

Glanmire Community College Senior Choir Competes in Choral Festival



Last Thursday 27th April the Glanmire Community College Senior Choir attended and competed in the Cork International Choral Festival.

The choir came together at the beginning of the school year and since then they have contributed hours of dedication during rehearsals after school under the guidance of Ms Mannix, who's devotion and hard work proved to be the catalyst for the choir's achievements. When Ms Mannix presented them with the opportunity in one of Europe's premier International Choral Festivals, the choir were excited to showcase their talents and the progress they made in such a short period of time.

After a busy week of preparations, the choir set off early Thursday morning to the City Hall. They were met with many competitors along with guest performers from Portugal and Belgium. Our choir sang two songs, "Mack the Knife" and "Suantraí." All their hard work paid off, placing 3rd in their division with an impressive score of 81. This success was celebrated with karaoke and smiles on the bus ride home!

-Written by Ciara Dooley 5th year

Academic Women's Choir of Tallin University of Technology Visit from Estonia

On Friday, Ms Mannix organised a concert for our Music Students, featuring a professional choir from Estonia!

The Academic Women's Choir of Tallin University of Technology has been singing since 1951. Currently the choir consists of 60 current and former students at the University and is under the guidance of Conductor Edmar Tulle as they travel the world with their music.



The choir arrived on Friday

morning, and they were met with a warm welcome from Ms Mannix and a handful of GCC's Music Students. The audience then gathered in the Social Area, eager



to hear the choir. It is safe to say they did not disappoint, performing eight beautiful songs, one of which was arranged especially for this occasion, and we were the first to hear it! After their concert, the GCC Senior Choir was given to opportunity to socialise with the choir, and some students even performed for them!

We would like to extend our gratitude to Tallin University of Technology for such an extraordinary experience!

-Written by Ciara Dooley 5th year

Olympic Athlete Lizzie Lee visits GCC

Last Thursday, I attended a talk by Lizzie Lee. She is an Irish runner and olympian in the marathon. We received great insight into her background in sports as a juvenile. A key message I received out of that was her emphasis that she wasn't a national level athlete at juvenile level and her success in running came later. As a triathlete she missed out on an Irish vest in the European cross country championships. From that point she decided to focus on



running to achieve that goal. She later went on to qualify for the team. Lizzie also progressed to the marathon and missed out on qualification to the Olympics in 2012. However she continued to train towards the next Olympics and finally achieved her qualifying time. In both these instances she conveyed the determination and grit necessary to achieve her scarily big goals.

Afterwards Lizzie also explained how she trained for the harsh conditions of Brazil for the women's marathon in the Olympics, this gave an insight into the marginal and scientific aspects of elite sports. The training included drinking litres of water, training in hot conditions and humid weather. On the day Lizzie said it was 32 degrees. She had a specific race strategy and paced herself. By the 10th mile she was outside of the top 100. She never doubted her strategy however and by the end of the race she came within the top 60! The final key message I received was that



she stuck to her plan throughout, continued pacing herself and that is why she had such success in Rio.

Key Messages

- She wasn't an insanely good athlete at juvenile level and improved over time.
- She believed and backed herself to come back and get the qualifying times, showing grit and determination, qualities that are necessary to compete at such a high level.
- She stuck to her plan in 2016, believed in her training and work she had done previously. This finished in success by hitting her time goal.

- Written by Owen Williams 3rd year