



Clanna Gael Fontenoy GAA Club

CLANNS UPDATE



A good season for U12 girls

Our U12 girls have played eight games since the last report. Most of these have been competitive and the girls have really embraced the challenge.

- A fantastic win against Ballyboden away: this was a battle royal as always, but the girls held their ground to secure the win. A stunning individual goal by Ella Darcy clinched the victory.
- Foxrock at home provided their toughest test to date. With some of girls out through injury, the team was somewhat weakened. Though Foxrock won they knew they were in a game as Clanns were full of spirit.
- Lucan away: Clanns won the first two matches and were narrowly beaten in the second two; not much between these teams on the day but a strong performance nevertheless.
- A comfortable home win against Peregrines saw Clanns winning all four matches with a bit to spare. They showed their class in this game giving their opponents very little chance from the start.
- St Judes away was another tough encounter with very little between the teams and Clanns winning two out of four games. The individual battles on the day were a joy as our top girls battled it out with some great skill and passion against some really strong opponents.



- Clontarf at home: another two wins from four games. Clontarf are strong but our girls showed why they can mix it with the best. Some fine individual players on the visiting side put some pressure on Clanns, but as always our team work balanced this out to provide a fine game.

Proud sponsors of Clanna Gael Fontenoy

Club News

Players with Dublin



Ella Darcy represented the club with great pride when selected for the Dublin A team in the annual Leinster Blitz in Carlow on the 20th of July. She played all three games and had a particularly good game against Meath in the final game. Lucy Crowe will represent the club in the second blitz in September.

Club Car Park Alert

We have received a number of reports recently of items stolen from cars parked in the Club car park. Items of value should not be left in cars such that they can be seen.



@Clannagaelfont

Visit www.clannagaelfontenoy.ie for lots more information

- We played Na Fianna twice this year with our first game a tight affair. The second game at home was the opposite as Clanns put on a master class to beat their opponents with some ease. A fantastic performance all round.
- Cuala at home was our last game. Clanns put their opponents to the sword winning all four matches with some ease and signed off the first part of the season with a really strong performance.

Again a big thank you to the girls, coaches, Mums, Dads , Claire and Orlaith. Also a big thank you is due to the Club and to Donnacha Cleary for his fantastic support of Gaelic football in the school. He has produced some fine players from his little academy.

Parents and pizza

The U8 girls team rounded off a great season with a win over their parents followed by some tasty pizza! Well done to all concerned including team mentors Eamonn, Aaron, Johnny, Chico and Mark.



U8s signing off for the hols

U15 footballers go down fighting

Our U15 footballers travelled north to take on table toppers St Margarets last weekend. The first half was an even affair with the hosts just two points ahead at the break as a result of a converted penalty on the stroke of half time. An injury to midfielder, Des Duggan, shortly after the re-start changed the flow of the game considerably and, despite gallant efforts throughout, Clanns were left chasing the game after that.

St Margarets 5-12 Clanna Gael Fontenoy 2-5



Proud sponsors of Clanna Gael Fontenoy

Sun Safety

The importance of protecting the skin against the harmful rays of the sun cannot be underestimated.

The sun is at its strongest between noon and 4p.m. – it is advised to take shade during these times to avoid burning. Cover up using a t-shirt, hat and sunglasses. Sunscreens are vital, especially when travelling abroad.

There are a huge variety of sunscreen products on the market, all of which work the same way once they are applied correctly.

Sunscreen should have an SPF of 15 or higher, should be applied 20 minutes before going out in the sun and should not be used sparingly. For the average adult you will need 35mls of sunscreen to cover the whole body.

For more tips on how to stay safe in the sun, visit www.cancer.ie. If you would like more health information please feel free to email ian@meagherspharmacy.ie or visit our website www.meaghers.ie and use the Ask the Pharmacist function.

This information is provided by Meaghers Pharmacy to help educate and raise awareness on important health issues.



@Clannagaelfont