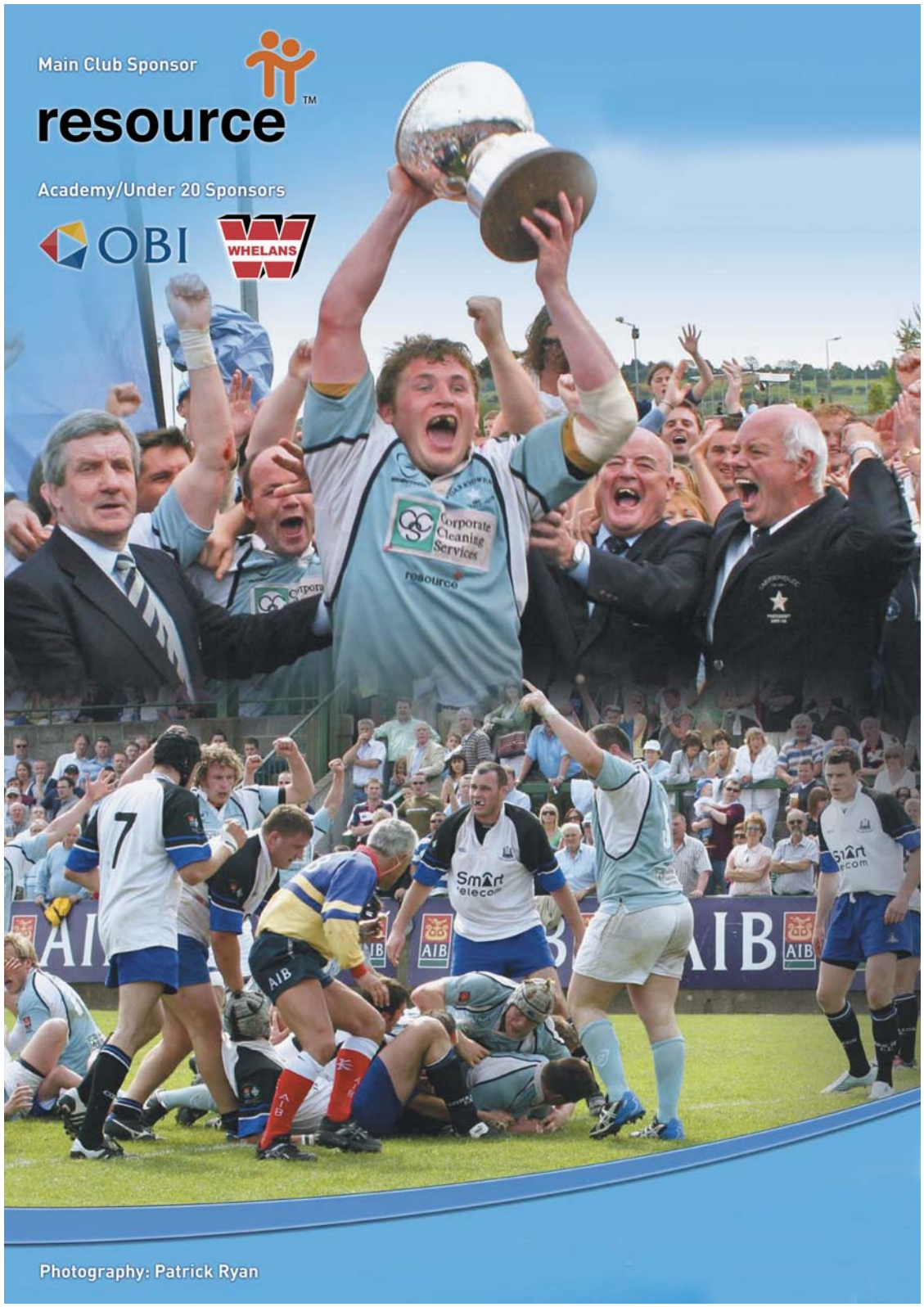


Main Club Sponsor
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Academy/Under 20 Sponsors



Photography: Patrick Ryan

ACADEMY INTRODUCTION

On 1st December 2001 Garryowen formally launched its Rugby Academy, which had been established earlier that year to develop elite players capable of performing at international standard. The long term objective of the Academy is to intensively nurture and develop Ireland's best young rugby talent. One of the Academy founding members and Trustees is the 2002 World Rugby Player of the Year, Keith Wood. No fewer than 11 of the 2006/7 grand slam team graduated from the Academy.



CLUB HISTORY

Garryowen Football Club was founded in Limerick in 1884, and takes its name from the Garryowen area of Limerick. The word Garryowen - the gardens of John - relates to the association in the 12th century between St. John's Church and the Knights Templar whose house in Limerick was dedicated to St. John the Baptist.

The idea for the founding of Garryowen originated outside Trehy's house (facing Carey's Road) when a small group including amongst others Alderman Mike Joyce MP, Alderman Tom Prendergast, William Prendergast (his brother), felt that Limerick should have a first class senior rugby club. After a number of meetings held in the Catholic Institute, the club was formally constituted at a meeting held on 19th September 1884, in the Athenaeum (later the Royal Cinema), in Upper Cecil St., and from those humble beginnings, one of rugby football's greatest institutions began.



The name Garryowen came to symbolise Limerick and Ireland for our exiles all over the world. The marching song of the US 7th Cavalry is Hurrah for Garryowen and in the First World War, the Munster Fusiliers dribbled a ball shouting Up Garryowen as their war cry, as they went over the front into battle. The white five-pointed star on the left breast of the Garryowen jersey represents the then five mediaeval parishes of Limerick - St. Mary's, St. Munchin's, St. Michael's, St. Patrick's and St. John's. The reputation that Garryowen Football Club has achieved wherever the game is played has been earned as a result of the consistent success of Garryowen teams spanning 119 years, right throughout the ranks from under age to senior levels.

Many famous individuals and families have represented the club, their province, country or hemisphere with distinction. Ordinary names that summon memories of extraordinary men: the O'Connors, O'Sullivans, Quilligans, Reids, Woods, Wallaces; Jack MacAulay, Jack O'Sullivan (each of whom was capped by Ireland, and went on to become President of the IRFU), Paddy Reid, Dave O'Loughlin, Sean MacNamara, Brendan Morgan and Gordon Wood, Pat Whelan, Eddie Molloy, Billy Cronin, Tony Ward, Willie Sexton, Keith Wood (who followed his father Gordon's footsteps into Garryowen, Munster, Ireland and Lions front rows) Richard Wallace and his brother David, Paul Hogan. Men that have taken up their inheritance and the long tradition of fierce passion and tenacity mixed with a flair for the running game.

Throughout the club's long history, whether playing in the Market's Field, or Dooradoyle since 1958, Garryowen Football Club has always had - and always will have - success in competitive football as our raison d'être. Our achievements section will give you details of those successes. Every player who pulls on a light blue jersey with a white star on it, whether for the first or last time, has become part of a journey that has seen consistent success, whatever the competition. Today, our eyes are firmly fixed on the future, but our hearts and minds are set very much in our inheritance - our very proud tradition.



DAVID WALLACE



MARK MELBOURNE



CIARAN O'BOYLE



GERRY HURLEY

SCOPE OF ACADEMY

Skills Development

Skills Development sessions (individual and unit) is the responsibility of the Garryowen FC Director of Rugby, as well as player management, mentoring and playing a leading role in ensuring an appropriate playing programme for all academy players. The use of top-level analysis equipment is used on a one-to-one basis.

Conditioning Development

Conditioning Development sessions is the responsibility of the Garryowen FC Head of Conditioning, who also plays an active role in the management of the Academy player.

Sports Medicine

All Garryowen FC Academy players undergo a medical profile with the Garryowen FC Doctor and Physiotherapist before commencing any increased or amended training programmes. Any further external treatment or investigation arising from arranged appointments is recommended by the Garryowen medical staff. Other services provided for Academy members will be Garryowen FC Dentist and Surgeon.

Sports Nutrition

All Garryowen FC Academy players receive a personalised profile by the Garryowen FC Nutritionist, who integrates individual programmes with the Director of Rugby, Head of Conditioning and medical staff.

Sports Science

Sports Psychology and Sports Physiology services is available to Garryowen FC Academy players as appropriate, where it is agreed that value can be added to existing programmes and there will be a clear impact on performance.

Performance Lifestyle

Performance Lifestyle is a lifestyle management programme. This support is available to all Garryowen FC Academy players.

Stakeholders

The Garryowen FC Academy has the full support of the IRFU and Munster Branch, and fully integrates with the Munster Academy structure.

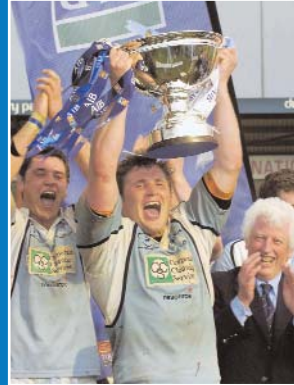
All of the above is there to provide you with the rugby opportunity as well as access to services and programmes aimed at helping you achieve your full potential in rugby.

As you have been identified as a talented athlete, now an even greater commitment is required to achieve your goals, and the Garryowen FC Academy is there to provide you with this key stage in your development.

Individual review and assessment

Each player will receive Individual review and assessment. This will include his performance against the key objectives.





*"Our hearts so stout have brought us fame, For soon 'tis known from whence we came.
Where e'er we go they dread the name, Of Garryowen in Glory"*



CLUB MEMBERS WHO HAVE BEEN CAPPED FOR IRELAND

J.M. O'SULLIVAN	N.A. MURPHY	J. MACAULAY
J.C. KELLY	J. FOGARTY	T.J. NESDALE
T.F. PEEL	M. DOYLE	JOS. O'CONNOR
J.C. MORONEY	R.V. JACKSON	S. DEERING (jnr.)
P. HEALY	S. DENNISON	T. HALPIN
P.C. WHELAN	M.S. EGAN	L.A. MOLONEY
G.J. HENEGBRY	M.J. SHERRY	GEO. COLLOPY
A.J.P. WARD	J.J. O'CONNOR	W. SEXTON
G.V. KILLEEN	P. DANAHER	DR. P.J. STOKES
R. WALLACE	J.J. CLUNE	N. BARRY
DR. A.W. COURTENAY	P. HOGAN	N. BUTLER
R. COSTELLO	D.G. LANGAN	N. FURLONG
S.M. DEERING	K. WOOD	D.B. O'LOUGHLIN
B. CRONIN	P.J. REID	D. CROTTY
H. DeLACY	S. McIVOR	A.D. McMORROW
K. KEANE	T.E. REID	T. TIERNEY
B.G.M. WOOD	D. WALLACE	T. McGRATH
J. STAUNTON	R. HENDERSON	P. BURKE

BRITISH AND IRISH LIONS

T.E. Reid	B.G.M. Wood	K. Wood (C)
N.A. Murphy	A.J. Ward	D. Wallace
R. Wallace	M. Doyle	R. Henderson

A/B INTERNATIONALS

E. Molloy	R. Wallace	G. Walsh
W. Sexton	D. Larkin	S. Leahy
N. Barry	B. Cronin	B. Everitt
P. Danaher	K. Wood	S. McIvor
L.A. Moloney	P. Hogan	D. Crotty
A.J.P. Ward	P. Cunningham	D. Wallace
J. Staunton	T. Tierney	

IRISH AMATEUR INTERNATIONALS

P. Malone	G. Hurley	C. O'Boyle
D. Varley	K. Hartigan	

IRISH REPRESENTATIVE XV

L. Hall	B. Cronin	S.D. Walsh
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UNDER 25 INTERNATIONALS

P. Danaher

UNDER 21 INTERNATIONALS

P. Hogan	C. Kilroy	D. Wallace
N. Barry	J. Staunton	D. Sheehan
P. Neville	K. Hartigan	A. Bermingham
M. McNamara	T. Tierney	R. Callaghan
C. Hartigan	A. Kavanagh	C. Doyle.

DEVELOPMENT INTERNATIONAL XV

S. McIvor	D. Wallace	P. Cunningham
B. Cronin		

UNDER 19

C. Fitzgerald	J. Staunton	M. Sherry Jnr.
B. O'Mahony		

CLUB MEMBERS WHO HAVE HELD OFFICE IN I.R.F.U.**PRESIDENT OF I.R.F.U.**

J. MACAULAY
J.M. O'SULLIVAN
D.G. O'DONOVAN
K.J. QUILLIGAN
J. QUILLIGAN

MEMBERS OF I.R.F.U.

J. MACAULAY
J.M. O'SULLIVAN
D.G. O'DONOVAN
K.J. QUILLIGAN
J.A. FAHEY
J. QUILLIGAN
P.C. WHELAN

IRISH SELECTOR

J. MACAULAY
J.J. QUILLIGAN
D.B. O'LOUGHLIN
P.C. WHELAN
P. DANAHER

TRUSTEE OF I.R.F.U.

D.G. O'DONOVAN

IRISH MANAGER

P. WHELAN

ASST. IRISH COACH

P. DANAHER

IRISH CAPTAIN

K. WOOD

P. DANAHER

IRISH COACH

E. O'SULLIVAN



John Quilligan former President of IRFU.

GARRYOWEN FC ROLL OF HONOUR



ALL IRELAND LEAGUE WINNERS

- 1992 • 1994 • 2007



AIB CUP WINNERS

- 2007



MUNSTER SENIOR CUP

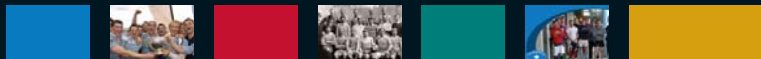
- 1889 • 1890 • 1891 • 1892* • 1893 • 1894
- 1895 • 1896 • 1898 • 1899 • 1902 • 1903
- 1904 • 1908 • 1909 • 1911 • 1914 • 1920
- 1924 • 1925 • 1926 • 1932 • 1934 • 1940
- 1947 • 1952 • 1954 • 1969 • 1971 • 1974
- 1975 • 1979 • 1993 • 1995 • 1997 • 1999
- 2007




MUNSTER JUNIOR CUP

- 1910 • 1955 • 1970 • 1976
- 1978 • 1993 • 2007










GARRYOWEN FC ACADEMY



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 Where e'er we go they dread the name, Of Garryowen In Glory"



COMMEMORATIVE
 2006/07
 SEASON
 2007/08



www.garryowenrugby.com

garryowenfcacademy@gmail.com



ACADEMY APPLICATION FORM

To apply for the Garryowen FC Academy please complete the following:

Name:

Date of Birth:
D D M M Y Y Y Y

Address:

.....

Contact numbers:

Contact email:

Position:

Playing history:.....

.....

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References:.....

Further Education aspirations:

.....

Employment aspirations outside rugby:

.....

Alternatively, you can apply by forwarding the above form to
garryowenfcacademy@gmail.com

