

**BLACKROCK NATIONAL
HURLING CLUB**



**FRANK
CUMMINS**

**STANDING ON THE
SHOULDERS OF GIANTS**

Frank Cummins



6

COUNTY CHAMPIONSHIPS

5

MUNSTER CLUB CHAMPIONSHIPS

3

ALL-IRELAND CLUB CHAMPIONSHIPS

8

INTER COUNTY ALL-IRELAND CHAMPIONSHIPS

9

INTER COUNTY LEINSTER CHAMPIONSHIPS

3

NATIONAL LEAGUES

4

ALL STAR AWARDS

GAA

HALL OF FAME

1

PLAYER OF THE YEAR

GAA

TEAM OF THE CENTURY



DEMOLITION MAN

Dedication and workrate are words that can be frivolously bandied about when discussing the attributes required to fulfil a hurler's potential and sometimes a real example of these attributes needs to be held up to really understand what their application can achieve. Frank Cummins is the embodiment of these ideals and the result is a player renowned as 'the' great midfielder and one of the most honoured and successful players of all time.

A physically imposing, teak tough man who used these qualities on the field of play to his advantage. Frank got his own way around the middle of pitch and there was very little anybody could do about it. Frank was a top class hurler who could steal possession and follow up with crucial clearances or scores and contributed big moments in big games on a regular basis.

The day he transferred down to Cork from his home club Knocktopher was a red letter day for the Rockies. He would become the lynchpin of the 1970s successes and showed great commitment to his native county by travelling up to play with Kilkenny for his entire career. His list of honours is endless. 6 County titles, 3 Club All-Irelands, 8 All-Irelands, 4 All-Stars, 1 Player of the Year and multiple post-career honours that recognised his contribution to the GAA.

Frank's physical fitness stood to the longevity of his career. His standards never dropped which was epitomised by the fact he won hurler of the year at the age of 36 and two years later won a County with Blackrock in 1985. A man who practiced what he preached and became the best.

THE INDIVIDUAL

Frank Cummins

What are your first memories of hurling for Blackrock?

Coming from Kilkenny to work in Cork, I was very happy to be joining a senior club with the reputation of Blackrock and I immediately felt very welcome by all. I was honoured to pull on the famous Rockies jersey for the first time.

What was your favourite position to play and why?

Centrefield was my favourite position. You could get on plenty ball there and have a chance to influence the game.

Out of all your achievements, which one stands out as the most significant and why?

Winning my first All Ireland with Kilkenny and winning my first All-Ireland Club with Blackrock are the two that stand out most for me. They are the two most coveted titles in all hurler's careers and to win them for the first time was very special.

Besides your immediate family, who had the biggest influence on your hurling career and how?

It would be hard to pinpoint one in particular as there are a number of coaches throughout my hurling life that influenced different aspects of my game. I learned something from all of them particularly the importance of drive, commitment and hard work but each one instilled passion in me for the game of hurling.

What is the best advice you have been given in your hurling career?

Train hard and be committed to the cause.

What do you think was your greatest attribute as a player?

My size and strength were always an asset to me particularly when attempting to win possession.



THE TEAM

Frank Cummins

How do you think your teammates would have described you as a teammate?

I would like to think they saw me as a good teammate who was reliable.

Who was the best teammate you ever had and what made him so special?

I played with so many great players with Blackrock and Kilkenny. It is too difficult for me to single out just one as all of my teammates brought something to every success we had with both club and county.

Which characteristics do you most value in a teammate?

Dedication, workrate and fitness.

What do you think made the teams you were part of so successful?

We were successful because the teams possessed the characteristics I just described. Dedicated players who didn't avoid work when it was needed. The commitment of the coaches is something that might not always get mentioned but was vital to all of our successes.

"We were successful because the teams possessed the characteristics I just described. Dedicated players who didn't avoid work when it was needed."



What three words would you associate with Blackrock National Hurling Club?

Loyalty, Tradition, Social

What are the characteristics you would always want to see in a Blackrock team?

Loyalty to the jersey, commitment to the cause and unwavering workrate.

How would you like to be remembered in Blackrock National Hurling Club?

As a committed player but also as a friend.

What does Blackrock National Hurling Club mean to you?

It was a massive part of my life and my hurling career. I am grateful for all the memories and friendships I made along the way. It was fantastic to see our seniors win the county after so long this year against our old rivals and I look forward to this team creating their own history.



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