

COLAISTE



IOGNAID

Coláiste Iognáid Rowing Club Newsletter January and April 2019 Editions No 13 and 14.

Welcome to our Newsletter to all current and former Rowers and friends of Coláiste Iognáid Rowing Club. All previous editions of the Newsletter can be seen on our website circ.ie. and this site includes much current and archive material going back to the formation of the club.

It was not possible due to other commitments to produce a separate January Newsletter and this edition will be a combined January and April edition

The Newsletter will be sent to all rowers for whom we have an email address. We appeal to all to pass the newsletter on to other former rowers and to forward any contact details or suggestions to us at our e-mail address rowingiognaid@gmail.com.

Sad News **George O' Byrne** very successful Stroke of the First Crew the then Senior Schoolboy Eight now (JM18 8+) in 1968 and 1969 passed away in San Diego, California. George also coached the Cadet Eight in 1968 and was a great servant to the club. Our sympathies are with his family.



George O Byrne is on the far right of the crew in this photograph of the winning Jes Senior Schoolboys eight (JM18 8+) at Metro Regatta Blessington July 1968.

Rowing Training continued through the winter period with numbers rowing exceeding all previous years and excellent retention of first years boys in particular which is a great tribute to all coaches. The first year boys are being coached by Thomas Kavanagh, Alex Burke and Robert Mc Inerney with the girls coached by Hazel Mc Namara and Roisin Gavin.



Our national squad triallers continued through the selection process until March but in spite of great performances none of our rowers made it into the Junior Worlds squads where the goal is not just to compete but to win medals at the Junior World Championships in Japan. Our rowers will no doubt feature at a later date in Coupe de Jeunesse and Home International Squads.

Lough Rynne Training Camp May 2019 Senior Girls Squad flanked by coaches Paul Hornibrook and Noel Hume

Club News

We took delivery of our new Fillippi pair/Double Scull in early March and it has proved to be a very high calibre boat in racing since particularly benefitting the Junior Mens pair of Thomas Hume and Sam Reidy. We are seeking funding to purchase a second similar pair/double scull to continue to renew our fleet and give our top athletes every chance of success. The cost of the new boat was €15,000.

Funding continues to be an ongoing problem but the level of participation is a great indication that the club is travelling the correct direction for the future. Our senior squads have put in a substantial body of hard work over the winter and this was reflected in good performances in the early season again greatly affected by cancellations of events due to poor weather.

The club was heavily involved in the organisation of the Schools Regatta at Lough Rynn which was cancelled after a small no of events due to deteriorating weather conditions on the day. The club has put forward the Corrib Head of The River 2020 to be held on Saturday 14th March on the Galway Head course and we will be hoping for your support for same. This is to revive the Galway Head and also to generate funding.

The Recreational Rowing initial try out in 2018 was very successful with many parents and teachers in the school thoroughly enjoying becoming familiar with rowing on the Corrib and we are now trying to put this on a formal basis. We are in discussion with the Colaiste Iognaid Board of Management re insurance and other issues arising from same. Recreational Rowing will always be secondary to the club's main activities but it is very much seen as an opportunity to generate a consistent funding stream and widen the pool of volunteers. It is also a great opportunity for former rowers to gently re introduce themselves to rowing. This

is being rolled out by many clubs across the country and indeed in the UK as well. All former rowers are welcome to join and participate. Details will be on our website circ.ie in the coming weeks.

The burden on coaches particularly senior coaches is excessive and completely unrealistic in the longer term and without doubt leading to burn out for the coaches themselves. All clubs but particularly our club must bring in more assistance to relieve their workload. This can be parents or former rowers simply to accompany coaches in launches, drive launches and other basic duties which do not require expertise but the message is that help must be provided. We very much intend that the practice of lone coaches with squads /crews either on the water or on land will not occur from resumption of training next Autumn and volunteers to assist would be more than welcome.

Our Jeep used for towing the boats for the past four years has reached the end of it's economic life with repair costs now making it's continued operation unrealistic. If any of you are aware of a reliable second hand vehicle suitable for towing boat trailers we would be most interested. Please contact Evan Molloy at 085-1604016.

Our Annual Club day will be held on Sunday the 30th June with rowing available for all from 2.00pm regardless of experience. Wide tour boats will be available for all newcomers to try out rowing.

It is intended to bless and name our new Pair/Double Scull at 3.30pm and all are most welcome. The boat will be named after the late **Kennedy O' Brien SJ** our former rower, coach and mentor.

Our season is now moving to its critical competitive weeks with Galway, Cork and the Championship Regattas due on June 16th, June 22nd, 23rd and July 12th to 14th Respectively. We have over 85 rowers actively participating in training. The Senior Boys Coaches John Lawless and Mattie Kelly with assistance from Daragh Coen and Philip Buckley and the Senior Girls Coaches Noel Hume and Paul Hornibrook with assistance from Sheila Lenihan have all put in a huge amount of work to bring the crews to this point. Our middle crews largely second years are coached by Alex de Burca assisted by Mattie Kelly and Robert Mc Inerney and the Girls by Laoise Ni Griofa and Redmond O'Brien with a lot of cross over from the first years. All have done tremendous work not just coaching but also organising boat packing, travel etc.

Rowing News The first event of the new year was the National Indoor Rowing Championship in Limerick at University Of Limerick on January 19th and we had a very large entry. The seniors had to participate as part of the qualification process for National Squads.



The event featured team racing and this shows our under 15 girls team of Rachel Dempsey, Charlotte Conneely, Sadbh Mannion Molly Molloy and Tara O Neill. Our outstanding performers were Tom Maye first in Under 15 event and Sam Reidy second in the under 18 event.

The next event was the **Erne Head in Enniskillen** on March 2nd which was held in difficult conditions and many clubs including ourselves withdrew under 15 rowers on the day due to the prevailing weather. We had a successful day rowing but did not take any wins from the event. The J18 M8+ came sixth overall but a mishap at a marker buoy cost them at least 10 secs which would have narrowed the gap to Enniskillen to five seconds. We had three Junior Mens eights competing two of which were JM18 grade.

Our under 15s, who did not get to row, got to use the ergometers in the Enniskillen Grammar School gymnasium with the similarly disappointed under 15 Enniskillen rowers and great fun was had by all. Enniskillen Grammar School is the former Portora Royal school now amalgamated with a large girls school in Enniskillen.



The next outing was the **Neptune Regatta** on April 6th at Islandbridge, a large entry travelled and boats arrival was slightly delayed due to problems with our Jeep along the way. We had a very good outing winning the MJ16 8+, WJ18 4- and WJ16 4x+ with good performances by our J18 Eights in Mens and Womens events.

JW18 4- Neptune Winning crew LtoR Lanah Acton, Ellen Forde, Elise Carney Frazier, Isobel Gannon

The club travelled with a full entry to both the Schools Regatta and Lough Rynne Regatta on the weekend 13th and 14th April and discovered a new base to stay in a hostel in Drumshanbo. Unfortunately the Schools Regatta was cancelled after a small number of earlier events due to deteriorating weather conditions but not before we had won the WJ16 4+. Lough Rynn Regatta was also cancelled later. A large number of volunteers from Jes participated in setting up and organising the Schools Regatta.



Limerick Regatta also fell foul of weather but **Skibbereen Regatta** went ahead on 4th and 5th May to the relief of all. Jes had a good weekend winning the JM18 8+, JM18 4+, JM 18 2- and the MJ18 B 4+ with good performances and the JM16 8+ and JM16 4+. We won a double in the U15 ix with Tara O Neill in the girls and Tom Maye in the boys event. The JW16 4x+ also won a weekend of good performances by all crews. There are a number of second years rowing in the under 16 crews. The winning MJ16 8 LtoR Tom Donohoe, Robert Farrell,

Ultan O Toole, Felix O Neill, Tom Maye, Eamon Gallagher, Neil Martin, Mark Ward Cox Fiachra Gallagher

The club considered going to the British Schools Regatta with our senior crews but deferred same until the 2020 season. Whilst this was disappointing for all a decision was made to send our senior squads to the Lough Rynn training facility for a very successful training camp on the weekend of the 18th and 19th May whilst our under 14s and 15s went to **Castleconnell Sprint Regatta**. This involved considerable organisation and all went very well with great assistance from parents and coaches at both events. The club again used the Drumshanbo Hostel for the Lough Rynn Camp and the catering by parents was highly praised by all involved. Our WJ15 4+ won at Castleconnell.

The most recent event was the **Dublin Metropolitan Regatta at Blessington** on 25th May which went ahead and we had entered our senior crews. The JM18 8+, JM18 4+ and JM 18 2x achieved excellent wins with good final performances. Our other crews recorded good rows against strong opposition but generally a good if long day's racing for all.



JM18 8+ winning at Blessington Bow Niall Cahalan, Tom McGuinness, Tom Maye, Aaron De Burca (Capt) Thomas Hume, Sam Reidy, Oliver Kelly, Stk Mark Ward, Cox Paul Tannian.



JM18 2x Bow F Ryan Stk Alex M. Glynn JW188+ on the way to the start at Blessington

Reminder Club at Home Day 30th June all Welcome starts at 2.00pm at the Club.

Fundraiser Jes Rowing Ergathon on June 3rd on the Prom and at Shop Street support us if you are there.

Environmental Awareness at Club

An initiative to reduce the use of one off plastic water bottles in the club spearheaded by Senior Coach John Lawless means that now all in the club now have their own personalised water bottle with their names on same.



The club is very grateful to the sponsor a local company Hydro-G and it's owner Dr Pamela Bartley who very kindly sponsored the cost of providing all rowers and coaches with their own personalised water bottles.

Aoife Hannigan, mother of senior rower Tom McGuinness and Tom himself were instrumental in organising the design and sourcing the bottles.

Well done and thanks to all involved

A copy of the form to subscribe to the Newsletter and to join the Club Ramhaidochta Naoimh Iognaid is included with the Newsletter please continue to support our Club.

Newsletter Subscription Form

Includes membership of Club Ramhaidochta Naoimh Iognaid

To subscribe and join please download and complete the following and return the completed form to rowingiognaid@gmail.com

A copy of each quarterly newsletter will be forwarded to you and a copy of the club history "Eighty Years Rowing" will be sent to you. The Newsletter will be sent by email. Your subscription will be directed exclusively towards the "Boat Fund".

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