

Inside this issue

Contents	Pg
Athlete Profile: Eanna Bailey	2
Jenny Egan excels	2
Sports Club Training Times	3
Active DCU Programme	4
Sports Contact 2011 - 2012	4

INTERVARSITY CALENDAR:

- Ultimate Frisbee,
15th & 16th Oct,
DCU
- Road Relays, 12th
Nov, NUI Maynooth
- Archery, Round I,
12th & 13th Nov,
DCU
- Hockey Intersarsity,
30th Oct-1st Nov,
NUI Galway
- Volleyball, 16th-19th
Nov, NUIG

WORLD STUDENT GAMES SHENZEN 2011

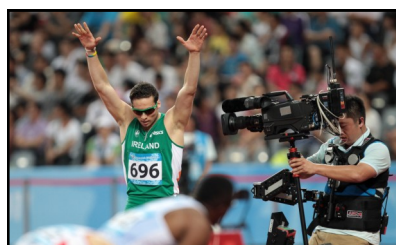
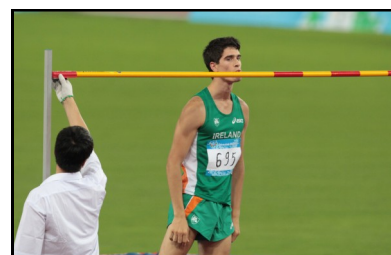
This Summer the World Student Games were held in Shenzhen, China from the 12th-23rd August 2011. The World Student Games or Universiade is an international multi-sport event for University athletes. DCU has a proud tradition of representation at these Games in recent years, and this year 4 DCU students participated at the games representing DCU and Ireland. This reflected the superb sporting results of both individuals and DCU sports clubs during the academic year. Although Team Ireland did not come home with any silverware, results were impressive with many DCU students reaching the finals of their events. Results included:

World Student Games DCU TEAM Results 2011



Laura Reynolds, 20km Walk, reached the final with a time of 1:43:27, ranking 12th overall 12th

Kourosh Foroughi, High Jump Final, jumped 2.18meters, placed 9th overall



Brian Gregan, 400m Final, 45.96 pb, placed 5th overall.

Also, 400m Semi-Final 36.00 1st place, Qualified for final

Karl Burdis 100m Butterfly Heats 56.02PB



IN THE SPOTLIGHT:

EANNA BAILEY, MODERN PENTATHLON



Eanna Bailey is a 2nd year Environmental Science and Health student and is a Sport Scholarship recipient. Eanna is also a carded athlete with the Irish Sports Council on a development pathway and a prospect for the 2012 London Olympics. Her merits to date are being the first Irish athlete to medal at an international Modern Pentathlon Competition with her silver medal at the Swiss Open in 2009, and finishing 5th in World Cup 2 mixed Relay.

“every training week usually consists of 25 - 30 hours training with no day quite the same”

STUDING: Environmental Science and Health

SPORT: Modern Pentathlon

HOW DID YOU GET INVOLVED IN

MODERN PENTATHLON: My family has always been involved in horse riding, and the pony club. One year the while watching the Dublin Horse Show the Chairperson of my pony club, Pat Coffee said that if i do a years training over the four disciplines of Tetrathlon she would find a horse that i could ride in the next years national Championships, so i did just that. Later in 2005 at the national championships there was a stand advertising Modern Pentathlon, the now President of Pentathlon Ireland Rob Downs said that if we took up Fencing Training we could go on a training camp in Portugal and compete in two small competitions. i did just that, went to Portugal, and became addicted to the sport of Modern Pentathlon.

CURRENT CLUB: Pentathlon Ireland High Performance Squad

BEST RESULTS: 2nd Swiss Open, 5th Team Relay World Cup 2 Italy. Irish Open Champion 2011, 2010, 2009, 2007, Irish age group Champion 2011-2006

WHAT ARE YOUR AMBITIONS: Olympic Representation

TYPICAL TRAINING WEEK:

Weekly training usually consists of 25 - 30 hours training that includes:

MONDAY: 1hr Long easy Run, 2hr Swimming Session, 30min Shooting Session.

TUESDAY: 2hr Shooting Session, 1hr30m Fencing Session in Trinity, 2hr Fencing Session in UCD

WEDNESDAY: 2hr Combined Run Shoot Session. 30min fencing Lesson, 1hr Fencing Session, 1hr30min Swimming Session.

THURSDAY: 1hr30min Gym Session, 2hr combined run / drill / shoot session, 2hr Fencing Session.

FRIDAY: 1hr Gym, 2hr Swim, 30min shoot session.

SATURDAY: 1hr Shoot Session, 1hr hard Run session, 1hr Ride Lesson.

WHAT EVENTS DO YOU WANT TO TAKE PART IN THIS YEAR: Intervarsity Tetrathlon Championships and the World Cup Circuit

WHAT SCHOOL DID YOU ATTEND: Rowlestown National School, St Finians Community College, Ashbourne Community School.

WHAT DO YOU THINK MAKES AN IDEAL ATHLETE: Someone who is willing to work hard to achieve their goals, and once those goals are met have the motivation to set harder ones.

DCU CANOEIST JENNY EGAN CONTINUES TO EXCEL

Irish Times Sportswoman of the Month (May 2011) Jenny Egan competed in the Sprint World Championships in Szeged, Hungary in August 2011 and secured an impressive 4th place in the semi qualifying Jenny for the 'B' Final in the K1 500m. Jenny went on to finish 9th in the B Final of the K1 500m setting a new personal best time and Irish record of 1:52.768 which placed her 18th overall, outside likely Olympic qualification placings.

Jenny is a final year Sports Science and Health Student and has been a DCU Sports Scholar since she stated in DCU. Jenny has been a carded athlete with the Irish Sports Council since 2003. She has represented Ireland at numerous International events and was the First Irish Canoeist either Male or Female to win a medal (silver) at Senior Sprint World Cup level, May 2010. She also achieved 4th place in the Canoe World Championships in Spain in October

2010. Jenny recently won a Silver Medal in the K1 5,000m event at the Senior Sprint World Cup, Racice, Czech Republic, May 2011 and was awarded the Irish Times Sports Woman of the Month in May 2011. It has been a fantastic year for Jenny as she continues her pursuit of Olympic qualification in the 200m and 500m distances for women's canoeing programme.



Sports Clubs Training 2011-2012

Club	Training Time	Venue
Aikido	Tue 8-9.30pm & Sat 12-2pm	Handball Court
American Football	Sunday 11am-2pm	7-a-side pitch
Archery	Wed 4-6pm (MH), Thurs 6-10pm (G), Fri 4-7pm (MH)	Main Hall/Gallery
Athletics	Mon 5pm circuits, Tue & Thurs 5-7pm & Wed 1pm	Sports Grounds
Badminton	Mon 6-8pm (2cts), Wed 2-4pm (2cts) & Thurs 8-10pm (1ct)	Main Hall
Basketball (M)	Tue 5-8pm & Thurs 5-7pm	Main Hall
Basketball (W)	Tue & Thurs 6-8pm & Wed 4-5pm	Main Hall
Boxing	Tue 4-5pm & 9-10pm & Thurs 4-5pm	Minor Hall
Camoige	Mon 9-10pm & Wed 5-6pm (7-a-side) & Wed 2-3pm (Sports Grounds)	Sports Grounds & 7-a-side pitch
Canoe	Wed 7-9pm	St Josephs Pool, Navan Road
Caving	Wed 5-7pm	Climbing Wall
Cricket	Tue 5-6pm & Wed 4-6pm (MH S1+Astro S2)	Main Hall/5-a-Side Pitch
Cycling	Wed 8-10pm	Viewing Gallery
Equestrian	Contact Club	Kilronan Equestrian Centre
Fencing	Mon 8-10pm (G), Wed 6-8pm (main) & Sun 10am-1pm (minor)	Main+Minor Hall/Viewing Gallery
GAA (men)	Mon 6-7pm, Tue 7-9am, Wed 1-3pm, Thurs 7-8am & 6-7pm & Fri 7-8am	7-a-side pitch
GAA (women)	Mon 8-9pm, Wed 6-8pm, Wed 9-10pm (Beginners) & Fri 8-9am	7-a-side pitch
Golf	Contact Club	
Gym & Tramp	Mon, Thurs, Fri 8-10pm (main) & Wed 1-3pm (minor)	Minor Hall
Handball	Mon 8-10pm, Tue 6-8pm & Wed 5-7pm	Handball Court
Hockey	Mon 8.30-9.30pm & Wed 4-6pm	Sports Grounds
Hurling	Mon 7-9am & 5-6pm, Wed 7-9am & Thurs 8-9am	7-a-side pitch
Judo	Mon 6.30-8pm, Wed 7-8.30pm	Minor Hall
Karate	Mon & Thurs 7-8pm & Sat 11am-12pm	Handball Court
Kenpo	Tue 8-9pm (minor) & Wed 3.30-5.00pm (squash)	Minor Hall/Squash Court
Mixed Martial Arts	Mon 6-7pm & Wed 8-10pm	Handball Court
Martial Arts	Mon 5-6pm, Tue 6-8pm Thurs 6-7pm	Handball Court
Olympic Handball	Tue 7-8pm & Thurs 6-7pm	Main Hall
Rock Climbing	Tue & Thurs 5-8pm	Climbing Wall
Rugby (M)	Mon 6.30-8pm, Wed 2-4pm & Thurs 5-6pm (7-a-side, beginners)	Sports Grounds & 7-a-side pitch
Rugby (W)	Tuesday & Thursday 6.30pm-8.30pm	Sports Grounds
Surf 'n Sail	Contact Club	SUTTON
Soccer (M)	Mon-Thurs 8-9am, Tue 9-10pm, Wed 3-5pm, Thurs 8-9pm (7-a-side), Futsal Wed 1-2pm (main)	Sports Grounds
Soccer (W)	Tue 5-6pm & Thurs 7-8pm	7-a-side pitch
Squash	Mon 6-8pm, Wed 5-7pm & Thurs 7-10pm	Squash Courts
Sub Aqua	Mon 8-9pm (Coolock) & Thurs 8-9pm (DCU)	Coolock & DCU Pool
Swimming	Tue & Thurs 8-9.30am, Wed 2-3pm & Fri 2-3.30pm	DCU Pool
Waterpolo	Mon 9-10pm	St Vincents Pool
Table Tennis	Mon & Fri 5-6pm (Main) & Wed 6-8pm (Gallery)	Main Hall/Gallery
Tae Kwon Do	Mon 5-6.30pm (minor), Wed 7-8pm (main) & Thurs 5-7pm (squash)	Main/Minor Hall
Tennis	Mon, Tue & Wed 7-9pm (Inter, TI), & Wed, Thurs & Fri 6.30-8.30am (Elite, WW)	Tennis Ireland/Westwood
Ultimate Frisbee	Thurs & Fri 5-6pm (Main Hall) & Tue 7-8pm (7-a-side)	Main Hall & 7-a-side pitch)
Volleyball	Mon 5-7pm & Wed 5-8pm	Main Hall
Weightlifting		Contact Club

ACTIVE DCU Programme

Being active and leading a healthy lifestyle is crucial while at university. There are many physical, mental and social benefits of being active including improved body shape, improved confidence and concentration, and sport is a great way to meet people! Also, studies show a positive correlation between performance in sport and level of academic achievement. So what better reason to get off the sofa and in to your sports gear! The Sports Development Service offers opportunities for DCU students to get involved for fun and fitness through the **ACTIVE DCU Programme**. This programme is for students that want to keep fit, or just want to get involved in sport but without the competitive pressures! Check out the Sports Development website for more information on our latest ACTIVE DCU initiatives that include:

Sport	Day	Competition dates	Time	Venue	Register By	Fee
Men's Soccer Astro League	Wednesday	19th October – 14th December	1-5pm	5-a-side Soccer Centre	Friday 7 th October	€100
Ladies Soccer Astro League	Wednesday	12th October – 14th December	1-5pm	5-a-side Soccer Centre	Friday 7 th October	€80
Futsal League	Mondays	19th October – 12th December	1-2pm	Arena	Friday 7 th October	€50
Ladies GaGa (Recreational GAA)	Wednesday	12th October – 14th December	9-10pm	5-a-side Soccer Centre	Just turn up!	€1 per session
Beginners Men's Rugby	Thursday	13th October – 15th December	9-10pm	5-a-side Soccer Centre	Just turn up!	€1 per session
Meet & Train Athletics	Mondays & Wednesdays	10th October – 14th December	TBC	Meet at Sports Complex	Just turn up!	Free
Mixed Gaelic Tag	Wednesday	12th October – 14th December	1-2pm	5-a-side Soccer Centre	Friday 7 th October	€60 per team
Ladies Tag Rugby	Wednesday	12th October – 14th December	1-2pm	5-a-side Soccer Centre	Friday 7 th October	€1 per session

How to Register:

To register for the Active DCU Programme you must submit a completed registration form and payment to the Sports Development Service
CG72/CG73 Henry Grattan Building
Tel: 01-700 6041/5811
Email: sportsdevelopment@dcu.ie

Team Registration & Form Rules & Guidelines:

To download the Team Registration Form & Rules & Guidelines for your chosen league go to www.dcu.ie/sportsdevelopment

“To develop Sport for Students and to develop Students through Sport”



STUDENT SPORT CONTACTS 2011-2012

Sports Development Service

All Sports

Yvonne McGowan
Senior Sports Development Officer
Tel: 01-700 5811
E-mail: sportsdevelopment@dcu.ie
Web: www.dcu.ie/sportsdevelopment

Rugby:

Bernard Jackman
Rugby Development Officer
Tel: 01-700 8722
E-mail: rugby@dcu.ie
Web: www.dcu.ie/sportsdevelopment

Soccer

Fran Butler
Soccer Development Officer
Tel: 01-700 8722
E-mail: soccer@dcu.ie
Web: www.dcu.ie/sportsdevelopment

Sports Academy

Athletics

Enda Fitzpatrick
Director Athletics Academy
Tel: 01-700 8479
E-mail: enda.fitzpatrick@dcu.ie
Web: www.dcuathletics.com

GAA

Michael Kennedy
Director GAA Academy
Tel: 01-700 5050
E-mail: m.kennedy@dcu.ie
Web: www.dcuathletics.com

Club Life Committee (CLC)

Chairperson	Katie White	katie.white4@mail.dcu.ie
Secretary	Maria Kinsella	maria.kinsella22@mail.dcu.ie
SU Clubs & Officer	Paul Doherty	clubsandsocs@dcu.ie