



Basketball in St. Brigid's Presentation Secondary School

What is basketball?

Basketball is a fast-paced sport that involves two teams of five players each. The objective is to try and score by throwing the ball accurately through a hoop. The team with the most points wins.



History of basketball in our school

Basketball has always been an integral part of our extra-curricular activities here at St. Brigid's. It gives the girls a chance to meet and train with girls who may not necessarily be in their own class, or even in their own year. It also gives them the rare chance to play with girls from other rival clubs. Basketball is a very competitive sport in our school and always has one of the highest interest levels. We have teams for first years, second years, cadette and senior girls.

5 benefits from basketball

- 1) It's a whole-body workout and good for muscle development.
- 2) They will learn the importance of good sportsmanship.
- 3) Improves social development and team-work skills.
- 4) Learning about the importance of respecting authority and self-discipline.
- 5) Increased self-esteem.



Training

In St Brigid's, the team of coaches include Ms. Kate Donnellan, Mr. Christian Lyne-Roberts and Ms. Emma Bunworth. Training takes place in our very own full-size basketball court which is located on the grounds of the school. Training is usually one evening after school for each team, but sessions can increase on approach to games and tournaments. The teams work on skill-improving drills, tactics and mini games to improve their knowledge of the game, both offensively and defensively.

Honours

St. Brigid's Secondary School has a long tradition and reputation for school basketball. We are currently playing in Senior A, Cadet A and second year and first year A dimensions. The list of honours received by the school include;

- In 2008 we were 1st Year A All-Ireland winners and Kerry League and semi-finalists of the All-Ireland at Cadet Level.
- In 2009 we were 2nd Year Kerry League winners and Senior A semi-finalists and Cup Quarter finalists.
- 1st and 2nd years compete after the Christmas break and always proves to be an exciting event for all involved.
- St. Brigid's Presentation Secondary School Killarney Junior A basketball team won the All Ireland final on May 2nd, 2017 in the National Arena in Tallaght.
- They played Portlaoise in the semi-final and won 42-38. They played Malahide in the final and won 37-27. A great success for a great team of girls!

Several past pupils of our school have followed their success with the school at national level where they went on to represent Ireland at different levels.



If anyone has any inquiry regarding basketball here in our school, please send an email to Mr. Roberts (CLyneRoberts@sbk.ie) or Ms. Bunworth (EBunworth@sbk.ie)

