

Hey guys! Hope you're all enjoying your final few weeks in Halls. I know I'm trying to make the most of it anyway!

My name is Noelle Dowling and I reign from the great sporting county of Kilkenny. Like our hurling team, I promise to be the best JCR Sports Officer that there has ever been.

Of course, these manifestos can be all talk and no action. But trust me – I have the knowledge and expertise to make Trinity Hall a place where all fitness enthusiasts (and even non-fitness people) wish they were.

My main sport is GAA handball. I'm currently the Captain and Treasurer of the GAA Handball Club in Trinity and have re-established the club after 3 years of no action. Now if that's not dedication, I don't know what is! I've won multiple All Ireland Championships and am also a World Champions (just thought I'd throw them in there 😊) I also train the juveniles in my local club. I have a feeling they're more behaved than some people here but I'm always up for a challenge. I also play numerous of other sports, namely Gaelic Football (I know, not very Kilkenny), soccer, and the most fun of them all, FootGolf. Before you all say it, I realise it's a sin not to play camogie, but your girl has got to prioritise her time somehow.

On a serious note, if you were to elect me as the next JCR Sports Officer, not only would I strive to make exercise fun and inclusive for all in Trinity Hall, but I would also be there to listen to anybody's needs or worries, be they big or small. These can either be related to sport or just life in general.

During my spell as JCR Sports Officer, I will provide the people with whatever they wish (to a certain limit). As of this present time, I have drafted a couple of ideas, but I am always open to more input and as the year progresses, more and more events will come to the rise.

Some ideas include:

- Organising a trip to play FootGolf and/or RugbyGolf (don't knock it until you try it)
- Spin classes in Halls – this will be a weekly occurrence as I know how much people love spin classes (let's be honest – they're an essential).
- Halls Rounders – this would consist of being split up into teams and running a league. To make it more inclusive, teams would be already chosen by myself so residents can get to know each other more and no-one is left without a team.
- Yoga/Pilates – everybody loves a bit of peace from time to time and sometimes, people feel that exercise is more of a burden than a way to relax. So, what better way to get in that extra serotonin boost than yoga or Pilates. This way, you'll feel both energetic and relaxed at the same time.
- Darts Night – let's be honest; who doesn't love to throw a bit of darts, with a pint in the other hand? And even if you don't like throwing them, there's no better craic than coming down for an hour or two to watch the drama unfold.
- Boxercise – there's no better way to relieve stress than a good ol' brawl.
- Your basic, but never gets old, 5-a-side soccer tournament.
- Pool/Snooker Night – once again, how could you fault pool or snooker?
- Tag rugby
- Ultimate frisbee – I have a friend who played this. It's unbelievable craic

Remember guys, they're only drafted ideas. What matters most is the ideas of the residents and their wants and needs. If elected, I would work extensively with other committee members and everybody in Trinity Hall to ensure that the best experience is given. I can guarantee that residents will have the best time ever, whilst also staying fit and healthy. What a combo!

Remember: if you want to experience Trinity Hall to the max, don't slack in voting Noelle! (Please do, I'd really love this role. It's my calling. I just know it!)



(Me celebrating after I get elected)