

List of Clubs available to 1st Years

Activity	Teacher In Charge	When the club meets	Where the club meets	Explanation of Activity
Athletics Club (for boys & girls)	Ms. Quinn	Wednesdays after school from 3.30pm to 4.30pm	Around the outside of the school pitches/basketball courts & Shannon Athletics Club track	General fitness, endurance and speed training. Clare, Munster & All-Ireland Schools' Cross-country Races in Winter & Schools Track & Field Events in Spring/Summer.
Boys Basketball	Ms Byrne	Thursday at lunch times	PE Hall	Train to improve Fitness and Skills. There will be competitions and blitzes throughout the year.
Boys Gaelic Football	Mr. O'Brien Mr Aherne	After school on pitch and lunch times throughout the year.	School Pitch / PE Hall	Training to improve skills and team work relating to Gaelic football. A number of blitz's will be played throughout the year.
Boys Rugby	Mr. Nolan	Wednesdays	School pitch	Weekly matches
Boys Soccer	Mr O'Brien	After school on pitch and lunch times throughout the year.	School Pitch / PE Hall / Wolfe Tones	Training to improve skills and team work relating to soccer. FAI Munster Schools Cup & North Munster Area Cup starting in September
Breakfast Club	Ms Glendon – Gary	Every morning	Home Ec Room (143)	Enjoy a slice of toast or a cup of tea or some orange / apple juice.
Camogie	Ms O'Leary Ms O'Loughlin	Training will start after school and at lunch time in September until May.	Outside pitches and PE Hall	Training to improve skills and teamwork relating to Camogie. A number of blitzes will be played throughout the year for first years, U16.5 and U18.5.
Chess Club	Ms King Ms McDonnell	Every day during lunch	Room 205	Improve at chess with a view to entering and achieving in competitions
Choir	Ms Killeen Ms Fahy	Tuesday at 1.20-1.50pm	The Music Room (152)	Choir is open to any student who would like to practice the skill of singing. You don't need to be an excellent singer to join, just willing to try. Joining a choir can provide invaluable experience in team-work (an essential skill for all performers), and also enable students from the different disciplines to interact and have fun through performance

Club Gaeilge	Muinteoir I Bhfeighil: Ms. Dunne	Cathain: Deardaoin, Am Loin.	Ca H-Ait: Seomra 121	Tog do Chairde agus do lon leat: Is feidir leat clichi a imirt, Eisteacht le Ceol, Comhra a dheanamh tri Ghaeilge.
Diabetes Peer Support Group	Ms. Guinnane Ms Morgan	Group decides when they like to meet. Normally about twice a term.	Meditation Room	The group meets to offer support, information, tips and advice on navigating type 1 diabetes as a teenager in school. The group is open to those with diabetes or those who have a family member of a friend with diabetes. It is run by the students with support from teachers.
Environmental Club	Ms McDonnell	Regularly, listen for announcements	Anywhere on school grounds	Contribute to solving environmental problems. Play an important role in Environmental Education for Sustainable Development.
Games Club	Ms Mcdonnell	Lunch Times	Room 205	Play games such as cards and board games and hang out!
Girls Active	Ms O Leary , Ms O Brien, Ms Berine, Ms McSweeney	Friday lunchtimes for 20 minutes	PE Hall	Active and fun activities for 1st year girls developing leadership and friendship skills. Trip away if you make all the lunchtime sessions.
Girls Basket Ball	Ms O Loughlin	After school and lunch times throughout the year	PE Hall and Outside courts	Learning new skills such as throwing, catching and running and working as a team.
Girls Soccer	Ms Counihan Mr Corbett Ms Drudy Ms Roche	Wednesday or Thursday after school	School Pitch	First year girls' soccer will help improve teamwork and communication skills as players learn to work together effectively on the field. Competing in County and Munster competitions against top regional players will challenge them to develop resilience and strategic thinking under pressure. Additionally, regular practice and high-level competition will improve their physical fitness, coordination, and overall confidence in their abilities.

Golf Club	MS. O Brien	Practice with your own club.	Practice with your own club	Junior Girls and Boys competition on 25 th September. Listen for Announcements on competitions. You must have a current handicap index to play in competitions. Annual Outing in Shannon Golf Club
Homework Club	Mr Nolan	- Monday and Tuesday 4:10 to 5:00 -Wednesday and Thursday 3:30 to 4:20	Room 126	Extra help and resources for homework, access to teachers for extra help on subjects and a quiet space too study. Available by invite only.
Hurling	Mr Cunningham Mr Corry	After school on pitch and lunch times throughout the year.	School Pitch / PE Hall / Wolfe Tones	Training to improve skills and team work relating to Hurling. Joint League with St Patrick Comprehensive school before X Mas and championship after X Mas.
Ladies Gaelic Football	Ms Beirne	After school and lunch times throughout the year	School Pitch/ PE Hall	Training to improve skills and teamwork relating to Gaelic Football. A number of blitzes will be played throughout the year.
LGBTQ+ and Allies Group	Ms Guinnane	Once a month on a day chosen by the group.	Room 156B	A group run by students to meet like minded students to promote, support and advocate for LGBTQ+ students. You don't have to identify as LGBTQ+ to attend, you could just be interested or there as a support for a friend.
Photography Club	Ms Masterson	Monthly on Wednesdays at 1:30	Room 141	Photography is an important life skill. It is a great hobby and makes you look at the world in a different way.
Student Council	Mr Aherne	Meeting once a week	Board room	Become a representative of you class or year group to voice issues and ideas on changes to benefit school life. Be part of the decision making process with school management on how we run our school. Elections occurs in September
SVP	Ms Guinnane Ms Masterson	Meets Tuesday Lunchtime	156a/Meditation Room	Young SVP make a difference to the school community and the local community. We visit Carrigoran Nursing Home, Fundraise, host

				coffee mornings for Shannon Senior Citizens, organise The Annual Christmas Jumper Day, food appeals. Provide care packages to the homeless.
Swimming	Ms Dalton	Individuals train with their own clubs.	Individuals train with their own clubs.	If you practice swimming with your own club, feel free to compete with the school in gala's. Munster Swim meet in November.
Trad Group	Ms Killeen Ms Fahy	Wednesday 1:20 to 1:50	The Music Room (152)	Traditional Group is open to aspiring musicians hoping to develop their skills in Irish Traditional Music. You will get the opportunity to learn new tunes in a fun and positive environment and perform at various events throughout the year.
Uma Buddy Group	Ms Guinnane	Everyday from 8:30am, Breaktimes and Lunchtimes	Ms Guinnane's office	Students meet to spend time, interact and assist with Uma our School Therapy Dog.