

Mary O Connor Award 2012- Nicole Gallagher



In beloved memory of our former member the "Mary O'Connor Memorial Trophy" was this year presented to Nicole Gallagher.

Nicole is both **Enthusiastic & Committed**. She is an exemplary club member and her attitude towards our overall ideals, vision and mission is second to none.

A pupil of Holly Park National School, she is part of a very strong team and her performances always have a positive impact on the overall functioning of our squad and her competency has helped to build and nurture a strong collective and togetherness within the club.

It would be fair to say that her dedication and commitment doesn't preclude her from having fun! She trains with a smile on her face and this lightness and positive mentality adds perspective and helps to keep her and team members balanced.

She helps to create a healthy and enjoyable training environment.

This year saw her take part for the first time in the XC leagues and her perseverance and willingness to compete was a shining light for all the coaching staff. Her rapid improvement in the leagues bodes well for the Track & Field season in 2013.

Nicole is a worthy recipient of this award which was presented to her by last year's winner, Ciara Jackson.

Well done Nicole