C. Murray, P. Foley, M. Foley, D. Punch, P. Carey, B. Foley (0-1), A. Carmody (0-3), C. Carey, P. Costelloe, G. Kirby (1-6), S. Kirby (1-0), J. O'Donnell (1-0), A. Purcell (1-4), N. O'Grady. Subs: T. O'Brien, P. Earls, D. O'Grady (0-1).

Mungret: S. Fitzgerald, N. O'Brien, M. Barron, J. Foster, F. Murphy, M. O'Reilly, J. Van Veen, D. O'Dea, S. Weston, B. Tobin (0-2), S. Markham, P. O'Grady, M. Tobin (0-1), G. O'Brien (0-1), D. Fitzgibbon. Subs: K. Reynolds (1-0), G. Dillon, J. Whelan.

Referee: A. Ryan.

In the junior hurling league two goals in the last five minutes gave Old Christians a one point win over defending champions Ballybrown. Patrickswell had seven points to spare over Na Piarsaigh, while Monaleen had a good win over Claughaun.

Clubs are reminded to ring the PRO at 353289 with match results the evening of the matches.

Delegate meeting on Tuesday, May 2 at 9 p.m.

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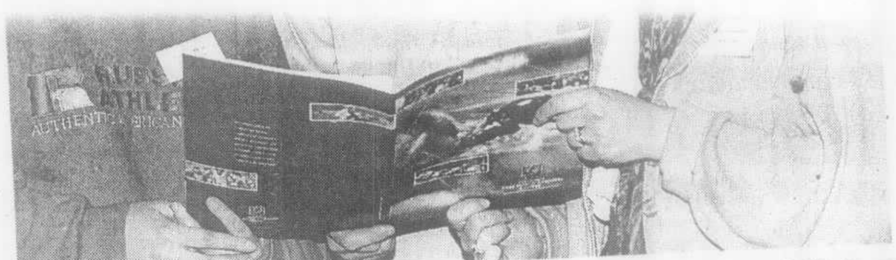
Deirdre Lyons, left. 2nd year Sports Science student at UL and Josephine McElhinney, NCTC



Gemma Lane, left, 2nd year Sports Science Student, UL, and Michael Fitzgerald and Deirdre Morrissey of NCTC

Major plans to develop NCTC

BY JOHN O'SHAUGHNESSY

THE importance and high profile enjoyed by the National Coaching & Training Centre at the University of Limerick, was reflected at the weekend when upwards of 60 sports organisations, together with distinguished overseas visitors, attended the third national coaching forum.

An exciting revelation was that there is to be multi-million pound expenditure following an agreement made between the NCTC and the University of Limerick, to develop a national sports village on the campus.

The sports village would provide high quality training, competitive and residential facilities, to be made available on a year round basis from this June so that top sports people can use them for short and long term stays.

The NCTC also plan to establish a national summer camp in co-operation with national governing bodies for 15/16 year-olds, covering a wide category of sports. The aim? To give students an insight into the commitment and dedication required to compete at top levels.

The three-day event attracted leading players and administrators, who heard such topics as career development, educational support, nutrition, physiological support, psychological support, school sport and talent identification, sports biomechanics and supporting the female athlete, discussed at two workshops.

The four eminent keynote speakers were, Deirdre Anderson, Career and Education Co-ordinator of the Victoria Institute of Sport, Australia: Sue Campbell, recently appointed Director of the Youth/Sport Trust and former Director of the Coaching Foundation in the UK; Hugh Mantle, psychology lecturer at Liverpool University and Jurgen Kozen, Director of the Coach Academy in Koln, Germany.

It was like a whos who in the world of sport in the corridors of the NCTC and at the nearby Castletroy Park, which was the forum's headquarters.

Geraldine Barniville, the tennis and squash international, and chairman of the NCTC, welcomed the guests at Saturday's dinner, tipped for the Olympic Games in Atlanta next year; Limerick's Sean O'Grady of World Wheelchair Olympics fame; Dermot Henihan, IRFU and Michael Griffin, President, Irish Triathlon Federation.

Minister of Sport Bernard Allen, was unable to attend and his address was delivered by Eamonn Doherty, Chairman of Cospoir.

The establishment of the NCTC in 1991 marked the start of an important new initiative in support of the effort of players, athletes and coaches in Ireland.

Through a specially devised programme, the Centre, which will shortly host the Republic of Ireland soccer team, embarked on a very extensive programme of coaching initiatives which, it is hoped, will have an important impact on all levels of sport, and particularly, in relation to elite sport throughout the country.

A particular aspect of the NCTC's role has been the work done in providing testing and monitoring for players and athletes.

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Pat Duffy, Director of the NCTC and who has successfully steered the Centre through its initial years, called for the compilation of an efficient structure for the co-ordination and implementation of the National Athlete/Player Support structure, involving national governing bodies in sport.

"In the quest for excellence in sport the demands placed on athletes are ever increasing. The establishment of a support structure is a prerequisite to the sustained success of Irish sport, both domestically and internationally".

Mr Duffy suggested that the various bodies would include the Department of Education, Cospoir, Olympic Council of Ireland, Sports Science personnel, the NCTC, athlete/player representatives, schools and other relevant agencies.

Other key issues raised in a comprehensive discussion paper by the NCTC, included a proposal to create suitable part time employment through the relevant agencies in the Shannon region for potential world class athletes.

Mr Duffy said it was vital that athletes had financial security if they were to compete successfully. The NCTC's role would be to co-operate with FAS and other state agencies to pilot a number of part-time employment opportunities for high level athletes combined with the provision of accommodation, training facilities and sports science support services.

It was also envisaged they would liaise with FAS and employers in the Mid West region to investigate the possibility of creating temporary jobs in companies so that athletes would be in a position to combine their strict training schedules with earning an income.

In her address, Sue Campbell warned of the danger of young children being "burnt out" in their early years if forced into an excessive amount of training. Young children, she told delegates, were vulnerable to manipulation and, if they are pushed into high-performance sport they are in danger of "burn-out" and eventually drop out from sport altogether.

She also warned against too much parental pressure.

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Sponsors w Ballygowan, represented Tom and Grace Reed.

Tipperary opponent at Bruff on (LL)

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In the relay triathlon (one swimmer, one cyclist, one runner) is always a difficult to forecast as some unusual and secretive teams always turn up on the day.

Before going to press somne of the names of teams which were mentions were Tom Barry Team, Richard Clifford Trio, Ailbe & Co., Murrays Blazing Saddles and P.S.B. Blackswan from Annacotty.

The first swimmers will start at 1 p.m. next Sunday and check in will be 11.30 a.m. Closing date for late entries is April 27. All are welcome to the complex for the presentation which will take place after the triathlon.

Abbeyfeale karate

THE Abbeyfeale Karate Club participated in a competition in Clare recently. It proved to be a very successful day for the club, having had winners in most categories. This was the first competition for some of the junior club members and they gave a very good account of themselves.

So far the club has had a busy year having participated in the following courses: Sensei Enoeda (8th dan) in Galway, Sensei Mitsouka (6th dan) in Dublin, Sensei Funakoshi (8th dan) in Cork.

Two of the junior members, Dan Walmsley and Niall Shine, have participated in junior squad sessions in Cork with a view to being picked on the Irish team to compete in international events during the year and ultimately the world championships in December.

Karate training for beginners will commence on this Friday, 9 to 9 p.m., at the sport complex.

Dunworth

Football for school

THE county secon schools under-18 foo blitz will be held a University of Limeri May 6.

There will be four g of five schools.

Group 1-Se Abbeyfeale, Kilmall Rathkeale, NCW. C Askeaton, Doon, Ho B, Crescent, St. Cle Group 3-Charl Kilmallock A, St. Ne Hospital B, Ard Sco St. Munchin's. Gr NCW A, Kilf Newport, Bruff, St. E

The competition on a league basis wit team having four m in round one and t two will qualify quarter finals.

SAILING

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Patrickswell

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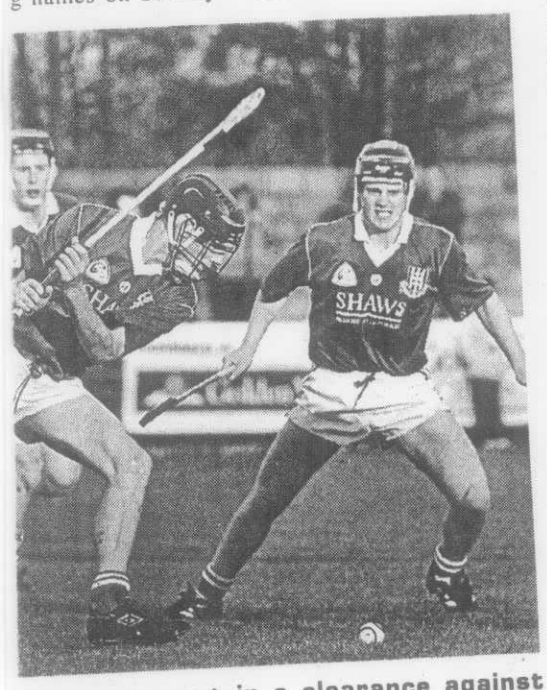

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Dunworth cup on Sunday

GRANAGH-Ballingarry are hosting the Dunworth Cup intermediate hurling tournament, with the first round on April 30, in Ballingarry, where Croom take on Knockaderry, and, the following Friday, Feenagh-Kilmeedy play Dromin Athlacca, same time, same venue.

Semi finals are scheduled for May 12 and May 19, with the final on May 28

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Results: 1 skippered by 2, Hydroman by Aidan Feer Seal, skipp Keville.

Next Sunda last race of There will al in company c end, details a bour on Satur