

Katie Quirke

CORK LADIES FOOTBALL

01 What's the biggest thing that changes when the county season ends?

Trying to readjust to a less busy schedule and having more free time. I find I spend so much time in my car, travelling to work, training, gym, matches and once the season ends, you are suddenly in your car half the amount of time from the previous week. For the first few weeks, I always have a very busy social schedule as I am trying to make up for all the missed occasions and meeting people I didn't get the chance to during the season.

02 What's one thing you always try to focus on away from football/Hurling?

I try to focus on my relationships and trying to make the most of the time I get with the people in my life. During the football season, you sometimes don't get as many opportunities as you would like to meet with people, especially family so I try to make my best efforts to do this. I also try to do things that I enjoy, other hobbies and interests that I put to the side when I'm playing football

03 Is there something you've learned, started or improved during previous off-seasons that still benefit you today?

I have learned to manage and balance my off-season in terms of socialising, getting away for a trip, finding time for myself, but also maintaining a good routine, whether that's keeping up with the gym or training, or continue with good nutrition habits. I think having a good routine in place helps me mentally and physically plan for my week and it makes the transition back into preseason a lot easier when it comes around

04 What advice would you give a younger player entering this period?

I think the off-season can sometimes be pushed as the time to improve physically and improve your skills on the pitch but I think it's really important to take time away from the sport for a couple of weeks - go out socially with your friends, go on trips, focus on your work or your study. I think there's plenty of time to be working on the pitch and in the gym during the season or during preseason, whereas you don't have this down time to do your other hobbies and interests at any other stage of the year. Just make time for yourself

05 What's your focus over the next few months?

I have gone back to college this year for a two years masters so my focus will definitely be on getting back into the college routine and trying to adjust to the lifestyle change. To adapt to that change and focus on this next stage of my life where I won't be working full-time and studying will be my main priority for the coming months

