ROW



### **EVAN McMONAGLE**

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "Touch it catch it" Funniest school memory: Three people I would like to Ludacris, Putin have dinner with:

Siya Kolisi Josh Van Der Flier Heineken cup final 2018 **Biarritz** & Mike Tyson

ROW



### **DAMIAN GIBBONS**

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Best advice I have received: "If you can't go around

Funniest school memory:

Three people I would like to Trump, Elon Musk. have dinner with:

Tadhg Furlong Bundee Aki Ireland V Italy with my Dad in 2012 them, go through them" Scrumming against South African team last year Snoop Doga



**MAX CARTER** 

BACK ROW

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Josh Van Der Flier Harrison Brewer French Tour with the club



### **LORCAN FRIERY**

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "The bigger they are

Funniest school memory: South Africans for doing a back flip on the pitch Three people I would like to have dinner with:

Tadgh Furlong Adam LaGrue Club Madrid Tour the harder they fall" Moggy giving out to the Rov Keane, Paul O'Connell & Michael D

ROW



### LOUIS MORAN

### HALF

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: Basic catch pass skill Funniest school memory:

Three people I would like to have dinner with:

DuPont Fintan Gunne Was too cold so I quit Kearney kicking it in his first ever match Alex Brady, Angelina Jolie & Robert Pigott



### **JAMIE COLEMAN**

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Best advice I have received: "Do the simple things

Funniest school memory: Three people I would like to Ronaldo, Meghan Markle have dinner with:

SCRUM HALF

Hugo Keenan Fintan Gunne Plaving in the 13s tournament in the Club perfect" William's kick V Pres Cork & Paul O'Connell





### **ELLIOT MALLEN**

### SCRUM HALF

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "Hard work beats talent" Three people I would like to Theo Von. Walter White have dinner with:

Faf de Klerk Fintan Gunne Madrid Tour with the Club & Snoop Dog



### ZACH GRADY

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Best advice I have received: "Don't be afraid of failure" Funniest school memory: Three people I would like to Tyson Fury, Danny Cipriani have dinner with:

SCRUM HALF Mack Hanson

**Conall Boomer** First game Ireland V Argentina 2012 Achill trip with JCT & Rov Keane



### **RYAN SMITH**

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "Get the ball or the

Funniest school memory: Two people I would like to have dinner with:

SCRUM HALF

Thomas Ramos Campbell Classon Playing snatch the bacon man never neither" Senior 4's

Theo Von & Bobby Lee



CASPAR GABRIEL LORIN

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Funniest school memory:

Three people I would like to Gareth's Sister, Cacks have dinner with:

**Damian Willemse Caolan Dooley** Won the U10 Austrian Cup Best advice I have received: It can't be always easy you also have to go through tough days I don't go to school that often & Caolan Dooley

HALF



### **GARETH MORGAN**

## OUT HALF

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "There is no such thing as

**Gary Ringrose Caolan Doolev** U9s Galway Tour with Club perfection, you can always aet better

Two people I would like to have dinner with:

My sister and Caspar

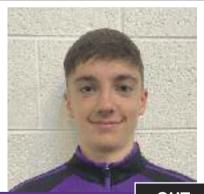


### WILLIAM O'LEARY

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Funniest school memory: Three people I would like have to dinner with:

George North Jimmy O'Brien Getting sent off in my first ever U6 match Best advice I have received: "The past doesn't matter. Take today" Heya Lyncher Ricky Gervais, Ronaldo & Ice Spice



### **HUGH BYRNE**

## OUT HALF

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Best advice I have received: "Leave it all out there" Funniest school memory: Three people I would like to have dinner with:

Finn Russell James Thornton Playing in the hail at U10s & running off the pitch Achill trip Conor McGregor, Theo Von & Roy Keane



### DANIEL MARTIN

### CENTRE

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: "It is hard to fail but it is

Funniest school memory: Three people I would like to have dinner with:

Reiko loane Damian McKenzie Madrid Trip in the Club worse never to have tried" Biarritz Dan Carter, Ronaldo & Klopp





#### CENTRE MICHAEL KENNEDY

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: Square on the ball Funniest school memory: Two people I would like to dinner with:

Gary Ringrose Jordan Coughlan Cork Tour, Under 9's Delphi Joe Rogan, Theo Von Darragh Coyle



### DONNCHADH CULLINAN

CENTRE

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Funniest school memory:

Two people I would like to Have dinner with:

Finn Russell Adam La Grue Leinster V Bath, RDS Any 1st year Woodwork class Margot Robbie & **Kyle Forgeard** 



### MORGAN NUGENT

CENTRE

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: Whakapapa gentlemen Three people I would like to J.Cole, Joe Rogan & have dinner with:

Anthony Watson Adam LaGrue Madrid trip with the Club Frankie Bovle



### **PADDY CURRY**

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Two people I would like to have dinner with:

Kurt-Lee Arendse Adam LaGrue Away trip to Kilkenny 1st year

Michael Jordan & Thierry Henry Terenure College Senior Rugby Tour South Africa 2023



JAMES McCORMACK

## BACK

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Funniest school memory: Three people I would like to have dinner with:

Henry Arundell Jim Kennedv Madrid Tour with the Club Delphi Trip Dave Chappelle, Joev Diaz & Joe Rogan



### LUKE GRIMES

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Lukhanyo Am **Conall Boomer** Madrid Tour with the Club



### **ETHAN BALAMASH**

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Best advice I have received: "Reach for everything

Funniest school memory: Three people I would like to have dinner with:

BACK

Isa Nacewa Adam LaGrue Joining Beckenham **Rugby Club** with two hands not one" Achill Trip Elon Musk, Michael Jordan & Brian O'Driscoll



### JACK COONEY

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Three people I would like to have dinner with:

BACK

Will Jordan Adam LaGrue Going to Galway with Club Best advice I have received: "Stick at it, even if you feel like giving up" Dan Carter, Damian Willemse & Ronan O' Gara







### **SIMON HORGAN**

### BACK THREE

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Beauden Barrett Caolan Doolev Louis Kearney's cross-field kick against Kilkenny in 1st vear

Best advice I have received: An acca a day keeps the

Three people I would like to have dinner with:

doctor away Kanve West, Lavar Ball & Theo Von



### **KILLIAN DALY**

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: T cup (Think clearly

Funniest school memory:

Three people I would like to have dinner with:



James Lowe Adam La Grue Trip to Westport with Club under pressure) Moggy reffing South African game Max Verstappen, James Lowe & Lewis Capaldi



### JAMES LYNAGH

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

CENTRE

Reiko Loane Fintan Gunne Madrid tour with Club





### PETE MOLLOY

Favourite rugby player: Favourite domestic player: Earliest rugby memory:

Funniest school memory:

Three people I would like to have dinner with:

David Pocock **Eoghan Walsh** Cardiff trip in Junior School Best advice I have received: I am who I am because of who I was, I am the sum of my experiences Mr O'Neills English classes in 4th Year Chris Bumstead, Michael McIntyr & Tom Hardy



### **CALUM GALLAHER**

THREE

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Funniest school memory:

Three people I would like to have dinner with:

Damian McKenzie Adam La Grue Clongowes, 1st year blitz Trying to catch a high ball against everyone in 1st vear Jack Brady, Elon Musk & Donald Trump



### **GEOFF O'SULLIVAN**

Favourite rugby player: Favourite domestic player: Earliest rugby memory: Best advice I have received: You miss 100% of the

Funniest school memory: Three people I would like to have dinner with:

BACK

Will Jordan Adam La Grue Ireland V New Zealand '13 shots you don't take Achill with JCT Roy Keane, Beauden Barrett & Usain Bolt







# forever friends



# my 10 years of Rugby in Terenure College

by Matthew Somerville SCT Captain '22 / '23

# I started playing rugby when I was 8 when I joined Terenure's Junior School.

Although I wasn't very good, I can't deny the joy I gained from going out and training every Monday and Wednesday. The school provided me with a fountain of opportunity with many games, various trips away and probably quality coaching for an 8-year-old, however, I don't think at the time I paid much attention to the standard of rugby we were taught. However, one thing I truly remember is being brought to senior cup games. I was in spirit-shocking awe at the Terenure men on the pitch and as a young boy, I had only one dream: to be on that pitch.

As I entered Senior School, I started to be introduced to the competitive side of rugby Terenure offered. I loved every single bit of it. The preparation, attention to detail, intensity and the euphoric feeling of daring to win. I was introduced to various aspects of Strength and Conditioning by the school's well-able coaches and was infatuated with the knowledge and advantage the S&C granted me.

As I rose through the age grades, I was lucky enough to be named Junior Cup captain in 2020. We had a great season and fell short in the Semifinal to Newbridge. We weren't a skillfully gifted team but one trait we had was enduring resilience due to the cohesion of the squad. We had gone on numerous trips throughout the year which I think to be the reason we were able to rely on our strength of character and teamwork to progress through the tournament. Each year I was becoming increasingly closer to my goal of being a Senior Cup player.

WISE WORDS

Thankfully it did not take long for me to achieve my dream of playing in the Senior Cup and I was lucky enough again to be named the Senior Cup Captain in 2023 while still not being very good at rugby but no one seemed to notice. I think representing the school in the senior cup is my greatest honour and the work which is put into it by everyone involved is nothing short of heroic. The hours put in by the squad, the coaches and all the staff to produce the 15 men on the pitch in late January is astonishing while being equally difficult.

One of my fondest memories of school's rugby is the senior trip to Biarritz in the summer of 2022. It was extremely fun while also being extremely beneficial. We received invaluable training and built integral relationships with one another. I think had we not gone to Biarritz, we would not have been able to progress and play the level of rugby we wanted to.

Although I can no longer represent the school, I am extremely excited for the young lads who will now receive the opportunity I once adored. They have an extremely capable squad, and I am looking forward to seeing how they progress next season. I am sure they are all looking forward to their trip to South Africa in July. I have explained how I think last season's trip to Biarritz was imperative to the group's progression. Therefore, it is simple to see how important the trip to SA is. They have a once-in-a-lifetime opportunity to test themselves abroad and gain experience, unlike any other experience in Schoolboy's rugby. I am also sad to miss out on the heaps of fun these lads are going to have and how they build lifelong friendships. I wish them good luck and look forward to seeing how they excel next season.

"Hard work beats talent when talent doesn't work hard"

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# schools cup rugby memories

By Des Thornton

It is perhaps appropriate that Pete Shaw asked me to write a few words about Schools Rugby this week as I prepare to meet my "old" classmates of 1973 at a reunion dinner shortly. Some of them I have not seen or met for 50 years, but I have regular contact with my former JCT & SCT teammates.

Our 1971 JCT lost a final replay to Mary's and our 1973 SCT lost a 1st round replay to High School – who were the eventual winners that year and these

matches are remembered in detail when we do manage to meet up. To me, that sums up Schools Rugby never forgotten! A lot of our schooldays events, incidents, highs & lows are banished

from the memory, or what's left of it? But the rugby journey is vivid in the mind.

Teammates can remember a missed tackle, a great tackle, a swerving run or a lovely floating pass that resulted in a try or a brilliant kick from 50+ years ago. I can remember good compliments made by a teammate or one of the coaches, or indeed a harsh comment also. We all learnt how to play and appreciate how the game should be played and what moves worked and

didn't work. We remember our good abilities and our weaknesses too and indeed the strengths and abilities of our friends and of even the players from other schools.

As someone who was privileged to return to the college as a teacher and coached at every level, I have a huge store of memories from many players and teams. If I started to recount names, matches, cup wins and losses, I would be writing for a week and no doubt omit loads of memories.

# Onward Terenure

When I meet past players they all have memories of their playing days and small incidents, phrases both good and bad but nonetheless, vivid in their minds.

One rule of thumb I would say to any aspiring teacher/coach is that if you can say or do one good thing to one player or pupil every day, you will have done a good job!

Finally, congratulations to our club TCRFC on the greatest season in our history. Winners of the Leinster Senior Cup & League, All – Ireland Cup and League, thank the players, coaches, management, and all involved for the best memory created.

"Champions keep playing until they get it right"





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# the multi-sport athlete

in Ireland & How Do We Approach this in Youth Sport Context

By Pete Shaw

# In Ireland, youth sport is an integral aspect of many lives of adolescents.

Within the context of Terenure, we have studentathletes who participate in sports spanning from 2 to 7 throughout the school year. Approximately 10% of our school population participates in five or more training programs per week. Regarding those who play multiple sports, 32.8% engage in rugby as their primary sport, followed by 18.7% in soccer, 16.7% in hurling, and 14.7% in gaelic football. Individual sports and other team sports make up the remainder. These multi-sport athletes played their primary sport for ten months per year and had less than one month off from organised sports. "Sports clashing" (61%) is the most difficult aspect of multi-sport, whereas fitness (47%) and health (33%) are the greatest reported benefits. 39% cited the ability to focus on one sport and 43% cited the ability to develop in this one sport as benefits of specialising in a single sport, while 12% reported no benefit.

It is wonderful to see so many of our students participating in sports and being physically active in general. However, there is a point where it becomes counterintuitive for the sport they wish to pursue in the long run. A 16- or 17-year-old rugby player, for instance, requires a certain level of physical development to reach the next level that is no longer possible if he participates in a large number of other team sports with a high running and aerobic demand. Similarly, it is challenging for a 16- or 17-year-old soccer player whose longterm objective is to attain elite status in soccer to continue gaining muscle mass and play as a forward in rugby. Therefore, we need to have the support and education in place for our students to get to this point in a safe manner where they can make a decision on their terms. Or that we can control the training variables and training load to minimize injury risk and prevent overtraining syndrome or burnout.

There are available guidelines and information to assist us in organizing our children's participation in sports. Cote identifies three important stages in his Developmental Model of Sports Participation:

**6-12 years** Sampling Years (athletes competing in multiple sports)

**13-15 years** Specialisation Years (decreasing number of sports)

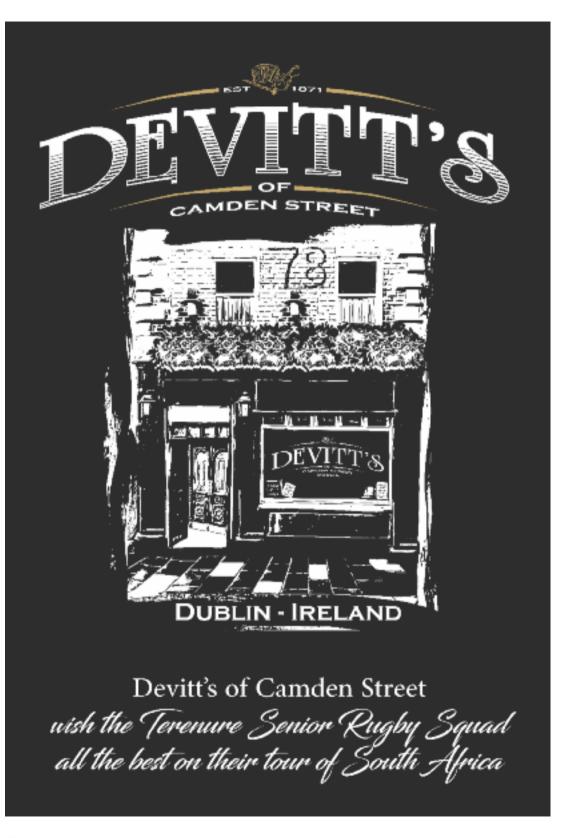
**16+** Investment Years (Focusing on one or two specific sports)

This framework enables our children to develop a broad range of fundamental movement skills through participation in multiple sports. It also exposes them to the diverse socioeconomic backgrounds and cultures of the sports clubs and organisations in which they participate. Depending on their sport, the majority of children aged 13 to 15 participate in competitions such as the Junior Cup, Feile squads, and even development squads or academies. This can be a challenging period for athletes who, in extreme cases, train up to 10 or more times per week.



Do the simple things perfect!





## parental recommendations:

6-12 years Sampling Years	13-15 years Specialising Years	16+ years
Multiple sport enrolment – Get them active	Reducing the sports to the ones they enjoy – not the ones you enjoy	1-3 sports the enjoyment is key here depending on the training requirements
Fun is the key at these ages	Athlete Development Programme with qualified S&C coach can help with the high training loads	Athletic Development input on training load
Games, Games, Games to help them practice their sport. Encourage pick up games, street games, "jumpers for goalposts"	Support them through the schedule clashes – help them understand how to communicate to the coach effectively	Keep an eye on mood around going to training and games etc. Make sure they still enjoy it
Making friends is key to long term engagement (Lots of sports = lots of social opportunities)	Repeatedly ask them about the sports – "how did you get on today, did you enjoy the game/ training, do you feel like you are improving"	Don't push them to make a decision too early. Guide them and support them playing sport!

## coaching recommendations:

6-12 years Sampling Years	13-15 years Specialising Years	16+ years
No queues in training, everyone with a ball where possible. No drills all games!	Still start with free play or discovery type games, or recall of last session focus	Warm ups should be functional and fun. Play games keep it fun.
Fun games where they get to make lots of friends and get I ots of touches on the ball.	Training should be fun and challenging. Use the game to create learning moments	Speak to athletes about training load, challenges. Engage w/ parents on how their child is doing
IDesign the game where they get success and challenge them as they progress. 3v3 & 5v5 as instead of 11v11. Small sided games are key	Challenge improvement individually and as a team. Try promote equal game time	Improvement and effort focus. Don't be afraid to challenge them and encourage higher performance levels
Inclusion of all, learn the names, praise the effort not the outcomes, talk to parents use a smile, give the kids confidence in the game	Positive body language, positive tone. Praise effort and creativity. This is development stage not "win at all costs"	Create a positive environment by giving feedback, allowing players speak their mind, emphasise good communication in games and try foster a sense of belonging with the team

# Girvan Dempsey Q & A

### One of Terenure's finest

Girvan began his career with Terenure College, winning 2 Leinster Schools Cups '92, '93, before making his provincial bow for Leinster in 1996. International recognition followed in 1998, with Girvan making his first impact on the wing. He went on to secure 82 caps for Ireland. Girvan won his first full cap as a replacement against Georgia in November 1998 and scored two tries. He became a first choice player in 2000 and played in all five of Ireland's matches at the 2003 World Cup.

He reached a milestone when winning his 50th cap in the 2004 summer tour's second Test against South Africa, and is currently the joint-fourth most-capped Irish player in history, with nine of his appearances as a winger between 1998 and 2005.

Girvan will probably be most remembered for his try in the left corner at Twickenham in 2004 which

helped Ireland on their way to securing their first Triple Crown since 1985.

### Q & A

## Can you share some of your fondest memories of playing in the school, and in the club?

In school, I used to love playing matches on the first pitch on Saturdays. My parents would always come down to watch, and they enjoyed catching up with Doc Hegarty, Mick Smyth and the other parents.

Mum and Dad were always great supporters and over the years, they travelled to the four corners of the globe to watch me play.

I always remember Sunday morning kicking sessions on the first pitch in the school with Joey Muldowney and Derek Hegarty. Maurice O'Kelly would come down and help us with our goal kicking. Every so often, to add to the pressure, Maurice would put up £5 for the winner of the goal kicking challenge.

1996 was a great year for the club, we won the Leinster championship, Leinster senior cup and promotion to division 1A of the All Ireland league. We had a great team that year coached by the legendary Gerry Murphy.

I used to love Thursday evening training sessions. Wally (Peter Walsh), Kavo (Brendan Kavanagh) and I used to have a drop goal competition after training. Wally wouldn't let us go home until we got one. He used to say "Boshy we won't win on Saturday unless you slot this!".

"What makes something special is not just what you have to gain, but what you feel there is to lose."





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### Girvan Dempsey Q & A Cont.

#### Did you win any cup medals? If so, how many?

Yes, I was lucky to be involved with two very talented teams in 4th and 5th year in school and we won two cups. In 1991/92 we beat Belvedere in the final and in 1992/93 we beat Clongowes in the final.

#### What was your favourite schools match?

My favourite schools cup match was the Leinster senior cup final in Lansdowne Road in 1993 against Clongowes. Joey Muldowney was exceptional that day and we won

8-3.

### Who was the best school player you ever played with in Terenure?

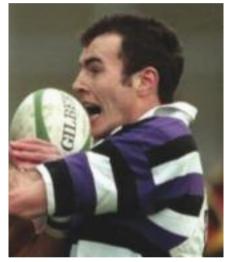
It's hard to say, there were lots of quality players over the years. Joey Muldowney, Mikey Smith, James Blaney, Derek Hegarty, Cillian de Gascun, Brendan Kavanagh,

# What game did you enjoy as a professional player the most?

It has to be Ireland v England in Croke Park in 2007. The whole occasion was very special and we played some excellent rugby that day beating England 43-13.

# Did you always want to continue your rugby career as a coach when you were finished playing?

No. In my last few seasons as a player I really enjoyed mentoring and coaching some of the younger members of the Leinster squad, but I hadn't thought of going into coaching. It wasn't until Michael Chieka and Colin McEntee came and asked me to work with the Academy that I started to consider it.



How was the transition from player to coach?

Challenging. Retiring from being a pro player is tough. You've been part of a team and rugby has been a big part of your life for 15 odd years and then one day it's all over.

Joining the Leinster Academy staff was an ideal introduction into coaching. I started off as a development officer, travelling all around the province working with different schools and clubs. I then began coaching the Leinster U20s and the Leinster A team. This is where I really started to learn

> and develop as a coach, forging my own philosophy and principles on how I saw the game being played. After 4 years as Leinster A team coach, I moved up to work with the Leinster senior team and during this time that I also coached the Emerging Ireland team and toured Japan with the Ireland senior team.

Over the years, I was very fortunate to have worked with and learnt from some exceptional coaches in Joe

Schmidt, Stuart Lancaster, Michael Chieka and Graham Henry. What I love about rugby, is that unlike a lot of other sports, rugby coaches are very open and willing to help, share and discuss the game with other coaches.

#### What game did you enjoy as coach the most?

The European final against Racing 92 in Bilbao. It wasn't a great game of rugby, but the end of the match and the celebrations after were very memorable.

The previous year we had narrowly lost the semifinal to Clermont, so it was really pleasing to win

"Always work hard, never give up, and fight until the end because it's never really over until the whistle blows"



### Girvan Dempsey Q & A Cont.

the trophy after all the hard work that we had put in. It was such a special day as my whole family were over to support.

### What is your best advice to young rugby players?

Enjoy the game. It's really important to have fun. Practice your core skills of catch/pass, tackling, etc. Watch lots of matches and learn from other players and coaches.

It's also important to understand why you do things in training/matches (skills, drills, moves and plays). This will grow your understanding and help you get better quicker. Be inquisitive! Ask Questions! playing and now I really enjoy coaching. I'm very lucky.

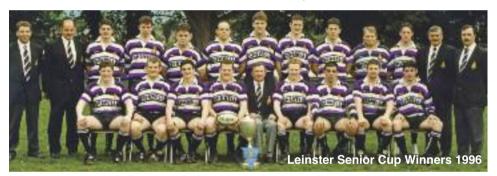
### If you could be a professional sportsperson in any other sport, what would it be?

Golf. I'm a bit of a hack golfer, but I think it'd be pretty cool to be a pro golfer. How good would it be to walk down the 18th on the final Sunday of the Masters in Augusta.

### What did you study in college, and could you ever see yourself in that career now?

I studied Business & Accounting and then went on to study Business Management.

Not really, I love what I do and I think that I'd struggle to transition into a normal 9-5 job, but you can never say never.



Back row [L-R]: Dave McGowan; Des Lamont [Manager]; Cormac Egan; Girvan Dempsey; Byron O'Doherty-Campbell; David Coleman; George James; Peter O'Malley; Ciaran Clarke; John Landers; Joey Muldowney; Frank Crossan; Roger Mullarkey; Front row [L-R]: Ronan Brown; Joe Kenny; Brendan Kavanagh; Peter Bruce [Captain]; Mick McKenna [President]; Niall Hogan; Peter Walsh; Mikey Smith; James Blaney

### What's the best lesson you learned as a player? And as a coach?

As a player – prepare well, but try to relax and not get too worked. You often play a lot better that way. It took me until near the end of my career to figure that one out.

As a coach – on away trips don't eat too much! also, on the training field try to remember you're not a player anymore, even though you might think you can still do it!

### When did you realise rugby could be your profession?

I've never really thought of it as a job, I just loved

### Who's your favourite player in the world?

He's retired now, Conrad Smith (if you're too young to remember him, look him up).

He wasn't a big man, but he was one of the smartest players that I've ever faced. He had an incredible skill set and was a nice guy off the field to boot.

### What's the best competition you ever won? (doesn't have to be rugby)

The 5-a-side soccer competition in Terenure College. I still have the trophy!



"A trophy carries dust. Memories last forever."







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# Rugby Tours build a critical ingredient to any team's success - **Trust**!

# trust

Looking back over 20 years ago when my three brothers and I played schools rugby, we all shared the same view that rugby tours played a central role in any successes we had with our teams due to the bond we built on them. Some of the tours we experienced included the SCT annual tour to Wales, a tour to New Zealand with the SCT,

Argentina with Leinster Schools and an under 19's World Cup.

Trust is a critical ingredient to any team's success and the more you have, the stronger you will be as a team. Rugby tours are a great way to accelerate trust levels amongst a team and are central to building successful teams that would take longer in an everyday training environment. It is difficult to measure trust levels but there are plenty of things you can do to strengthen them.

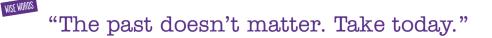
In simple terms, building trust is done by delivering on your commitments or tasks. It is formed both on and off the field. Trust can be built on the field by doing tough fitness sessions together, covering a space in a defensive line, catching a ball or lineout, winning a scrum, getting a kick or making a pass. Trust strengthens as people deliver over and over again on their tasks or commitments. It's the little things right in front of you, done over and over again that build trust in one's competence to deliver on their tasks. Competence is only one element of trust. The other two are more "off the field" elements which are as important, they are sincerity and intimacy.

Being sincere means that you're serious and reliable when it comes to your level of commitment. From experience, it is always more powerful when



an individual offers their commitment rather than having to be asked for it. When it is offered, it is on the player's terms and not enforced on them. Think of a coach having to ask a player, "Can you please come to training" versus a player saying "I want to go training". Which player would you rather have in your squad? On winning teams, sincerity is usually not even questioned amongst a squad, it is just there. You can usually pick a group of people from teams and squads that do not win, where deep down, they were not as sincere about their commitment levels versus that of a winning squad.

Being intimate and involved means you are committed to the future well-being of your teammate. Losing together is a good way to build intimacy levels in a group. Another way can be helping someone when they don't play well or get dropped from the team and just being there for them through the tough times. Really good squads build





# in South Africa from all the DORAS Team

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### trust by Donal Dunlop Cont.

a strong sense of intimacy where there is little difference amongst starting players, star players, subs or wider squad members. In school, you could extend this to the cheerleaders and classmates who also play an important supporting role.

These things are rarely talked about, but we all know and think about them. Having a bit more awareness and openness about these softer aspects of a team can really add value to improving performance and ultimately the chances of success.

In 2001, the SCT beat hot favourites Blackrock 21-19. We were underdogs on paper but amongst the team, we all believed if we stuck together and trusted our gameplan, we could get the job done. In 2003, the SCT beat Mary's with Johnny Sexton and they had a similar bond amongst the team. Both games came down to one kick. Both of these winning teams had very high levels of trust built amongst their groups which played a key role to their success.

These teams had mini-leaders across the squad, one player in charge (or a captain) of the front row, one in charge of the row and so on, to one in charge of back three. Within those mini-groups, each of the individuals took responsibility for dif-



ferent aspects of their duties. All took separate responsibility for their area of the game, and we all shared responsibility for the overall performance of the team.

If the lineouts weren't operating effectively, the second rows would take responsibility, study why and build a plan to resolve. As part of that, they might ask the front rows to do an extra lineout session to improve the quality and vice versa, the front rows might ask the second rows to do 20 minutes additional time on scrums when they were not up to the right level. This type of responsibility ran



WISE WORDS

One day this pain will make sense to you. Love Rugby!





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#### Philip Lee

Connaught House, One Burlington Road, Dublin 4 T: + 353 1 237 3700 www.ghiliplec.ie right through the team. It was both individual and collective responsibility. All of this additional work resulted in incremental improvements week in and week out across the squad and made life much easier for the coaches as players took on the responsibility and ownership of performance.

We relied on the coaches to provide us with the right toolkits and game plan to win the games, the S&C team to make sure we were in the right shape and my old man who would help get us mentally right and keep us levelheaded during moments of turmoil or excitement. They put trust in us to deliver on performance. Our game plan started not when we arrived on the pitch but right at the moment we knew who we were playing next. Sounds a bit cliché but that's how it was and as the saying goes "every battle is won before it starts". We had to build the trust levels which made us believe we were going to win every match before it was played.

In the 2001 cup, we played Clongowes in the Quarters and the coach, Des Thornton noticed they were not being penalised for 80% of the penalties they were giving away. He came up with a cunning plan to get all black Terenure jerseys with a thin white and purple line so the referee could not distinguish between the two similar jersey colours. I think they still exist today! We warmed up in the striped jerseys and they were

### trust by Donal Dunlop Cont.

shocked when we turned up on the pitch with black jerseys. We caught them off guard and had the game won before it started, as underdogs and they gave away a lot of penalties!

When we reached the final, I got badly injured as captain in the first 5 minutes. The team gathered around and all the leaders stood up over and above what was expected of them at the most critical time. Not much had to be said at this point, we all knew what had to be done. We believed we were competent in winning, and there were strong levels of sincerity and intimacy when we looked into each other's eyes that we could get it over the line.

Margins are small in cup rugby and building strong levels of trust amongst a squad is something worth a lot of paying attention to.

Finally, the most important thing is that you enjoy your time together as friends and teammates. These memories last a lifetime and provide great life lessons. The last thing I used to say to every team before we went on the pitch was to "Enjoy it". If you don't enjoy it as a team, something needs to change.

Enjoy your tour and future campaigns.

Best, Donal

#### WISE WORDS

Make it count "Rugby scaring the normals since 1823"



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# **Terenure College**



# Best of luck to all the lads & coaches on their tour to South Africa

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SPEAKEASY



### Some feelings are hard to put into words so I set out to paint them.

I was asked by Caroline Kennedy O'Leary from "I Love Terenure 2030" a community committee, to submit a piece of art for Dublin Canvas, a public art project. The subject was Terenure.

So how do I portray Terenure on an electricity box

82cm x 132cm? I wanted to convey the sense of pride that comes from belonging to this great community in which I grew up so I drew from my own personal experience.

I thought of that feeling you get when you're en route to a school's cup match. Everyone is moving in one direction and you can feel the excitement and anticipation in the There's friendly rivalry air. and respect for the other team but for you, there's only one. Then you spot the jersey, hanging out a car window or worn by the supporters. The pride and passion well up. That is the feeling I wanted to capture and paint.

But it's a feeling that goes beyond the pitch.

I happened to have been born into it. My father, Shay Connolly, played on the team that brought the senior cup to Terenure College in 1952. He later captained for TCRFC and was a Past President, all the while being involved in schoolboy coaching. Of course, I married a 'Nure man, Paul 'Murph' Murphy, who mirrored my Dad in the training and coaching. But it wasn't until I had sons that I truly got it. They both attended Terenure College. The teaching, guidance, mentoring, support and coaching they received during their time here, from Carmelites and teachers alike, was extraordinary. I chose the word 'Strive' as a title for my piece because the school encouraged them to strive in

> everything they did in both sporting and academic endeavours alike. I wasn't looking forward to them leaving, but of course, you never really leave The Nure.

> I marvelled at the friendships formed, friendships that span continents and decades, born in the school grounds and pitches that endure right up until it's time to say goodbye. This piece of art also honours our history and those that are gone but still very much belong.

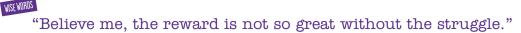
> So that's my experience, thankfully a positive one. It is uniquely personal to me yet since painting it I realise it's one shared by many. It is the

inspiration behind my piece. I took a chance and an artistic license to paint the passion, pride and sense of belonging I associate with being part of this great community.

I am so grateful and overwhelmed that it has been received so well, the pleasure was all mine!

Thank you for the memories!

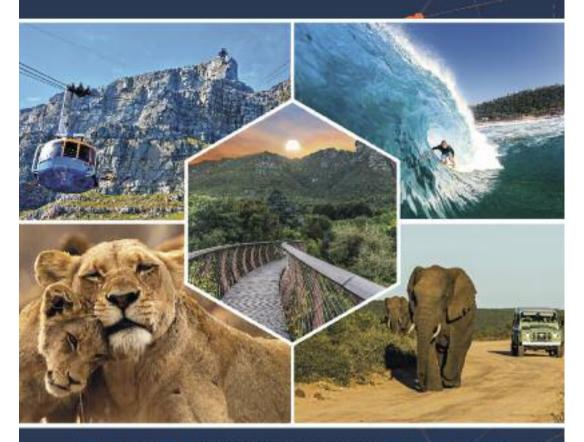
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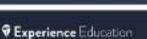


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It is an honour and a privilege to be asked to write an article for the Terenure College Senior Cup Squad South African Tour Programme.

# african memories

by Nial Hogan

Overseas tours are always a great experience but to tour South Africa is very special. The tour will be a wonderful opportunity to test yourselves against your peers in the home of the world-champion Springboks!

My experience of touring with Terenure College began with the first U.12 trip to Cardiff in 1983 and subsequently SCT tours to London (1987-89). All of these trips were important for my development as a rugby player. However, my first major overseas tour was to southern Africa on the Leinster Schools' Tour to Zimbabwe in 1989. What a fantastic trip for a seventeen-year-old to a magnificent country albeit with their fair share of poverty and political upheaval. We were given such a warm reception by all of our hosts with Leinster players staying in pairs in local houses throughout our travels. We visited the capital Harare, and the cities of Bulawayo and Gweru I will never forget the day we travelled to the Zambezi River to see the enormous and breathtaking Victoria Falls. On the rugby pitch we had 100% success with matches against the provinces of Matabeleland and Mashonaland, and then test matches against Zimbabwe Schools' and Zimbabwe U.19s.

My next adventure to this remarkable part of the world came in 1993 on an Ireland Development Tour. On this occasion, we stayed in hotels and played two matches in Zimbabwe against their national team and Zimbabwe 'A', two matches in Windhoek against Namibia and Namibia 'A', fol-



"The harder you train, the luckier you get"





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lowed by three matches against development teams in South Africa. We won six out of seven matches on what was the most enjoyable tour. We genuinely learned and developed as players in the international arena but we also forged strong friendships with the emphasis on team bonding and maturing as young rugby players. As with the 1989 tour and indeed all tours, there was always free time to relax and explore the host countries. An African tour is usually not complete without a safari exploring the vast lands that are so different to our own green fields in Ireland. The highlight is often those magical moments alongside the local wildlife, and with luck, getting up close to the lions and elephants... but not too close!!!

One of the highlights of my rugby career was being selected for Ireland for the Rugby World Cup in South Africa in 1995. Even though this was before each of the current Terenure SCT squad was born, you may have seen images of the victorious South African captain Francois Pienaar lifting the Webb Ellis Trophy in the presence of South African president Nelson Mandela. This was truly a historic event that has since been chronicled in the movie 'Invictus' starring Matt Damon. Our Irish team came up against New Zealand and the mighty Jonah Lomu in our opening match in Ellis Park, Johannesburg. In spite of losing that first group game, we overcame a spirited Japan in Bloemfontein in our second match, leaving a second place guarter-final gualification decider between Wales and ourselves. We won 24-23 but should have progressed more comfortably than the scoreline suggested. We ran out of steam in the quarter-final in King's Park in Durban, losing 36-12 to France. Our world cup was over, as was my rugby adventure in South Africa. A very special memory for my family and I during RWC 1995 was a unique ceremony in Johannesburg where I was awarded my medical degree from the RCSI. I had recently qualified, having sat my final exams

"The more you sweat in training the less you bleed in battle"



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### african memories by Niall Hogan Cont.



in the weeks leading up to the world cup but was 'forced' to miss my graduation in Dublin while playing in South Africa!

I would like to take this opportunity to wish this current generation of Terenure rugby players every success on their upcoming tour to South Africa. It is an experience you will never forget. It is also an opportunity to hone your skills and to form an unbreakable bond with your teammates that will serve you well in the coming season and the years ahead. While on tour, always remember that you are ambassadors for yourselves, your families, your school and your country. Have a wonderful trip and enjoy every minute. Terenure RFC 1st XV has recently shown what can be achieved with skill, dedication, teamwork, and hard work by becoming 2023 All-Ireland champions. This current SCT squad can take inspiration from the club's success and can hopefully emulate that achievement by bringing home a long-awaited Leinster Schools' Senior Cup to the College. Up the 'Nure!

Niall Hogan



"The more you sweat in training the less you bleed in battle"

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# **my olympic journey** By Billy Dardis

4.4

### Billy Dardis attended Terenure College winning the Junior Cup in 2010

Billy is a graduate from the Leinster Rugby Academy having played in the Academy for three years after leaving school. During this period, Billy represented the Leinster 'A' team on numerous occasions, represented Leinster Rugby to the highest of standards and experienced an elite environment.

I still pinch myself and re-watch the videos to remind myself that I captained the first ever Irish Rugby team to the Olympics in Tokyo 2020. Leading the team to Olympic qualification in Monaco on the 20th of June 2021, was an incredibly special day and one of the proudest moments of my career so far. That journey from the bottom of Europe to the Olympics was a roller-coaster of highs and lows, but the good and bad days made the success of qualification so sweet.

The 2020/21 season was challenging and considering the international nature of the Sevens World Series, a significant halt was put on the sevens rugby calendar as all events were eventually cancelled. The provincial academies provided some much-needed competition during the season, coming to the high-performance centre in Blanchardstown to beat us up over 3 weekends in November and again over 2 weekends in April. We then travelled to St. Georges Park in May to take part in a week-long training tournament against Team GB and USA before we welcomed Team GB to Blanchardstown for a weekend of matches at the start of June, our final preparation before the big dance in Monaco.



First up, we had Zimbabwe, Mexico, Tonga, and Samoa in our group. Our opening 3 games were relatively comfortable, we were then tested against Samoa before a clinical and ruthless performance in the semi-final against Hong Kong. We didn't have to wait long before building ourselves up for the final against the favourites,

France - the biggest game of our lives. We were very nervous, and the dressing room beforehand was something that I'll remember forever - 12 best mates standing around in a circle, determined to go to war together, make history for Irish Rugby and Irish Sport, and make the Olympic dream a reality.

We got the first try before France managed to get two before half-time, defending for our lives in the build-up to their first, holding them out for nearly 4 minutes (a painfully long time in 7's). We then reaped the rewards in the second half with 2 breakaway tries before the try that sealed it.

The French were chasing the game and threw a quick lineout on their line. I'll never forget Ian Fitz-



"Winners never quit and quitters never win."



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#### my olympic journey by Billy Dardis Cont.

patrick launching himself at the French player catching the quick lineout, showing absolute desperation and disregard for his own body. The French player bounced off him and ran into 3 of us and we've never pushed so hard to get him over their own try line. Penalty! arm around the neck... they go quick and move it into the middle of the pitch before a loose offload bobbled into my path along their 22m. I picked it up and could see the line, but a French player was closing. I stepped inside him before offloading to Harry Mcletic and talented sports people on the planet, from over 200 countries, and it was just incredible. We were in apartments of 6 which made for a lot of fun, sandwiched between the Swedes and the Finish, and right next to the infamous dining hall a 24-hour buffet providing every food you could think of and constantly buzzing. It was a place where you could sit and people watch for hours, guessing which sport each athlete was and keeping an eye out for big names. One minute you could be queuing behind Novak Djokovic and the



Nulty. It was at that moment, on my knees, with my hands in the air, watching from directly behind as Harry galloped over the try line that it hit me – we did it, it was done, we'd beaten France and qualified for the Olympics! It was just pure joy and elation. I managed to thank everyone, including the milkman, in an interview afterwards and the celebrations that night were brilliant.

The next 3 weeks were a whirlwind. Everything was happening so fast and before we knew it, we were part of Team Ireland and on the plane to Tokyo. The Olympic Village, this city within a city in Tokyo, was home to over 11,000 of the most ath-

next you could be sitting opposite Simone Biles. Our performances in the tournament were well below the standard we expect of ourselves which was disappointing. We had the challenge of South Africa, USA, and Kenya in our pool, and although we created chances for ourselves and nearly managed to scrape into a quarter final, everyone was making uncharacteristic errors and we didn't produce the polished performance that we have become so accustomed to

South Africa did their homework on us and attacked us in parts of our game that we weren't expecting, not the start we had hoped for. We then had a chance to redeem ourselves against USA



#### "To be prepared is half the Victory"



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but lacked the physicality and speed to match their firepower. Despite our poor performances in those opening two games, we still had a chance to qualify for a quarter final if we beat Kenya by 7 points, an achievable feat in our eyes. We started the game really encouragingly but couldn't finish anything. Again, uncharacteristic mistakes saw them score a try at the death to close the gap, leaving a final score line of 12-7. 2 points away from an Olympic quarterfinal against New Zealand... a bitter pill to swallow.

Despite our disappointing performance, it was an incredible experience and one of the most exciting and wonderful events to be a part of. I am incredibly proud of all the players and staff that created history that day in Monaco and went on to represent Irish Rugby at its first Olympic Games in Tokyo. We all became Olympians on the 26th of

### my olympic journey by Billy Dardis Cont.

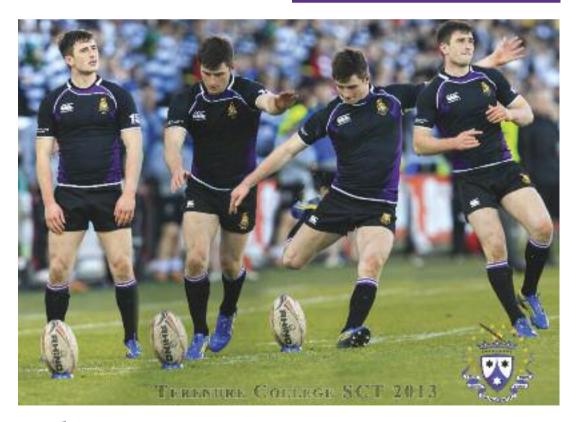
July 2021, and that's something we have for the rest of our lives. The whole experience has only motivated me further to want a medal at Paris in 2024!

If there's one thing to take from my Olympic experience, it's that you should dream of doing something special and enjoy fighting for your lives with your best mates doing it!

I look forward to hearing how your tour goes and I wish you every success in the up coming season. Wishing the SCT squad the very best of luck!

Billy Dardis Ireland 7's Capitan

Just as we were going to print Ireland qualified for the Paris **Olympics 2024** ..... Congratulations! *We wish Billy and the Irish team the very best of luck.*"





"Overpower. Overtake. Overcome."





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# 4 brothers

By Ellen O'Malley Dunlop

### A Mother's Perspective

#### JP, Donal, Alex and Stuz

I didn't grow up in Dublin and I didn't go to school in Dublin. So Schools' Rugby was a total unknown world to me. My father Donal was the hooker for the local rugby team in Rathdowney which reached the final of the Town's Cup in his day. But apart from going to his matches as a child of which I have a very scant memory, and going to the odd International in Lawnsdowne Road, my knowledge of rugby was pretty poor. While my husband Sandy didn't grow up in Dublin either, he was his school's Rugby Captain and unlike me he knew a lot about rugby.

So picture this; I arrived in Donnybrook in 1986 for the first match in the Leinster School's Junior Rugby Tournament to watch our eldest son JP play for his school Terenure College. He was the

kicker. The first thing that struck me as I entered the grounds was the noise; the singing, the shouting and the drums. The atmosphere was electric and full of excitement and expectation. The match began and before I knew it JP went over the line for the first score which elicited ever more shouting and cheering from the crowd. And then..... the silence.... as he prepared to take the kick. My heart nearly stopped at that moment and for the next 27 years as we approached both Donnybrook and the Aviva, to watch JP's brothers Donal, Alex and Stuart lead their school teams onto the pitches, I'm very happy to have survived!

The highs, the lows, the wins, the losses but above all else the lessons learned, the pleasure, and the friendships that have grown over the years have been immense.



JP's year did not win the final but they beat Blackrock in an earlier round and I think for them at that time, that was the final. Apart from Alex and Stuart neither JP nor Donal played rugby until they went to Terenure College. I think it was good for all four lads to play other games and now as adults they continue to play sports and they also encourage our seven granddaughters to play all sports. I met our four year old grandson recently as he came back from his rugby training, proudly sporting his purple, white and black jersey.

Sandy got very involved with helping the various teams over the years particularly when they were preparing for matches. His own background had been in sports psychology when it was very much in its infancy. He brought that knowledge to very receptive coaches, Des Thornton and Padraig



"If you can't outplay them, outwork them."



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### 4 brothers by Ellen O'Malley Dunlop

Forde during those magical days of winning cups, in the late 1990s with the Blaney Brothers and the early 2000s with Donal, Alex and David Cazabon. The commitment and expertise of the coaches with Gerry Murphy and a whole host of backroom supporters including Physiotherapist Maeve Harrington and Dr. Billy Twomey, was amazing and created a wonderful atmosphere. But it was not only those immediately involved with the teams but the whole of Terenure that created the magic, the feeling of belonging and community.

When it came to the finals, I remember the lads getting letters from former school boys, now men in their 50s,60s and 70s reminiscing on their experiences and encouraging the teams to give of their best and wishing them every good luck. There were also little gems of wisdom shared like: all you can give is your best and if lady luck pays you a visit on the day wonderful but if she doesn't it will not be the end of the world. Afterall it is only a game. There were other letters that came when they lost matches and they were full of praise and generosity and very welcome. One in particular stands out. JP missed a kick by what seemed like only six inches for Terenure to go into the next round; the letter was from former Irish Rugby International Mick Quinn. He praised JP's overall talent as a player and told him never to lose heart, especially in times of adversity.

JP's team did not win the cup but Donal and Alex's teams did win the Leinster Schools' Cup in 2001 and 2003. There was one very precious moment in the Aviva that I will never forget; it was when nearing the end of the match and not long before the final whistle against Blackrock in 2001, Alex, who was a sub, ran onto the pitch and both brothers gave each other a high five ending in a 21-19 winning score for Terenure.

Stuart went on to Captain the school team in 2005 but his was a team of great friendship and lads who were more interested in making music. They lost in the first round to St. Gerard's who had never won a match in the tournament but for them beating Terenure was like winning the cup. I have told those guys, all of whom I still have contact, the following story: I congratulated the mother of St Gerard's Captain and sometime later I met her at an event. I was CEO of the Dublin Rape Crisis Centre (DRCC) at the time. She said she was so im-



"I'd rather regret the risks that didn't work out than the chances I didn't take at all."



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pressed by the Terenure boys that day at how gracious they were in defeat that she would like to support the DRCC. To make a very long story short, she did and her support enabled the charity to buy the building on Leeson Street they were renting which gave much-needed stability to the organisation that still continues today to support the victims who need their services. This was a very important and worthwhile legacy for a Terenure team that lost their first match in the tournament.

There were so many wonderful memories of singing Alberta together, of Fr. Eanna's visit on the night before a match, of David and Alex receiving the cup together, of Donal's speech as Gaeilge in Landsdowne Road; is mór an onóir dom and corn seo a glacadh ar son Terenure; of the boys who went away on tour and having amazing experiences and coming home young men; of the support the four bothers gave to each other despite all the arguments and the disagreements; and on and on too numerous to mention here.

I would like to take this opportunity to thank all involved from teachers, trainers, coaches, physio-

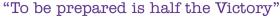
### 4 brothers by Ellen O'Malley Dunlop

therapists, doctors, the Carmelite community, the Rugby Club and the greater Terenure community for welcoming the O'Malley Dunlop's into the community and making us feel welcome and very much at home. We are very grateful for the support we received in bringing up our four lads in this community. They have flown the nest and are now four grown men of whom both Sandy and I are very proud.

#### Ellen O'Malley Dunlop









83



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# blowing the whistle

by Paul Haycock Jnr.



It all started with the option of missing double maths class on a Tuesday afternoon and so far it has allowed me to take to the field with some of the biggest names in Irish and World rugby and taken me to some of the biggest rugby stadiums in Ireland and abroad.

I started to referee when I was in my 6th year in Terenure College, under the watchful eye of fellow Leinster referee and teacher, Fr Richard Byrne. In the early days and weeks games were fit in around my very underwhelming schools playing career and initially involved first and second-year games against schools visiting the College.

After leaving school in 2001, I started playing in Terenure College Rugby Club with similar mediocrity, although I was (loosely) involved with a successful JP Fanagan pennant winning side that year. I continued to referee games in the school, moving my way up to JCT and SCT friendlies be-



'be yourself; everyone else is already taken"





#### blowing the whistle by Paul Haycock Jnr Cont..

fore joining the Leinster Rugby Referees, passing my trial game in March 2002 – a J2 classic between Seapoint and CYM.

The summer of 2002 the IRFU ran a Youth Development camp to identify, coach and develop young referees and I was lucky enough to be selected on it. Joining fellow Terenure referee JP Doyle, who went on to referee at the Rugby World Cup in 2015. As part of the group we were brought down to see how the IRFU national panel prepare for the coming season and under the guidance of Owen Doyle, Dave McHugh and Marshall Kilgore.

The next season was a whirlwind of SCT friendlies and under-20 games, culminating in a promotion to the IRFU National Panel and a place refereeing in the AIL. My first game was between Queens and Banbridge in December 2003, a game that also featured Tommy Bowe and Gareth Steenson among others.

Since that start, I have been lucky enough to continue to referee in the AIL for twenty-plus years, getting to run out at grounds all around Ireland and refereeing some of the top clubs and players in the country. The AIL has always been a great



breeding ground for players who have gone onto much higher levels in the game and it is something quite special to think that you have refereed games involving some of the greats from Leinster, Ireland and the Lions.

Along with refereeing in the AIL, I've been lucky enough to referee in the Under 18s Six Nations



tournament in Parma, the Women's Six Nations in Scotland and touch judge at the Under 20s World Cup tournament in Scotland and numerous Under 20 six nations matches over the years. A particular highlight was being involved as the fourth official in a number of Irish internationals over the years and getting to meet the Irish President along with the biggest names in Irish and World rugby.



"One man can be a crucial ingredient on a team, but one man cannot make a team."





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#### blowing the whistle by Paul Haycock Jnr Cont..

I've also been privileged to be involved in the European Cup since 2004, doing my first game in Italy in the fog where you couldn't see the middle of the pitch, let alone the other touchline!! Travelling in Europe is one of the biggest highlights that I have achieved in my refereeing career. Travelling as part of a team of three or four, I have been fortunate to be involved in games throughout the continent. I don't think there are many grounds or teams in the UK, France and Italy that I haven't visited or officiated over the years. Trips to Leicester, Toulouse, Clermont and of course the new Racing 92 indoor stadium are obvious highlights but more often than not, it's the people that make the adventures more enjoyable.

While all of the above make for a bounty of memories, perhaps my favourite refereeing moments will come from my involvement in the School's Cup, especially refereeing the finals in 2012 and 2017 in front of family and friends. Huge crowds, unbelievable players and atmospheres that are hard to beat, running out in the RDS on those occasions are moments I'll never forget.

While I don't think anything can replace the feeling of playing the game, there is very little I would change about my rugby journey and hopefully, there are plenty more memories to be made over the next few seasons.



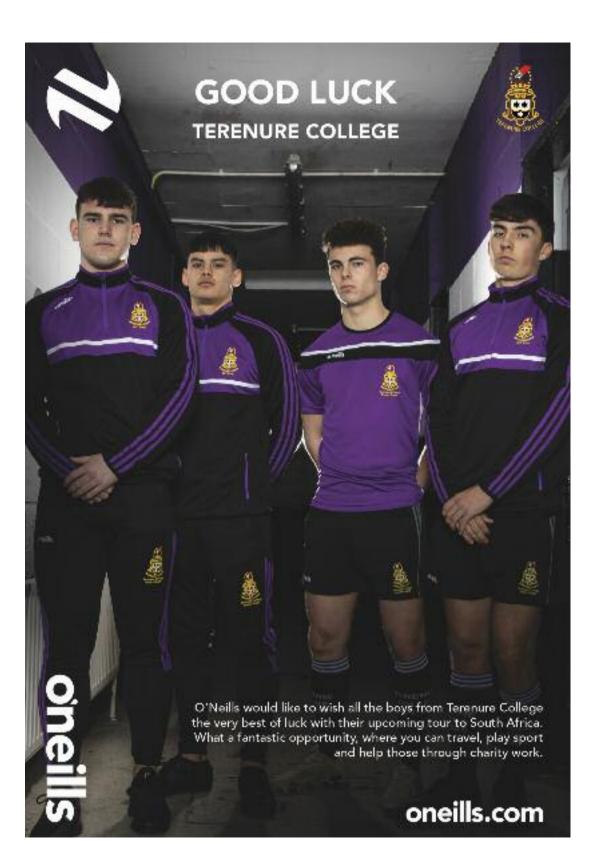
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We wish the Senior Rugby Squad all the best on their tour of South Africa

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# the leinster schools senior cup history

Terenure College has a rich and storied history in the Leinster Schools Senior Cup.

It is recognised as one of the most prestigious rugby competitions in Irish schools. Over the years, Terenure College has been a formidable contender, with numerous appearances in the final and an impressive record of success.

The first time the school reached the final was 1952. The team was mentored by past pupil

Maurice O'Kelly (1948), "in some eyes the greatest all-round sportsman Terenure could ever boast", and who played on the school's U18 team when he was still an U15. The team was captained by John O'Connor and under his leadership the school finally tasted Senior Cup glory. This victory marked the beginning of a remarkable journey for Terenure College in the competition.

In 1958, Terenure College accomplished a significant milestone by securing the SCT-JCT double. This double victory, winning both the Senior Cup and Junior Cup in the same year, is a remarkable feat and a testament to the school's talent at that time. The Seniors were led that year by the prolific





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#### SCT History Cont.

scorer Gerry Tormey and included not only the sprinter Eddie Thornton and the Lion Mick Hipwell, but also the future college vice-principal, Vinnie Morris. The SCT had a great run to the final with big wins over CBC Monkstown and High School, and after a 0-0 draw against Mary's they won the replay 21-0 to reach the final against Belvedere. Unfortunately, at a time when substitutes did not feature after a match had started, Captain Gerry Tormey had to leave the field with a twisted knee. "Luckily, before the damage had been done to him, Tormey had done the only damage that mattered on the day by 'dodging his way through a sea of defenders' to score a superb try and the college hung on to a grim but glorious 3-0 win."

The 1970s and 1980s proved to be particularly successful decades for Terenure College. They clinched the Senior Cup title in 1979 and followed it up with another victory in 1980, displaying their consistency and dominance. In 1984, they once again emerged victorious, further solidifying their status as a force to be reckoned with in the competition. The 1984 team was captained by Michael Costello, whose son Thomas was School Captain last year and was part of the SCT squad for the past couple of years. In fact, 1984 was another occasion where we could have completed the double, only to lose the JCT final to Blackrock.

The 1990s witnessed a continuation of Terenure College's success in the Senior Cup. It was the first decade in which the school won the cup three times. They triumphed in 1992 and 1993, showcasing their ability to sustain a high level of performance over that time. The 1992 team was Captained by James Blaney whose son Ben is part of the current SCT squad. They defeated Belvedere 19-6 in the final, and James and team mate Cillian De Gascún and James McGovern went on to play for Leinster schools, beating



Munster and Ulster for the first time in a decade. James went on to Captain the Irish schools side that year when they toured New Zealand under the coaching guidance of Declan Kidney, and his school team mates Cillian and James McGovern joined him.

It should be noted that during that decade Ireland won their first ever schoolboys Triple Crown in 1990. The hooker on that team was Terenure's Ian Blake. Ian was the first of four successive Terenure hookers to win that honour, followed by David Crossan in 1991, James Blaney in 1992 and Cormac Egan in 1993. Has there ever been a school that has done that?

In 1993 Terenure again won the cup with the team captained by Tom Hennessy. A new arrival in the SCT that year was Girvan Dempsey, an important player for the team when he was still in 4th year. Girvan went on to win his first cap for Ireland in 1998. He had a remarkable career eventually





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winning 82 caps for Ireland over an eleven year career with the national team in addition to winning over 170 caps with Leinster when he also won a coveted European Cup.

The third success of the 90's was in 1997 when coach Des Thornton brought the school to their 8th of 10 wins. The team that year was captained by another of the great Blaney brothers, David. The



captain delivered a killer blow with a brilliant try in the 63rd minute, followed by a final triumphant crossing of the line by scrum half Barry Healy.

The victorious 2001 and 2003 teams were also captained by brothers, Donal and Alex Dunlop respectively. In 2001 the team secured a memorable come-back victory over the old enemy Blackrock, 21-19. The 2003 victory marked the school's tenth victory in the competition, a remarkable milestone that underlined the school's enduring legacy and status as one of the most successful schools in the history of the Leinster Schools Senior Cup.

While Terenure College's triumphs in the Senior Cup are undoubtedly impressive, the school has also faced its share of disappointments. They hold the unfortunate distinction of being the school that has lost both the Senior and Junior Cup finals in the same year on the most occasions, experiencing this double defeat four times in their history (1957, 1964, 1969, and 1987). These setbacks, however, have not dampened the school's determination and commitment to rugby excellence.





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#### Terenure College Senior Rugby Tour South Africa 2023

Throughout their involvement in the Leinster Schools Senior Cup, Terenure College has reached the final a remarkable 21 times, a testament to their consistent competitiveness and strength in the competition. Interestingly, Terenure actually played in 22 finals because their most recent victory in 2003 required a replay against St. Mary's. After a draw in the first game 6-6 they won the replay 3-0. One man who hates being reminded of these facts is Ireland's great Johnny Sexton who played on that losing St. Mary's team.

The school's most recent appearance in the final was in 2009 when the team lost to Blackrock 18-9 in the RDS and included many recognisable names including James Thornton. Interestingly, the double was very much on for the school that year as the JCT were later victorious winning their final against St. Michael's 5-3, with the Terenure side including players like Stevie O'Neil and Harison Brewer and the vanquished St. Michael's JCT including players like Dan Leavy.

Terenure College's history in the Leinster Schools Senior Cup showcases the school's commitment

### SCT History Cont.



to rugby and its ability to nurture and develop talented players. Their achievements on the field reflect the dedication of coaches, the passion of players, and the support of the school community. As they continue to participate in the Senior Cup, Terenure College undoubtedly aims to add to their impressive legacy and further engrave their name in the annals of Irish schools rugby history.

## **Onwards Terenure!**







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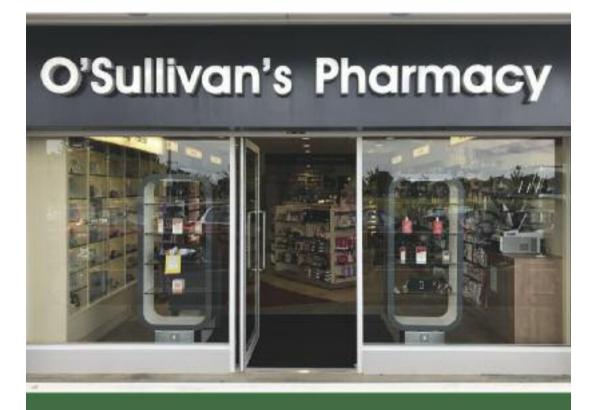
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In 1944 the first cup match that season was a landmark for Terenure College Rugby. It was the first time the Terenure Boys began to stand and sing their own cup songs. These martial efforts were written by lay teacher Christy Collins and Fr Dunstan. They were coached by Fr Ossie McGrath who took the junior boys to the crush hall for cup match song practice. A tradition that still continues today. One of these original cup songs, to the tune of Men of Harlech, went:



### cup song History

Come on you lads and let's get cheering As the Leinster Cup we're nearing on the road to Glory cheering 'Onward Terenure!'

It all depends on you men To show that we are true men

Play the game and fight for fame That's what we expect from Terenure men!

As the battle drums are beating This is our war cry and our greeting No surrender and no retreating 'Onward Terenure!'

(Big roar, then ...)







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In New Zealand they are widely recognised as the greatest schools team ever assembled. Quite the accolade considering the array of talent to have come through the Kiwi system over the years.

# seconds from glory

Ireland Schools, James Blaney recalls Irish Independent – 2020

future All Blacks, which include Wilson and a certain Jonah Lomu as well as two future Samoan stars, it's important to provide the back story.

For this is not your typical Irish hard luck tale, but rather about a team that had several of their own hugely talented prospects – the biggest of whom was Anthony Foley.

That day in New Plymouth Foley went toe to toe with Lomu who started opposite him at No.8. That

### Kidney selected Blaney as captain from the outset after the talented hooker had led Terenure College to the senior cup title earlier that year.

On these shores, however, they are remembered as the side who, in the cruellest manner possible, denied Ireland a victory that would have sent shockwaves around the rugby world.

It's 31 years since Jeff Wilson's controversial penalty bisected the posts and sent a dagger through the hearts of every Irish player as they collapsed in a heap at the sound of the final whistle that immediately followed.

To understand how Ireland had managed to come within seconds of upsetting a star-studded New Zealand side which boasted a staggering 10 the legendary pair passed away within 11 months of each other is still difficult to get our heads around.

Foley played his part in ensuring that it took the last kick of the game 3 minutes after the allotted time had passed to beat Ireland. And it didn't happen by fluke either.

A special lifelong bond was formed on that 5-week tour of New Zealand in 1992 when Ireland managed to upset the odds so much that by the time the test rolled around in late August they had



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#### seconds from glory Cont.



Anthony Foley, James Blaney & Richie Cranfield

beaten 7 of the 8 provincial teams. A squad of 26 teenagers under the guidance of a four-man management team led by Declan Kidney travelled the length and breath of New Zealand for well over a month.

Apart from the Lions who include a far bigger squad that kind of schedule is unheard of these days, especially for a schools team. These were far more innocent times however.

No sooner had the majority of the squad finished sitting their leaving cert when a training camp in Clongowes signalled the start of what would prove to be an epic journey.

That the exam results were released during the tour added to the sense of the occasion, although they largely took a back seat to what was at stake. "It depends how well you did", James Blaney who captained the team laughed. "It was a mixed bag but there were a few beers had by everyone that night, one way or the other."

Kidney selected Blaney as captain from the outset after the talented hooker had led Terenure College to the senior cup title earlier that year.

A couple of narrow four-nations defeats to England and Wales tempered expectations somewhat, but when the squad came together in Clongowes, everything fell neatly into place.

Taking on New Zealand in their own backyard was going to be a much tougher challenge, however that Ireland would play 8 strong provincial teams in the lead-up to the test made their task even more daunting.

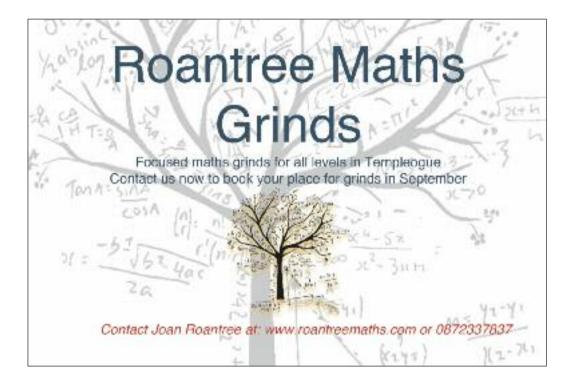
"We got a bus and ferries everywhere, 8 or 9-hour bus journeys across the country. It was hard, very hard. But that's what brings fellas through", Kidney would recall some years later.

The intense travel was part of the experience and for Blaney, who went on to play for Leinster and `Munster, it was all about relishing the challenges.



"One man practising sportsmanship is far better than 50 preaching it."







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#### seconds from glory Cont.

"I remember getting up at 6 or 7 in the morning to watch the Ireland senior team in NZ. It was surreal to get the chance to tour over there at that age. We flew into Auckland and then flew down to Invercargill at the bottom of the South Island and worked our way up.

"We had 8 hour bus journeys on a bus that didn't have a toilet, never mind a TV. Lads would kick up a fuss now if they were travelling down to Kilkenny, but back then it was different.

"We didn't have any expectations about travel or how it should work. It probably made us bond that bit more because we had more time to chat and have the craic. It was proper old school!"

The Ireland players were taken out of their comfort zone, even more so as they did not stay together – apart from the days leading up to the test when they were placed in a boarding school. Instead, they were billeted in other player's houses, which as Blaney explained had its merits.

"It was cool. Sometimes we were paired off with someone from the team, other times you weren't. But the people you went to were extremely friendly and hospitable. They were bringing you to places, taking you on tours, showing you the best of the country basically."

With no footage to work off back in those days the only thing that the young Irish players were repeatedly warned against was the size of the opponents lying in wait.

So by the time Ireland arrived to play their opening game against Southland Schools they had done everything they could to prepare for brutal physicality.

"The big thing when we went over there was the Polynesian guys – they were fucking massive", Blaney says.





"Do you know what my favourite part of the game is? The opportunity to play."



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#### seconds from glory Cont.

"There used to be proper rucking back then, so if you were on the wrong side of the breakdown you would get absolutely shredded. I remember when we were in Clongowes we practiced that barefoot. The game we played down in Invercargill against Southland Schools they had this monster No.8 called Horie – huge Polynesian kid.

"He came in and did a big job on Conor Davis at the bottom of a ruck. Conor was in shreds, the jersey was taken off his back. But he got up and played on. About two rucks after that your man Horie went into a ruck, and he was dealt with! He ended up being stretchered off.

"I felt that was a real bonding experience for us there and then. We just built from there through each game."

Seven victories later as well as one defeat to Hawkes Bay Ireland were in great shape heading into the Test which had suddenly become the talk of the country. The Kiwi public's excitement was building as Wilson and Lomu cemented their status as future world stars, while the likes of Carlos Spencer and Trevor Leota were not far behind.

"Everyone was talking about Jeff Wilson. I think he scored something like 10 tries in one match or something", Blaney remembers. "As we played each team they would have another big name, and then another, and so on. By the time we got to the test the two guys we really knew about were Jonah Lomu and Jeff Wilson.

Ireland's reputation was also growing. The pack led by formidable Foley, also included future Lions lock Jeremy Davidson, while the back line was littered with quality talent including Jonathan Bell who went on to win 36 senior caps for Ireland and Dr. Cillian De Gascún who was recently leading Ireland's fight against Covid-19 in his role as medical virologist.

Blaney won the senior cup in 1992 alongside De Gascún who he says was a hugely talented centre in his heyday.



WISE WORDS

"One man can be a crucial ingredient on a team, but one man cannot make a team."





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#### seconds from glory Cont.

"Cillian is a great guy. He was very silky – deceptively fast, great side-step. He was obviously very smart on the ball, good pass. He wouldn't have been a bruiser or hugely physical, but certainly very skilful and had serious touches.

"One of the lads was recently reading out one of the bio's from a programme back then, and unsurprisingly Cillian knew he was going on to do medicine and save the world from an early age."

"He was a really good tennis player as well. He wrote the book on being annoyingly good at everything. He was in a different league, trust me."

Much of the attention was created around Foley, however, as the Saint Munchin's man was in his second year playing Ireland schools. He had long been marked out as senior international lying in wait. "Axel was Axel", Blaney laughs. "He played Ireland schools the year before, so he came with a lot of gravitas. He always held the seat at the back of the bus. He was the chief man for ripping the piss out of everyone. He called the shots. He was the alpha of the squad, but a great guy. He was one of the best players on the team and his career after that spoke for itself.

"We are actually still a very tight group. When Jonah passed away the lads put together a WhatsApp group after 23 years. We all came together and went to the Italy game. Axel and everyone else was there. We had great craic and went on the tear afterwards. Unfortunately Axel passed away soon after. It's still hard to believe."

The game itself was a cracker and while rugby has moved on massively since the grainy YouTube footage, is a real treat to look back on.

Unless of course, you were wearing a green jersey that day, because what unfolded at the death remains a scandal.

Before the controversy arose Blaney and his teammates got to face the Haka for the first time – an experience that Blackrock's current AIL head coach still treasures.

"I went to do the coin toss with the ref and their captain," Blaney reflects. "I remember the door of

their changing room opening. It was deadly silent and there was a haze of mist.

"I remember just thinking, 'Fuck this is eerie.' We were all beating and banging walls, screaming and jumping. Two very different approaches!

"We had a meeting with Deccie beforehand about what we were going to do when we faced the Haka.

"We decided to wear all of our wet gear to break up their rhythm. Deccie's logic was that it allows time for them to do the Haka, and then we would take our time to come back after taking off our tracksuit top and bottoms. It was a good little insight from Deccie, even back then. Every coach still gives it thought – just look at what England did at the World Cup in 2019.

"It was special to get to face the Haka. I'd still be one who would want to get into the stadium early to see it."

Kidney's tactics worked a treat as Ireland raced into a 13-0 lead thanks to Foley's try and John Philpott's boot, before New Zealand slowly clicked into gear with Wilson, Lomu, Leota and the mercurial Spencer, who scored two tries, leading the comeback.

"We were very aware of Jonah and knew we had to try and shut him down", Blaney explains.

"You have Trevor Leota there as well, he was another fucking wrecking ball. "The whole country had a huge insight into their schools players and Jonah was at the very top."

Lomu's late try, which Wilson converted brought the hosts back to within a point as the clock wenttowards the red, but Ireland dug deep and were holding out.

Their relentless pressure forced Jeremy Stanley to knock on well inside his own half. The referee inexplicably failed to signal for advantage, and when an Ireland maul was brought to the deck, New Zealand were somehow awarded the scrum, rather than going back for the knock on.







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seconds from glory Cont.

From there, New Zealand did what every Kiwi team has perfected over the years – stayed patient and snatched an unlikely victory from the jaws of defeat.

Ireland didn't have any complaints about the awarding of the penalty, which Wilson nervelessly converted from wide on the left for a 27-25 win, but the disappointment at how the Kiwis were allowed re-entry to the game still rankles.

"It was howler", Blaney insists, "it very much felt like a home town decision. The penalty itself was a fairly blatant off-side. We were devastated, to be honest. I couldn't tell you how many games I played throughout my career, but there were only two or three that stand out from a losing perspective. That was definitely up there.

"It would have been historical, the first Irish team to beat New Zealand. We felt we deserved it. "After the game we all went to dinner together, both teams swapped jerseys. I'm still waiting for Trevor Leota to post his over. True story.

I gave him mine and he was like, "I'll stick it in the post". In my naivety I believed him."

It was just another game enroute to the top for the 10 future All Blacks, especially after they put a whopping 112 points on Australia a few week later, but they knew they had been gifted a life line that never should have been.

Perhaps that is why Wilson ignored a recent invitation to take a trip down memory lane for this piece.

For a talented group of Ireland players, however, the sense of what might have been will forever linger after coming within seconds of earning a special place in the history books.







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## when Pelé came to terenure



Pelé visits the Republic of Ireland soccer squad at a training session in Terenure College Dublin 21st May, 1979.

The Brazilian footballer Edson Arantes do Nascimento, known as Pelé paid a short visit to Dublin as an ambassador for United Nations Children's Fund (UNICEF). UNICEF was the beneficiary of the charity match between Ireland and Argentina which took place in Lansdowne Road on 29 May 1979.

While in Dublin, Pelé visits the Republic of Ireland squad who were training at Terenure College. Manager John Giles introduced the football legend to the Irish players. The Terenure autograph hunters engulfed the Brazilian star.

Pelé chatted with the students and fans and posed for photographers with members of the Irish soccer team, including Liam Brady and Paddy Mulligan.







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## reeling back the years

When the 6th years were 1st years

By Mr. M. Shanahan

#### The 158th group of 1st years players entered the college in September 2019

and began their journey in purple black and white. The introductory week saw us immerse ourselves in the strong rugby history and heritage of the game here in the college, reminding ourselves of some fantastic days gone by, the cup finals, the wins the losses, and the importance and values of rugby.

For a huge number of our players, this was the first encounter they had with the oval ball.

Others had worn this special jersey before and had often dreamt of emulating the achievements of those gone before them. We started playing inter-class friendly matches before moving on to playing against other schools. The group gelled well and their comradery was an attribute that served them well on the pitch. The boys took to the game with great energy and very guickly their ability began to shine. In the opening blitzes against CUS they played in extremely windy conditions even in these early days they showed great determination to hold onto the ball. The first 15-aside fixture saw us travel to Kilkenny College. There our seconds were challenged to a tough game but came out on top. The first game was a really close one, Kilkenny however had the upper hand and finished on top by a score. Despite the results the potential was clearly evident and all were excited at the prospect of realising it through hard work.

Mr. Ri Elders who coached many of the boys in the club was able to join us on a number of sessions. It was fantastic to have his passion, knowledge and love of the game as part of the coaching



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Knocklyon, Dublin 16 team. Hailing from New Zealand Ri was treated by the players to a rendition of 'Irelands Call' on 19th of November (the Monday after Ireland beat the All Blacks) something we hopefully will get to have the opportunity to do again come September.

Competition among the squad was a key component of the year. For so many positions there were a multiple of players who could excel. This was seen in the large number of players who a role on the first IV at some part of the season. This ultimately drove the fantastic progress the group made coupled with their attitude to training and determination to never give up. The key theme was improvement week on week.

Sport in school is about so much more than winning. It is about developing a set of life skills to be mastered both on and off the field. We play to develop the understanding of the team; we play to develop grit and perseverance; we play to learn the joy of practice and execution; we play to express our talents and to develop them; we play to enjoy the camaraderie of teammates; we play to win but we may not play to win at all costs...and when we lose - life carries on, we learn.

Learning was something this group really managed to do well, the improvements in training were very apparent. They are a committed squad. Training on a Monday and Thursday, with matches on Wednesday and Saturday coupled with

#### reeling back the years Cont.

lunchtime skill sessions bore fruit with standout wins over Belvedere College but it was the performance in patches vs St. Marys that gave glimpses of how good they could be before Mid Term break. While Eamon Geraghty, Hugh Webber and Olan Story were from day one go to ball carriers it was great to see Daniel McCarthy, Scott McAllister and others grow into this role.

Performances grew, the squad bonded and became stronger following the break. A number of games stand out, a fantastic performance against Clongowes Wood, and a substantial victory vs Belvedere being one of particular satisfaction. Working hard for the full duration of training was a focal point so to transfer this work rate into match day.

In reality results were not the goal but rather the cherry on top for a group that worked for each other. Never giving up, United, Respectful and Enjoying their rugby. These were important values for each of the players and coaches alike. Hours of effort were put in on and off the pitch across the board. In the lead up to Christmas the first IV put on an impressive, disciplined and dogged display that led to an away victory against Blackrock College, this was an enjoyable cherry.

We broke for Christmas following our Christmas party and award ceremony. A number of players were recognised for their particular contributions.





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#### reeling back the years Cont.

With dinner eaten and crackers pulled it was onto the next term.

The term after Christmas saw may of the boys experience cup season for the first time. Meanwhile on the pitch as a team we will looked to attack space and score tries that will involved the whole team. Games such again against Gonzaga and Castleknock showcased this. We worked hard to earned the right to go wide, reinforcing our never say die attitude at every opportunity.

The aim was to build to competitions in Clongowes and in Belfast. The improvement was so evident in the way they played but the test would come in the fixtures. The growth in leadership and understanding was clear. James Lynagh was so often at the heart of our backline defence and attack. The rate of progression of so many but in particular Calum Gallagher, Paddy Curry, Morgan Nugent and Luke Grimes was phenomenal, however the best asset of this year's group is their ability to work together and for each other. Together they are multiple times greater than the sum of their parts.

Entering the tournament we set the goal to always aim to work harder than the opposition. Drawn in a group that included CBC Cork and RABI we knew this was going to be important. Earlier in the season we had come out very much second best to a physically strong CBC Cork side, in Clongowes we matched them and beat them in every department. We topped the group and reached the semi-final where we played Munchins. We scored first and were very unlucky not to get another. Their conversion proved decisive along with a little ill-discipline on our behalf. It was a great display and proved that we were capable of matching any side.

The return to 'friendly' games gave us a benchmark of progress, fixtures against teams that had proved challenging at the start of the season were a different state of affairs a couple of months down the road.

The second tournament saw us travel to Belfast. Here saw the peak of our performances for the year. In the group we lost only to Methody College in a game that could have gone either way. Our chance to meet them again in the final however was denied to us following an epic battle in the semi-final. The rub of the green was not with us, we were the wrong side of a few injuries however we were matched score for score in a ferocious battle. Nothing could separate the sides, extra time came and went, so too golden try, then golden score, still nothing. It came to penalties, then sudden death penalties. We missed, it wasn't to be but the boys left nothing behind them – Never give up.







## **The Gallaher Family**

## wish the Terenure Senior Rugby Squad

all the best on their tour

of South Africa

#### reeling back the years Cont.

After the Easter break started their S&C program, with focus on functional movement.

The Conrad Sampson Trophy competition also started. This is an internal competition between each of the first year classes. While 1.1 we the team that blazed a path of victory before them, unbeaten in the round robin games the final saw them pitted against a motivated 1.5. In a game filled with attrition, 1.5 led by captain James Mc-Cormack were victorious. On the final day of the season, we celebrated with pizza, Fr. Éanna presented awards and we reflected on a journey just beginning.

Thanks to all the players who gave so much, you were a very enjoyable group to work with. We wish you all the best in both your playing and personal futures. Savour the victories the many highlights of the year but know there is so much greater to come.

On behalf of all the squad I'd like to take this opportunity to thank the coaches, who were fantastic assets to the squad. Sam Dardis, Jack Walsh, Eoghan Doherty, Luke Grady and Luke Murnaghan. A massive thank you Mr M. Collins, Ms G. McDonnell, Mr T. Healy, Mr G. Lynch, Ms G. McDonnell & Mr N Rossiter for all their help support and kindness.

Thanks also all those who refereed, the continuing support and encouragement of the Carmelite Community. We wish Ms. McDonnell all the best in her new role as Gamesmaster and hope that she will continue her invaluable contribution to 1st year rugby.

To the squad, keep up your commitment, enthusiasm and dedication. Most importantly continue to enjoy your rugby and continue to play; this will not be your last opportunity to forge your own tradition.

Mr. M. Shanahan





"Don't let yesterday take up too much of today."





Terenure College Senior Rugby Tour South Africa 2023









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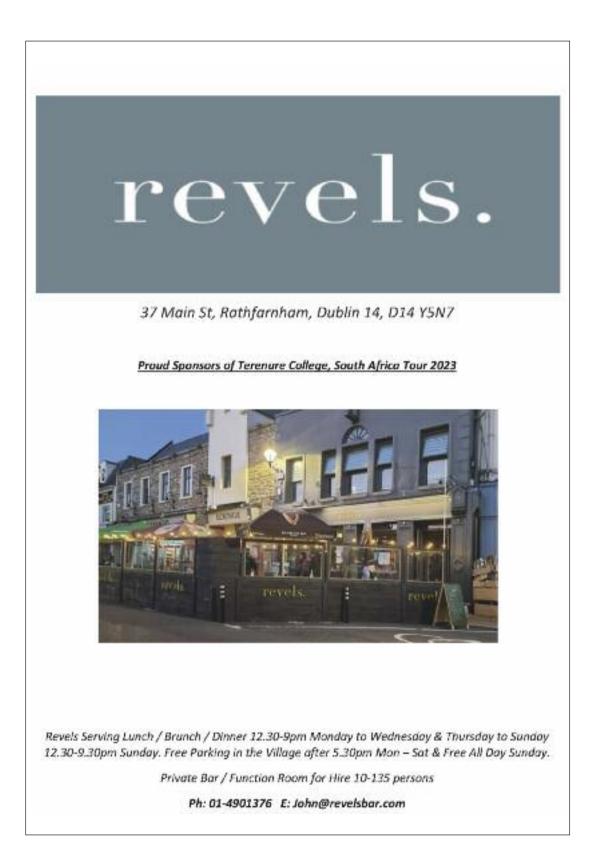
Wishes all the very best of luck to everyone involved in the upcoming Terenure College Rugby Tour to South Africa.

Have a fantastic time!

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