

METEORS BASKETBALL CLUB



2011-2012 Season kicks off

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Meteors

Superleague

This season Meteors Superleague team is under the watchful eye of coach Hugh Kilbride, assistant coach Nabil Murad and manager extraordinaire Una Clarke. The team also sees the addition of some old and new faces this year. Susie Doyle, a Meteors vet returns home. Two other players added to the roster are Elaine Caffrey who transferred from Tolka Rovers Basketball Club and Jade Daly who played National League with Meteors last season.

With 8 league games under their belt so far the Superleague team has secured 3 wins. The team, captained by Fiona Meany has also secured a place in the National Cup quarter finals against Glanmire after a tremendous team performance over Drimnagh Dynamos in the first round.

Bouncing back from three defeats was difficult but the team showed great strength and character and achieved a 20-point win away from home against Drimnagh Dynamos. With the confidence of this win the team displayed a solid performance against Waterford Wildcats on the road claiming an impressive 2-point victory in overtime!

Speaking after one of the games captain Fiona Meany beamed, "I feel we are improving with each performance and I'm really looking forward to the next few games as we have a great chance to claim more wins before Christmas, most importantly, the support this year at our games has been unbelievable! The atmos-

phere is electric and we would like to thank all of our supporters who have been coming to cheer us on week after week. It really has made such a difference to our games and we hope to see them here supporting us throughout the season ahead."

Meteors are delighted to welcome Fillies Cafe Bar / Club 92 as our New Sponsor . So come and enjoy the extensive menu for food and drinks and for the young at heart dance the night away at Club 92 ! Let's all make this a success! (see Meteors website link) .

Regional Team

The Regional Division One team has a new look for the 2011-2012 season. The summer saw many changes made to the line up of the team, with the loss of four players from last year's team. However, Marie O'Toole went into the season confident in her team's chances, thanks to the addition of Erica Walsh, who has International and Superleague experience, along with the addition of the talented underage players like Rachel Toland Burke, Meabh Ryan and Cliona Mairtin.

The season opened well for the Regional team, with a 32 point win at home against The University of Limerick. The team then faced a number of fixtures on the road,

unfortunately with a small squad due to injuries and clashes of games. They were caught off guard by an on form Donegal Town side and were also unlucky against Tralee Imperials who are currently unbeaten in the league. The team have had more fortune in the National Cup thus far. They learned from their mistakes made in the league fixture, and beat Donegal Town comfortably in the opening round of the cup. They now face Scruffy Saint Pauls away on Sat 3rd December, in the National Cup quarter final.

The team are also looking forward to league fixtures against St. Pauls Killarney (away on Sat 10th Dec) and **Foireann na Gaillimhe (home on Sun 18th Dec)** in a chance to redeem themselves before the Christmas break.

Division 1

The team has had a mixed start to life in senior 1. It is quite a step up from Senior 2 last year and they are still trying to establish themselves. The Senior team lost some key players from last year, namely Gill Coughlan, Leigh Osbourne and Liz Irwin.

The team definitely misses their presence and leadership.

But, this presents an opportunity for some of the other players to step up and really take charge. Furthermore, there are a few new faces. Sarah Boyle and Sorcha Browne will now be featuring for the Senior 1 team. Viv Naughton joins the team again after a year out. Lisa Fitzpatrick and Ciara Lawlor

Also join the team this year. Firhouse are probably the strongest team in the league and Meteors out fought them in a thrilling game until the last second. Meteors, who played the game with only 7 players, finished with 4 on the court. The final score was 74 - 72.

The team is going from strength to strength as the season develops and are confident that they'll achieve their season objectives.

Under 18's

The Under 18's travelled to Tralee just before the start of the season to take part in the All Ireland Cup qualifying tournament. We had resounding victories over U.L. and Tolka in our group and then we easily saw off Donnoughmore in the semi final. We managed to qualify for the All Ireland quarter final. This game will be against Glanmire in Cork on December 3rd.

In the league we have won our first four games of the season, beating Lucan Lions and Tolka and after a tough encounter with Oblate Dynamos we eventually ran out 15 point winners thanks to some superb shooting and defence from all the girls in the 4th quarter. But our best of the season so far was our 6 point victory over D.C.U. Mercy

I would like to say a huge thank you to Nabil, who has come on board to coach with me this season and also to Breda Rigney who has given a lot of her time managing the team and the logistics this season. Without both of them we would not be where we are today.

So here's to the rest of the season.



Questions with Susie Doyle

To keep people up to date on your adventures over the last four years can you describe a typical day as a student athlete in Cornell University?

A typical day in Cornell would be waking up and going to class from 9.30- 11, followed by going to the gym where we would have a one hour session of lifting weights. We'd then break for lunch and head back to class. At about 4, we would be back in the gym. No one ever missed training either! We'd train from 4.30 until 7 more or less, depending on the time of season- they go longer before games started and once we were into the season, they'd last about 2 hours.

How did you adjust to your new life in America?

Adjustment initially is very difficult... You arrive in and within three days, you have to pass your fitness test which involves a track work out where we do 4 x 400 and each 400 had to be within a certain time and there are separate times for the guards and forwards. The guards had to come in a couple of seconds faster than the posts. I passed it the first year which was good. I missed it in my final year by a couple of seconds and that was when I hadn't really been properly back from my knee injury. If you don't make it you have to go to "Breakfast Club" which involves getting up 3 mornings per week, be at the track for 7am and you have to keep doing that until you pass it. The first 6 weeks we basically did pick up 3 times a week for an hour and a half on Monday, Wednesdays and Fridays

which was mandatory but they weren't allowed say it was. Team work outs were three times per week; usually one day agility, one day fitness and the other day would be a mix of both. After Christmas, the Ivy League season started. There were 8 teams in our league which was Division 1. 4 teams we played away and 4 at home and we played each team twice. We'd leave on a Thursday and play the first game on a Friday night and then we'd go again and travel for up to 5 hours on a bus and then play the second game on the Saturday night.

Although we're sure you were having a brilliant time, what did you miss the most when you were away?

I missed my Meteors basketball team and all the girls. I obviously missed my family and friends here at home too. I used to only get home for 3 days at Christmas so that was very hard but I got summers at home which was great.

Looking back on your time in Cornell, what stands out as your favourite memory?

My favourite memory was my first year when we won the Ivy League and we got to play against UConn who were number 1 in the country. They absolutely killed us but it was still cool to play against them in their home gym which was packed and there were people looking for our autographs and everything!!

As a player that has come up through the ranks in Meteors, what advice would you give the younger players in Meteors

about studying and playing in the states?

I think it's a great opportunity and one you can't really pass up especially if it's given to you and I think you can always go over and try it out. Some people, like Clare Rockall, went over, tried it for a year and then decided it wasn't for them. My advice is to keep playing, and to enjoy basketball because it's a great sport.

Now that a third of the season has been played this year, what do you think of the talent in the Superleague to date?

I think the level is at very high standard, especially within all the Superleague teams. Even for us, we just played Brunell, who are a very young team and I was very impressed by their tenacity.

How are you feeling about the season ahead?

I am excited for the rest of the season. We are 4 and 9 at the moment and obviously we should have started stronger but we had a bit of a shaky start. New-comers like myself, Elaine and Jade added to the mix of the team and I think that we have a long way to go and we're looking forward to some wins in the near future and hopefully in the cup game this coming weekend against Glanmire. I'm just excited and really enjoying playing with all the girls again.



Fundraising update...

- On Thursday 10th Nov. the Superleague team held a Table Quiz in Fillies Café & Bar, it was extremely successful, raising €2,300
- Friday 2nd Dec.—A night out at the Dogs—Tickets €20—Shelbourne Park
- Friday 2nd Dec.—Bag Packing—Dunnes Stores—Cornelscourt
- Sunday 18th Dec.—Senior & Coaches Night Out—Fillies Café & Bar.
- End of Jan.(T.B.C.)—Bag Packing—Tesco's Dundrum.
- Friday 10th Feb (T.B.C.)—Regional Team Fundraiser—Poker Night—Fillies Café & Bar
- April (T.B.C.) - End of season fun day for all—Fillies Café & Bar.

We need people to come along to all of the events and don't forget to bring your friends too. We need to raise much needed funds for the club.

Many thanks for supporting our fundraiser events!





Team Profiles

Underage...



U17

There has been lots of change in the U17 squad. This season has seen a lot of new players being added to the squad as well as a new team manager and a new coach. Despite all the new players the girls had a fantastic first match of the season against Killester and were beaten by just 1 point. The second match proved a bit more difficult but the girls got their first win of the season last Sunday against Tridents in the Cup. Here's hoping there'll be lots of success for them this year.

U16

The U16 have got off to a great start this season. They have won both League matches against Lions and Killester and are through to the next round in the Cup.

U15 A

The girls are still on a high after the tournament they played in Spain and this positivity has carried into this Season. They won their first three matches

well in the league before playing Liffey Celtics away and suffering their first defeat. The girls are working very hard at training and six of them were called back for the second round of the Irish Trials. They have won their way into the quarter finals of the cup where they play Killester at home. Their main opposition this season should be Liffey Celtics and Templeogue and their goal is to win the cup and be in the top two in the League

Under 15 B

Considering the B team have only started training together since September they have formed a close bond and are having great success they have won their first 4 matches well and are expecting tough opposition in the coming weeks against Firhouse Dublin Lions and Raiders. Every week they gain strength and improve as a team and individuals. Our hope is to be up in contention with the top teams in the league by the end of the season.

U11s

'Meteors', played 'SAI Ballymun' on the 12th November 2011. It was a home match and the U11s' first match of the year, and a successful one also. The team players were Mairead Cullen, Laura Fagan, Amy Maguire, Aoibhin Grealy, Aoife Humphreys, Laura McCarthy, Sarah McGreevy, Eva Moloney, Yasmin Morgan, Emer Muldoon, Hannah Murphy, Helen O Farrell, Aoife Quinn, Rachel Rice, Sophie Ellen Sheil and Emma O Donovan.

It was a great game played by both teams and we can't wait for our next one! We look forward to playing our next match together as a team. Go Meteors!!

Amy

CONGRATULATIONS

Congratulations to Jessica Tobin, Aedin O'Donnell (both U16) and Ali McGrath (under15)

who played with the Irish Under 16 Team in the U16 European Championship this summer. This was a great honour for the girls and our club.

Well done to the following Under 15's Amy Walsh, Ciara Crotty, Marie Coleman and Rachel Slattery who are on the Dublin InterRegional Panel for the upcoming Inter Regionals.

Congratulations to Ali McGrath, Alannah Irwin, Aoife Whelan and Lauren Flynn who have been selected on the panel for next years Under 16 Irish Team.

U12

We got off to a great start this season in our first match against Malahide winning 42 - 12. With four new players joining the team this year we went on a team building trip to Waterford on the October Bank Holiday. We played two teams from Waterford Wildcats and stayed to support our Super League team that evening. All the girls were magnificent, singing and shouting through out the match. It was a magnificent match and all our support paid off when they won in extra time. Our next match is our first ever cup game against Liffey Celtics.



METEORS BASKETBALL CLUB



Gear Update

The following gear is available -

Hoodies - €35

Long sleeve white tops - €15

Tracksuit bottoms - €25

Bags - €20/25

Contact Lisa Timmons on
087 9230861

The U12 and U13 teams will shortly be modelling the new Azzurri playing gear

and hopefully in the next

**We're on the web:
www.meteors.ie**



TAG RUGBY

For the past four years, Meteors Basketball Team have entered a team in to the women's only tag league to keep fit in the off season. They play in Terenure College on a Monday night. The team is made up of a number of Superleague, Regional and Division 1 players.

Initially it was started as a "team bonding/keep fit" in the off season, however, it has turned out that basketball players make good tag rugby players! For the last four years, Meteors have won the Women's Open Draw League, which is no mean feat when you consider some of the teams competing in the league are full contact rugby teams!

If anyone is interested in playing, contact Lisa Timmons.



**I can accept failure,
everyone fails at
something. But I can't
accept not trying.
Michael Jordan**

**Train hard, play
hard and have fun...**

Double Headers in Colaiste Iosagain

Sunday 18th December

1pm Regional team

v

Foireann na Gallaimhe

3pm Superleague

v

Ulster Rockets

Sunday 8th January

1pm Regional Team

v

Tralee Imperials

3pm Superleague

v

Oblate Dynamos

Support Needed!

**CONGRATULATIONS TO
AILISH FLYNN & LEIGH CORRIGAN ON THEIR NEW ARRIVALS.**

**Ailish had a beautiful baby boy, Eamon
& Leigh had a gorgeous girl Esmay.**

**HAPPY CHRISTMAS TO ALL CLUB MEMBERS FROM METEORS
BASKETBALL CLUB....**

