



CISTERCIAN COLLEGE

EXCELLENCE IN EDUCATION

insideat coelis animo sed corpore terris
let the mind be in heaven while the body dwells upon the earth



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WELCOME TO CISTERCIAN COLLEGE

A spacious and beautiful location providing the ideal learning environment.

Cistercian College ensures that students are immersed in an educational world where learning is central to all activities. Set in the eight hundred acre campus of Mount Saint Joseph Abbey, it is surrounded by open fields, woodland and forest and is a unique setting that promotes common experience, camaraderie, friendship, trust and honesty between students and adults.

For most of its history monks from the Cistercian Order have successfully managed the school. As President McAleese said on her visit in 2005 "The Cistercian monks have shaped the ethos and attitudes of many young men, providing a safe haven of education on which to build a solid foundation for the future. It is said what is learned in childhood is engraved in stone and we owe a debt of gratitude to the dedication, generosity of spirit and kindness of the monks that formed those early childhood building blocks."

Cistercian College is inspired by a monastic presence and the Cistercian tradition of common life that includes prayer, study, work and recreation. We welcome students from diverse backgrounds while encouraging an appreciation for the Catholic faith. We seek to

honour the dignity of every person as a child of God, and strive to nurture the talents of each individual.

Our aim is to teach students the benefits of Community service, the development of a social conscience, generosity towards others, a concern for global issues which fosters the development of personal and social responsibility and ensures that each individual's mission as a member of the Church is at the heart of education within the College and in doing so makes a contribution to the common good of society

Cistercian College is not just about sports, or academics, or study or exams but about a community that lives together and experiences all aspects of life in a boarding school.

We are guided by a quote from Chapter 64 of the Rule of St Benedict, 'that the strong may have something to strive for and the weak may not be discouraged.' This emphasises that Cistercian College is not just about excellence, though that is important, but rather each boy is an individual and has different gifts and abilities and we are a school which identifies these different gifts and encourages their development.



FEWER DISTRACTIONS

The boarding school environment provides fewer distractions and helps students focus better on their studies because television, video games, phones and other distractors are limited. This is why they usually perform better academically because they live in an environment that is conducive to study and learning. Not only will they spend an average of 20 fewer hours a week watching TV or playing games, but they will be able to spend about twice as long studying as students who attend day schools.

Students are cared for and nurtured throughout the day

Each first year student is mentored by a sixth year who looks out for them and to whom the first year can go for help and advice. Each year has a year Master who has particular responsibility for the welfare of students in that year. He or she monitors the application, academic progress, and extra-curricular involvement of each student so as to ensure each student achieves to the maximum of his ability.

Pastoral care at Cistercian College involves supporting and encouraging each student physically, emotionally and spiritually. Our pastoral and health care facility is open 24 hours a day and is staffed by dedicated and trained staff.

Motivated peers and more study

If a parent wants their son to take his studies seriously, then Cistercian College is the right choice for them.

A student's friends and classmates can make all the difference at school and that is one of the advantages of Cistercian College: Students are in our College because they want to be there, they want to learn and they want to be successful. We are selective about who we admit, because being willing to work hard in class and play hard on the playing field is all part of what we offer and expect.

Cistercian College provides dedicated supervised study halls every evening and night. Study is compulsory from 5.45 to 7.45pm and 9.00 to 9.45pm (1st year) and to 10.00pm for all other years. Students are advised how to use this time to best effect and consequently students are able to do all their homework each evening in a calm and quiet environment.





PROVEN PATH TO THIRD LEVEL COLLEGES

Not only does Cistercian College commit to delivering the very highest standard of education, they also achieve outstanding number of entrants to Universities. The Sunday Times ranked our school in the top 6 Boys Schools for average number of entrants to University. The Sunday Independent published their school league tables and from the 700 schools nationwide, between 2009 and 2017, only 5 schools maintained their 100% record of sending students to third level. Cistercian College was No 4 of those 5 in the entire Country. The Sunday Independent said "Cistercian College has gone on to cement its place as one of the country's top performing secondary schools."

Disciplined lifestyle

Students are kept occupied through a well-balanced daily routine in academics, sports and a large and varied selection of extra-curricular activities. Personal discipline is something essential for the well-being of the individual and the community. Life puts challenges and problems in the path to success and achievement, and in order to rise above them, one has to act with perseverance and persistence, and this of course, requires self-discipline which builds self-confidence and self-esteem, and consequently leads to happiness and satisfaction. It helps students make better choices, be better team players and live harmoniously within the College.

Respect for each person's individual human dignity, is a hallmark of life at Cistercian College because it is part of the worship and love of God in Christ.

Excellent preparation for college

Many students struggle in the first year in University: the more challenging academic environment, the sudden autonomy, and the vastly different social scene can all lead to some tough times for even the most mature student.

Cistercian College cultivates self-reliance, independence and the idea of being away from home. This makes it easier for students to make the transition from school to life at university, as well as equipping them with the independence they need to succeed when they leave the education system altogether and go out to work.



Homely accommodation

The College proudly boasts a separate Residence Hall for both Junior and Senior students. Junior House caters for 1st, 2nd and 3rd Year students while Senior House caters for TY, 5th and 6th Years. Residence Hall life is at the heart of the Cistercian College experience. Here students will share a space with a number of classmates and friends.

The College team of Housemasters oversee and supervise within the Halls of Residence. Under the guidance of the Housemasters, the Halls of Residence are happy, safe and home like environments where individual students feel included, respected and valued. Here fellow students become lifelong friends, teammates and supporters.

Students come together from a variety of backgrounds to make friends, share their talents and interests and live like a family.

Cistercian College is a small school and students are all well-known to all of the staff and cared for by them.

Great technology

Cistercian College has invested in the latest technology and has Wi-Fi throughout the College to make life and learning as enjoyable as possible. Our Classrooms are all digitally equipped so that students can get the most out of their studies.

All students have their own email account and have supervised access to the internet. The I.T. Centre is equipped with 60 computers, all linked to a server and the internet. Transition Year Students all complete the ECDL course.

Spiritual and Pastoral care

Students are invited to deepen their faith through the celebration of all key liturgical events during the school year. As a monastic school in the Catholic tradition, it is expected that both parents and students respect the traditions and ethos of the college. Morning Prayer is celebrated daily in the College and all students including day boarders must attend.

The Sunday celebration of the Eucharist, whether in the College Chapel or the Abbey Church, is the spiritual high point of the week.

Unrivalled geographic location

Cistercian College enjoys a unique position in the centre of Ireland on the Tipperary/Offaly border.

It is just off the M7 motorway and 20 minutes from Birr, Nenagh and Templemore, 30 minutes from Portlaoise and Thurles, 40 minutes from Tullamore and Portumna, 50 minutes from Limerick, 90 minutes from Dublin, Waterford and Galway and under two hours from Cork.

Wherever you live, Cistercian College is within easy access.





SCHOLARSHIPS

Scholarships may be awarded to select students who show an exceptional aptitude in the areas of Academics, Sport and Music. In addition, financial bursaries may also be available based on the financial circumstances of the student.

Scholarships and Bursaries

For bursaries, students are not selected on the basis of academic, sporting or musical abilities.

The College may carry out an entrance assessment to decide upon the awarding of academic scholarships prior to enrolment in 1st year. Applicants for a sports scholarship must satisfy the normal entry criteria for the College and candidates should be available for an assessment by our Director of Sport. In the assessment process for all applicants, all relevant medical history should be disclosed. The audition and interview forms an integral part of the application process for the musical scholarships. The bursary sub-committee of the Board of Management has overall responsibility for administering the programme and will engage closely with the relevant members of staff in the college in terms of processing the nominations and deciding to whom the scholarships are awarded. The Board of Management reserves the right to withdraw a portion or all of the scholarship for any repeated or serious breach of the College's Code of Behaviour. Continuation of the scholarship is conditional on positive annual progress reports to be reviewed by the bursary sub-committee.

Stronger family relationships and closer bonding

Contrary to what you might expect, many families find that the quality of their family relationship actually improves when their son goes to Cistercian College. This is because nobody gets under each other's feet, and because they see each other less often, the time they spend together is of a higher quality. Parents stop being the one "nagging" their son to do his homework or telling them what he should and shouldn't do – that's up to someone else, so they associate time with their family with more positive things.

It's not just the school run that eats into a parent's day. Parents are called upon to make their meals, supervise homework and ferry them to and from extra-curricular activities. If both parents work outside the home, there will reach a point when it's not feasible to do all this. Cistercian College provides the ideal solution for career-focused parents who are anxious that their sons are adequately supervised at all times and encouraged to participate in a variety of extra-curricular activities. It allows parents to maintain their career at the same time as ensuring that their son gets the best possible start in life.



Seven day Boarding option

A major advantage of the seven day boarding experience is the fact that the learning never stops. Students are immersed in an educational environment, 24 hours a day, seven days a week, and even when they're outside the classroom, they're still learning important life skills that they mightn't learn sitting at home in the evenings and at weekends.

This option is suitable and available to all students but particularly suits those coming from abroad and long distances.

Seven day boarding gives students a chance to develop confidence, social skills, independence, self-motivation and avail of extra tuition and study. As seven day boarders boys stay at the school seven days a week with long weekends at home every two or three weeks. The seven day boarding environment encourages a firm sense of community and helps to develop skills and talents for life whilst forming friendships and bonds that will last a lifetime.

Cistercian College is very strict about homework, so parents can be confident that their son is getting it done in a distraction-free environment – in designated time slots, so students have no choice but to do it. On Saturdays, extra tuition is available to all seven day boarders which ensures that every student who might need a little extra help is able to receive it.

Five day Boarding option

We have listened to Parents. They wanted all of the extra benefits of boarding – the access to the facilities, tutoring, the camaraderie, the time to study and meet those high expectations – but didn't live too far away and would like to see more of their sons. Five day boarding is the right choice for some families. A five day residential student's week begins on Sunday evening and ends on Friday night at the conclusion of study. Then its home for the weekend! This flexible boarding option gives students the time they need to dedicate themselves to their studies and activities, but gives families the flexibility to keep those friendships and family relationships active and strong.

Families often choose five day boarding to enable their sons concentrate better on their studies by reducing the time spent travelling to and from school.

Be it five or seven day, or day boarding, students receive the classic boarding school opportunities full busy days, adults involved in their living and learning, access to facilities and resources as they need them all wrapped in the chance to develop life-long friendship that come from living and working together.



Day Boarding: The best of both worlds

Day boarding provides the best of both worlds for those fortunate to live within a reasonable distance of Cistercian College. Students arrive for Morning Prayer at 8.30am and return to their families after study which finishes at 8.00pm. Students are also at home at the weekends to enjoy some time with their friends at home and play sports with their local teams. It adds value to family life as parents are happy in the knowledge that their son is being cared for until 8.00pm enjoying the full benefits of a Boarding School while also enjoying their home life.



GOOD FOOD

In Cistercian College the provision of food and drink is very important. We place a high level of emphasis on the food and drink that are provided and appreciate the importance of the quality, preparation and delivery of the food and drink to the students. Our menu is focused on providing a balanced and nutritional diet for our students. As such, our dedicated staff cater for all student and staff dietary needs.

CISITERCIAN COLLEGE

RANK IN IRELAND

2

RANK IN BOYS' SCHOOLS

1

The Sunday Times

RANK IN IRELAND

4

RANK IN BOYS' SCHOOLS

2

The Sunday Independent

**FOR AVERAGE
NUMBER OF
ENTRANTS TO
UNIVERSITY**

A rigorous and challenging academic program

Teaching and learning are central because of the need for our students to be skilled and educated people in a competitive world. While it aims to bring each student to the full academic potential, it does not emphasise the attainment of high examination marks at the expense of the more general development of the student's personal qualities and talents. Cistercian College recognises that each student's capabilities are unique and individual.

We provide all students with a holistic education allowing them develop their full academic potential through a broad and diverse curriculum. The Junior cycle is a three year programme. The Senior cycle is a two year or three year programme, depending on whether students participate in the (optional) Transition Year (4th Year). During 5th and 6th year, students prepare for the Leaving Certificate examinations which they sit at the end of 6th year.





Individual attention and smaller classes

With fewer students in a class, the teachers develop a close bond and get more involved with their students development – emotional, physical, academic or sport. In Cistercian College, classes typically are 10-15 students.

Each Year Head meets with students to create study plans that helps students focus on their individual strengths as well as their weaker areas that might need more time and support.

A Student is never a number in Cistercian College.

Regular reporting to Parents

Parents receive regular updates on their son's progress through school reports at Hallowe'en, Christmas, Easter and Sumer and through Parent Teacher meetings. All Parents receive a weekly email from the College called 'The Eagle' with updates of all the College's activities.

100%

**RECORD OF
SENDING
STUDENTS TO
THIRD LEVEL**

*The Sunday Independent,
School League Tables*

Great subject choice

1ST YEAR

In 1st year students will take all of the following subjects, Irish, English, Maths, German, French, Business Studies, Science, History, Geography, Art, Music and Technical Graphics.

In addition they will have Wellbeing, Religion, Coding, Chinese, Choir and Public Speaking.

2ND YEAR

The new Junior Cycle Programme limits students to a maximum of 10 subjects for assessment and so in this year we limit students to that number of subjects.

Students will continue with the core subjects of Irish, English, Maths, Business Studies, Science, History and Geography. They will choose 3 more subjects:

- One from German or French
- Two from Art, Music and Technical Graphics

They will also continue with Wellbeing, Religion, Choir, Coding and Public Speaking.

3RD YEAR

Students will continue the same academic curriculum that they studied in 2nd year.

JUNIOR CYCLE ASSESSMENT

Each subject will have a new syllabus, new teaching methodologies and new modes of assessment.

The new Junior Cycle also has a new grading system as outlined below. This will replace the previous A, B, C system.

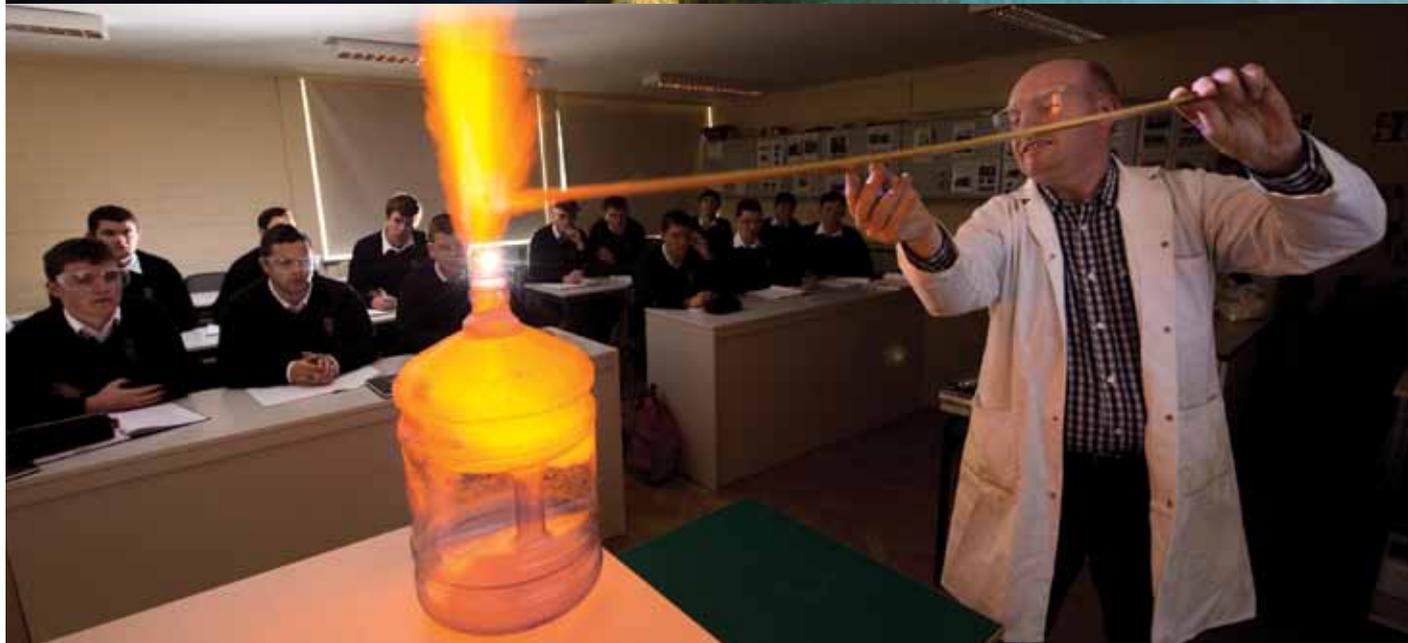
GRADE	RANGE (%)
Distinction	≥90 up to 100
Higher Merit	≥75 up to 90
Merit	≥55 up to 75
Achieved	≥40 up to 55
Partially Achieved	≥20 up to 40
Not Graded	≥0 up to 20

The new Junior Cycle syllabus and mode of assessment is being phased in for each of the subjects in the curriculum as follows,

- English September 2014
- Business and Science September 2016
- Irish, French, German, Spanish and Art, Craft and Design September 2017
- Maths, History, Music and Geography September 2018
- Technical Graphics September 2019.

All results received by the students in each of their subjects will be reported on the student's JCPA – Junior Cycle Profile of Achievement.

- Each subject examined under the new Junior Cycle will also have two Classroom Based Assessments. The first CBA is completed in 2nd year and the second CBA is done in 3rd year. These are both assessed by their classroom teacher and the full subject department works on the standardising of the assessments. The results of these two assessments will also be included on the JCPA
- The work completed in the second CBA is also further assessed in an Assessment Task which is completed in the last term of 3rd year. This is corrected by the State examination system and will account for 10% of the final exam result; the other 90% is awarded to the written exam completed in June of 3rd year
- The JCPA will also give a more holistic account of the student's progress in that it also reports on Other Areas of Learning. This allows the College to report on a student's engagement in the full College curriculum including Sport, Music, Liturgical events and Debating
- English, Irish and Maths can be studied at either Higher or Ordinary level while all other subjects will be taken at a Common level.



TRANSITION YEAR

Since 1994 the College has offered the Transition Year Programme as a bridge between the Junior and Senior cycles. The programme has evolved, reflecting the changing approaches to education and the developments in the College's curriculum, as well as the unprecedented advances within the scientific and technological worlds. Now the College has added extra dimensions, enhancing this unique experience as an invaluable preparation for the Leaving Certificate programme and entry to third level education.

Placing a strong emphasis on encouraging personal development, self-esteem and maturity, the Transition



Year Programme promotes self-directed learning and increases the students' social and personal awareness. It also aims to extend each student's range of interests and skills and promote interpersonal skills with a view to preparing them for life.

There are several different strands to the Cistercian College Transition Year Programme which weave together to form a unique experience. As a boarding school, our students have the opportunity to broaden and develop their minds and horizons during class time and also in the afternoons and evenings, through a wide spectrum of experiences. The six hours of class contact time are complemented by an exciting and extensive programme of extra-curricular activities focusing on environmental awareness, personal development and confidence building.

The basic philosophy of our Transition Year Programme is that each student will have an exposure to a wide range of experiences and challenges with the ultimate aim of helping him to develop the human, emotional and personal skills and religious convictions that will equip him for the two years of preparation for the Leaving Certificate

There are several complimentary strands to the Transition Year Programme at Cistercian College. All students study the core subjects of English, Irish and Maths throughout the entire year and experience the other twelve subjects for eight-week modules.



LEAVING CERTIFICATE

The Leaving Certificate Programme is taught over two years and most subjects are offered in any given year. Students select between seven and nine subjects from a broad curriculum of 20. The time table can facilitate three science subjects, three business subjects and three modern languages.

Cistercian College has a strong agricultural tradition, adjoining as it does the 350 hectare Mount St Joseph Abbey farm with many of its students both past and present hailing from farming backgrounds. With this in mind Agricultural Science is provided at Leaving Certificate level.

Subjects offered at leaving Certificate level are English, Irish, Mathematics, History, Geography, Music, Art, German, French, Spanish, Design & Communication Graphics, Agricultural Science, Biology, Chemistry, Physics, Accounting, Business, Economics and Agricultural Economics.

Full time Careers Guidance Counsellor

There is a full time Careers Guidance Counsellor available to all students to help them with their subject and career choices. He helps to identify each students potential and advises them on their third level and career options.

Great Teachers who love to teach

Our teachers love working with young people, and take an interest in and care about their students. They establish and maintain a learning environment where students can learn from their mistakes. They take their mission seriously and reflect the ideas and beliefs of the College clearly. They are accessible and available to our students and create an environment that is friendly and welcoming. Our dedicated teachers have high expectations for our students and they encourage their students to reach for the stars and not to settle for anything less than the best of their capabilities. They all subscribe to the ethos of the College 'that the strong may have something to strive for and the weak may not be discouraged.' Promoting a healthy sense of accomplishment is vital in a classroom setting.



A well-regarded and highly-competitive sports program

Cistercian College is unique among secondary schools in that its teams compete at a high level in both Hurling and Rugby.

The extra-curricular activities on offer at Cistercian College are very extensive. We have a responsibility to keep students busy in their downtime, and this means that students have numerous opportunities to get involved in new hobbies, thereby developing non-academic skills that are valuable for the real world. What's more, they take part in these activities without interfering with their classes or study.

Each year Cistercian College fields ten rugby teams including four in Senior House (TY, 5th & 6th years). The Senior Cup Team has been rated among the top teams in the country in recent years. We also run a senior seconds (SIIIXV) and senior third (SIIIXV) team every year, as well as a Transition Year rugby competition. The Junior House programme runs six teams, focusing mainly on developing the core skills essential for a successful transition to SCT rugby. Each year there are two Junior teams along with two 2nd year and two 1st year teams. All teams have dedicated coaches and play a minimum of 20 matches per season.

AMAZING FACILITIES

Cistercian College has amazing sports facilities. The range of sports and teams is mind-boggling. There is everything from Rugby, Hurling, Golf, Gaelic Football, Athletics, Soccer, Swimming, and Basketball to table tennis. With two fully equipped gyms, Cistercian College fitness facilities are second to none.



Jack Canning, All Ireland Medal Winner, 2017

Students who play Rugby have a minimum of three coaching sessions per week and one match per week. They also have at least one strength and conditioning session per week. Cistercian College students also have access to the Elite player sessions and get the benefit of the latest video analysis equipment. There is an annual Rugby tour. Our players have the support of the on-site college medical and nursing staff and have access to top physiotherapists, sports psychologists and guest coaches.

Hurling in Cistercian College Roscrea is given equal importance. Our last All-Ireland winning team was 2015. We have competed in several recent Leinster Finals. We pride ourselves on offering Hurling coaching all year round, unlike many schools that base training only on competition. We run 7 teams in the College from 1st year to senior. It is the ambition of the College to get back into the top tier of Leinster Hurling and capture a first All-Ireland 'A' Colleges title. The Hurling timetable in CCR consists of 4 sessions a week. We run 3 Hurling skills sessions a week, including one match, and one supervised conditioning session. The college has access to top of the range video analysis to develop the team and individual. We also run Hurling alley tournaments and indoor Hurling sessions. This is all achieved with the minimum effect on the academic timetable.

Many of our pupils are selected to represent their county, province and County at minor and under 18 level in Hurling and/or Rugby.

UNRIVALLED FACILITIES

6

RUGBY PITCHES

5

TENNIS COURTS

2

HURLING PITCHES

2

FULLY EQUIPPED GYMS

1

VIDEO ANALYSIS SUITE

1

GAMES ROOM

1

TWENTY FIVE METRE INDOOR
HEATED SWIMMING POOL

1

BASKETBALL COURT

1

MILLENNIUM SPORTS COMPLEX

indoor soccer, basketball, squash, volleyball,
table tennis and much more

1

SOCCER PITCH



Great music and arts programs and facilities

Music, drama and debating have always played important roles in education at Cistercian College. Students are actively encouraged to get involved in the arts including a Choir, Traditional Irish Music Sessions, Folk Choir, Musicals, Plays, and the College Orchestra.

The college offers tuition in a total of 22 instruments should a student wish to avail of this outside of class time. Comprehensive music facilities are offered within the College, including teaching and practice rooms, two pipe organs, several pianos and many instruments, as well as a library of instrumental and orchestral music. Students have the time and opportunity to progress their study of a particular instrument or take up a new one.

Students are also encouraged to participate in the College orchestra because there are many transferable skills to be gained from being in an orchestra that you can apply to all walks of life. As a member of Cistercian College orchestra, students are a part of a team working towards a common goal.

Each year the College orchestra, traditional group and choirs performs its annual concert Musica Vivit in the Concert Hall in the University of Limerick.

Cistercian College has a long established and very strong and proud tradition of producing top quality musicals annually. We use musical theater to have fun, to build confidence, and as a valuable addition to our academic curriculum. The musicals teach music,

dance, acting, technical skills, art, front of house and hospitality. There are plenty of roles available for those who are not musically gifted. One of the most obvious benefits of musicals is the development of skills in self-presentation. A student must learn how to present himself in front of an audience, be it big or small. Participation in musicals allows them to grow their self-esteem and self-confidence, developing poise and learning to overcome anxieties.

Performing arts help promote interpersonal skills. Some of the previously mentioned benefits can come through participation in sporting activities, but performing arts also promote and develop certain skills and characteristics such as empathy and compassion for others. The creativity involved in performing arts extends to emotional creativity and can open students to new ways of seeing the world. In musicals there's less of a focus on winning or losing, and more about working together as a team towards a shared performance goal, as well as the student's individual journey of development.

Cistercian College has a long tradition of drama and performance on stage. Students have the opportunity to perform on stage in the Transition Year play, and on camera in the course of the film making module. TY students are an integral part of the backstage team involved in the annual musical, from lighting to sound and from stage management and set design.



An outstanding array of student organisations and leadership opportunities

If leading people is your passion, then Cistercian College is the right choice. Part of the reason our graduates find themselves in leadership roles is because they have opportunities to lead others in our College.

Each year the pupils of Cistercian College elect three House Captains from fifth and sixth years. There is one House Captain and two assistants, the Second and Third House Captains.

A House Captain is a focal point for student concerns and facilitate those concerns being passed on to the school authorities in a clear and reasonable manner. He must then be able to listen to the staff and relay their position to the students to keep them up to date. He also requires public-speaking skills, as he may have to address assemblies or events. They are democratically elected, so they need to have a high profile and be a trustworthy person. Leadership is an essential quality for a House Captain. The students must trust him to be both capable and stand for their concerns. The House Captain must also be able to lead a student council and able to take decisive action when required.

Students are given abundant opportunities to learn the skills of leadership during their time in Cistercian College including through the Student Council. Leadership skills help students in several ways and are essential for them to deal with their peers during their academic years and in their practical life as well. A few key advantages of promoting leadership through a student council for students are the development of leadership skills, appreciation of democracy, confidence building and acceptance of self-determination and responsibility.



Charitable work

As part of a social awareness programme in Transition year students choose a charity for the year, who they fundraise for. Recent charities include, Aware, Aidlink, Pieta House, Fr McVeery Trust, Cross Cancer Research, and the Hope Foundation Shoe Box Appeal. They also spend a day each year volunteering at Cork Penny Dinners. Fundraising and volunteering allows students to get involved with new things and develop technical, social, and academic skills that couldn't be learned in a classroom environment. These activities allow students to show who they are as person and reflects many of the core values of Cistercian College.

Exceptional preparation in writing and public speaking

A public speaking module is taken by all students in first, second and third year. Students compete for the annual Silver and Gold medal public speaking competitions. Students debate at regional and national level in German and Gaeilge and are also encouraged to present for external academy examinations. Debating provides opportunities for public oratory, building self-confidence and promoting team work amongst students.

“Cistercian College caters for all individuals with a diverse range of talents and each individual’s talents are nurtured and developed to enable everyone achieve their potential. More than anything else, this is what makes me proud to be a CCR man.”

Tim Foley, Captain of the winning Leinster Senior Cup Team 2015



