

MUCKROSS PARK COLLEGE



EXTRACURRICULAR
ACTIVITIES:
SPORT

WELCOME



SPORT IN MUCKROSS

- Athletics
- Basketball
- Cricket
- Cross-Country
- Equestrian
- Fencing
- Golf
- Hockey
- Tennis
- Rugby 7s
- Swimming

WHY PLAY SPORT IN SCHOOL?

- School Spirit
- Active body and mind
- Improved Concentration
- Teamwork
- Friendship
- Memories
- Fitness



SPORTING TIMETABLE FOR SCHOOL (WINTER)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Basketball	3:45-5:00 1 st yrs	3:45-5:00 2 nd Years	3:45-5:00 Seniors Cadets		2:15-3:30 Seniors	10:00-11:00 1 st years 11:00-12:00 2 nd years
Hockey	3:45-5:15 Juniors	3:45-5:15 Seniors	3:45-5:15 Juniors and Minors	3:45-5:15 Seniors And Minors	2:15-3:45 1 st years	9:00-12:00 Games All teams
Cross-Country		3:45-4:45		3:45-4:45		
Tennis		3:45-4:45 Coaching 1 st and 2 nd years				

SPORTING TIMETABLE FOR SCHOOL (SUMMER)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Athletics	3.45-5:15	3.45-5:15	3.45-5:15	3.45-5:15	2:15-3.45	
Cricket	3:45-5:15 1 st Years		3:45-5:15 Juniors			
Tennis		3.45-5:15 Social 1 st Years	3:45-5:15 League	3:45-5:15 Social 2 nd Years		League games
Rounders		3:45-5:15				
Walking		3:45-4:45 Seniors		3:45-4:45 Juniors		
Rugby 7s				Open Session Railway	12:50-2:05 TYS	Training Railway

WINTER TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Basketball	3:45-5:00 Training		Incoming 1 st Yr Training			10:00-11:00 Training
Hockey					2:15-3:45 Training	9:00-12:00 Games
Cross-Country		3:45-4:45		3:45-4:45		
Tennis		3:45-4:45 Coaching				

SUMMER TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Athletics	3.45-5:15	3.45-5:15	3.45-5:15	3.45-5:15	2:15-3.45	
Cricket	3:45-5:15					
Tennis		3.45-5:15 Social	3:45-5:15 League			League games
Rounders		3:45-5:15			2	
Walking				3:45-4:45		
Rugby 7s	TBC	TBC	TBC	TBC	TBC	

FACILITIES

- Full and half astro hockey pitches
- 3 tennis courts + half pitch in summer term
- Full sized indoor basketball court + 3 outdoor courts
- Gym
- Equipment for all activities
- Coaching staff for Basketball and Hockey and Athletics

HOCKEY

- First Year Training Fridays @ 2.15-3.45 from September – March
- Hockey Camp week before school starts in September
- Week August 19th
- Saturday morning games/coaching*
- All levels catered for
- 8-a-side
- Teams are not set in stone.

BASKETBALL

- Training Commencing for incoming 1st years on Wednesday evenings
- Training for 1st years on Mondays, Thursdays and Saturdays
- Fast becoming a very popular sport in the school
- Senior team won their South Dublin League

CROSS-COUNTRY RUNNING

- **Training on Tuesdays and Thursdays**
- **Girls train in Herbert Park**

1st Year Cross country team qualified for the Leinster Finals this year.

CRICKET AND TENNIS

- Cricket starts in the Summer Term following the end of the Hockey season
- League for First Years
- Monday evenings

- There is tennis coaching for First and Second Years on Tuesday afternoons in Winter
- Summer Term
 - League for 1st years
 - Social Tennis on Tesdays

UNIFORM

- White Polo Tee-shirt
 - Black O'Neills tracksuit pants
 - Black shorts
 - Zip-top
-
- Hockey
 - Uniform not to be bought until you are told to buy it.
-
- Basketball
 - Uniform not to be bought until you are told to but it.

RUGBY 7S

TYS play rugby on Friday afternoons and are having a ball!!



SPORTS DAY



THANK YOU

ANY QUESTIONS PLEASE ASK!!