



Finn

For Sports Officer

Who's this fella?

Well! I'm Finn Connolly: part-time bartender, full-time Harp drinker, Damien Dempsey cover artist and Dundalk resident/enthusiast, and I'm running to be your JCR Sports Officer 2024!

I'm a European Studies student and course rep, meaning I'll have loads of time to put towards this craic, (God bless the arts block).

Sports (mainly football) and fitness have played a massive part in my life, so I know how important they are for your physical and mental health (John O'Shea as Ireland manager is a negative example of this).



Why Me?

- Once wore shorts and a jersey into the Arts Block - (pure dedication to sports).
- Regular participant in halls and college sports events (5-a-side merchant)
- Brexit centre-back turned Gaelic corner-back for the last decade and a half.
- Represented Ireland in football via Dundalk at the 2022 Gothia Cup in Sweden (ignore dodgy long hair on next page) and was adopted by the Brazilians as one of their own.
- Did boxing, kickboxing and jiu jitsu for 3 years (Someone ring Dana White).
- Once ran a 4-mile (6.5k) race in 26 mins and got sick all over the finish line!
- Played on every school team I could get away with to dodge classes (bar badminton - step too far).
- Disproportionately good at pull-ups compared to everything else in gym.
- Was elected as the class rep for my course (very cool people who obviously know a good candidate when they see one) earlier in the year, meaning I've experience in dealing with college to get things done.

What's the plan?

1. Better equipment!

If elected, one of my main goals will be to sort out the pool tables with more holes in them than a CIA whistleblower.

As well as this, I'll wreck the head of administration to get a bench or two and a pull-up bar in the gym, as well as some sort of a dart board that won't cause an eye to be lost now and again.



2. Keep up the good work!

I'll continue and expand on the great events we all know and love like the in-house tournaments for various sports and might even add a few ones like pool, darts and board games (pending the success of the first policy).

I also want to bring back some of the classics from previous years like pilates, halls runs and circuit training tailored to different levels of experience, making the sports activities in halls available to everyone!

3. Meal-Prep Sessions!

I know myself how hard it is to maintain healthy eating habits in college, (Harp, wings and chips for €13.95 in Pav is always a danger), so I want to organise meal prepping/ healthy cooking classes in the canteen to give people another option than having to live off pasta everyday of the week like I have done.



4. Live Events and Trips!

More than anything, I want to cultivate the social aspect of sport within halls. The watch parties for big events will be making a return, for everything from football to gaelic to darts. There might even be a few *beverages* there for all to enjoy!

As well as this, I want to organise trips to local games, like football, gaelic and rugby matches for both dedicated fans and international students who have yet to discover the magic of the likes of a Friday night in the League of Ireland (odds are Dundalk will be relegated so you won't have to witness them don't worry).

Thanks for taking the time to read this, you'll give us the vote ah ya will go on #givefinthewin