

# Rugby at Rockwell College



*Quality is a habit,  
not an act.*

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# WHO WE ARE

Established in 1864 in the heartlands of Tipperary, Rockwell College is one of Ireland's leading co-educational boarding schools for second-level students. Located on a picturesque lakeside estate, Rockwell College is immersed in history. While there have been many changes throughout the years, providing students with a world-class education combined with a strong sporting tradition has remained at the forefront.

## Facilities

- 6 Rugby Pitches
- 25 m Indoor Swimming Pool
- Weights Room
- Fitness Suite
- Veocam & NACSPORT video analysis
- Gymnasium
- All-weather 50m pitch
- All-weather hockey pitch
- 2 Soccer pitches
- 1 GAA pitch
- Basketball Courts
- 9-hole footgolf course
- Three tennis courts
- 23 acre lake on our grounds
- 24 rugby staff across 9 teams







# ROCKWELL COLLEGE

## RUGBY TRAINING SCHEDULE

Team	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Senior (SCT)</b>	Gym 7am Training 4-5pm	Skills 1.15-.35pm Training 4-5pm	<u>Game</u> or Training 2-3.15pm	Training/ Recovery Pool session 4-5pm	Skills 1.15-.35pm Training 4-5pm
<b>Bowen Shield</b>	Training 4-5pm	Training 4-5pm	<u>Game</u> or Training 2-3.15pm	Gym 4-5pm	Training 4-5pm
<b>Junior (JCT)</b>	Training 4-5pm	Gym 7am Training 4-5pm	<u>Game</u> or Training 2-3.15pm	Gym 7am Training 4pm-5pm	Training 4-5pm
<b>McCarthy Cup</b>	Training 4-5pm	Training 4-5pm	<u>Game</u> or Training 2-3.15pm	Free	Training 4-5pm
<b>1st Years*</b>	Training 4-5pm	Training 4-5pm	<u>Game</u> or Training 2-3.15pm	Free	Free
<b>Ladies</b>	Free	Training 4-5pm	<u>Free</u>	Training 4-5pm	Free

### Note for JCT & SCT

\*1st Years are taken on one overnight tour in Easter term to either Dublin, Belfast or Galway

- Occasional Saturday games
- Regular NACSport Video Analysis sessions
- Off site training camps once per year



# ROCKWELL COLLEGE RUGBY

## COACHING STAFF

<b>Rugby Coordinator: K. Leamy</b> <b>Athletic Development: A. McCarra</b> <b>Physio: C. Cotter</b>	
<b>Senior</b>	<b>Head Coach: A. Butler</b> <b>Attack Coach: J. Pickering</b> <b>Assistant Coach: J. Evenden</b> <b>S&amp;C: P. O'Connor</b> <b>Manager: K. O'Hora</b>
<b>Bowen</b>	<b>Head Coach: M. Doyle</b> <b>Assistant Coach: C. McDonough</b>
<b>Junior</b>	<b>Head Coach: D. Lambe</b> <b>Attack Coach: J. Sheehan</b> <b>S&amp;C: A. Fronek</b> <b>Manager: JJ. Sweetnam</b>
<b>McCarthy</b>	<b>Head Coach: S. O'Connor</b> <b>Assistant Coaches: E. Anderson, I. Murphy</b> <b>S&amp;C: C. Richards</b>
<b>1st Year</b>	<b>Head Coach: J. Kissane</b> <b>Assistant coaches:</b> <b>J. Bourke, , S. Moloney, C. Desmond</b>
<b>Ladies</b>	<b>Coaches: E. Ryan, L. Brennan</b>

# ATHLETIC DEVELOPMENT



**Annie McCarra**  
Athletic Development Coordinator



Research on the physical demands in rugby highlights the importance of progressive physical preparation for safe and effective participation. With our whole school Athletic Development Programme, as well as dedicated Physical Development Coaching for JCT & SCT teams, we prepare and develop players for the long-term demands of the adult game.





# Expectations of a Rockwell College Rugby Squad Member

- Be Positive: In the Game and Beyond
- Push Your Limits
- Lead with Your Conduct
- Play with Courage
- Take Responsibility
- Master Yourself
- Make the Next Moment Count



## Opposition

<u>Munster Schools</u>	<u>Leinster Schools</u>
Ard Scoil Ris Limerick	Belvedere College Dublin
Bandon Grammar School	Blackrock College Dublin
Castletroy College Limerick	Cistercian College Roscrea
Christian Brothers Cork	Clongowes Wood College Kildare
Crescent Comprehensive Limerick	St. Gerard's School, Bray
Glenstal Abbey School Limerick	Kilkenny College
Presentation Brothers Cork	Newbridge College
St. Munchin's College Limerick	St Michael's College Dublin
	Wilson's Hospital, Westmeath







# Rockwell Honours



Denis Leamy



Brian Gleeson



Diarmuid Barron



Jake Flannery



JJ Hanrahan



Sean O'Connor



Paddy Butler



# Testimonials

I loved my rugby in Rockwell College. I made memories and friends for life and will always look back fondly on my time there. I have been lucky enough to play professional rugby and some of my best days in rugby to date came playing with my friends for the school! The coaching was first class and the camaraderie was unforgettable.

**Jake Flannery, Emerging Ireland, Ireland U20, Ulster**

Winning the senior cup at Rockwell is a moment that will forever be etched in my story, representing a significant milestone in my rugby career. The camaraderie and coaching I experienced at Rockwell fostered not only memories but also enduring connections that have stood the test of time.

These relationships continue to enrich my life, serving as a constant reminder of the bond we formed through our shared experiences on and off the pitches of Rockwell College.

**Brendan O'Connor, Ireland U21, Ireland 7's, Connacht**

The years I've spent in Rockwell are some of the best I've had. Between learning in the classroom and winning on the rugby field, I have a huge amount to thank the College for. Attending Rockwell for six years built relationships with classmates and teammates that are still strong to this day.

The college ingrained a huge work ethic, sense of respect and honesty within me. The culture in the school was palpable. It enabled and encouraged me to excel in any facet of life, be it on the field or off of it. I was fortunate enough to make a career from Rugby for a time, playing on some great teams and winning tough competitions, but one of my proudest achievements is being in a photo frame on the main hall of the college with 30 of my best friends in a Rockwell Jersey.

**Sean O'Connor, Ireland 20's, Munster, Jersey Reds**

My rugby experience at Rockwell College was truly special. The training and coaching provided a solid foundation for my professional journey. More than that, it gifted me with lasting experiences and friendships that will stand the test of time!

**Paddy Butler, Ireland 20's, Emerging Ireland, Munster**

# Testimonials

The first day I was in Rockwell we were told of the importance of first impressions. My first impressions that day were to be life changing and started a journey that continues to this day. I remember the main hall and the history of those who went before us and were lucky enough to attend the school. The days on those muddy pitches, the training sessions and the games against the big city schools from all over the country leave an indelible mark in my memory. I would say that some of the best days of my life were in Rockwell - when I think of Rockwell it makes me think about how lucky I was to sample the atmosphere that was so vibrant and dynamic and fun. I developed life skills and relationships that have helped me through thick and thin.

**Denis Leamy, Munster & Ireland**

Rockwell college was the real kickstart of my rugby career. I learned so much about rugby and the 6 years really developed me well and put me in a position to become a professional player. I'll always look back at the success I had in Rockwell, winning a Junior Cup which got me selected for Munster trials. What I loved most about rugby in Rockwell was the friends I made playing there.

**Brian Gleeson, Ireland u20's, Munster**

I enjoyed my time playing rugby in Rockwell a huge amount. I grew up a lot through experiences on and off the pitch and loved playing with my friends.

I've memories from Rockwell that will stay with me forever and a huge amount to thank the coaches and my friends for. The level of coaching we received was top class and meant we could compete with the best. Rugby in Rockwell has huge history and you can feel it walking through the halls.

**Diarmaid Barron, Ireland u20's, Emerging Ireland, Munster.**

