



Coláiste Iognáid Rowing Club Newsletter January 2016 Edition No 1

Welcome to our New Newsletter to all current, former Rowers and friends of Coláiste Iognáid Rowing Club.

The Rowing Club title is Coláiste Iognáid Rowing Club and our website is circ.ie. The website contains up to date information and a very extensive archive including photographs of crews and rowers dating back to the beginning of the club in 1934.



Club Rowers and coaches at National Championships Iniscarra Co Cork July 2015

The club is in good health with over sixty active rowers. This year there is a slight majority of girls.

This **Newsletter** is being sent to all former members for whom the club has a current address. It is intended to provide current information on club activities and feature articles of interest from rowers past and present. This edition includes an article from former coach and cox **Ciaran Glynn** on coaching in Australia and former rower **Aifric Keogh** on rowing in the recent World Championships in France. We would welcome all and any suggestions in regards to format and future articles.

The club is setting up a former members' club to be known as "**Friends of Colaiste Iognaid Rowing Club**" which all former Jes rowers and friends of the club are eligible to join for an annual fee of €100, which will be used to fund future boat purchases. The membership will include the following:

- Quarterly Newsletters similar to the attached issued in January, April, July and October.
- A copy of the published book on the club history "Eighty Years Rowing"
- A standing invitation to all club events, including free entry to the Club Annual BBQ in July each year.
- Many opportunities to link up with former rowers and, health and weather permitting, renew acquaintance with rowing on the River Corrib. For the less ambitious, or possibly wiser, of you a trip in a launch accompanying a crew can be arranged.

A simple form to apply to join can be downloaded from the club website at CIRC.ie to join this exclusive club. The Newsletter can be posted or sent by email to you in the future.

Club News

The club Captain in 2015 was Phillip Buckley and in 2016 is David Young. Laoise Ni Griofa was the girls captain in 2015 and has continued in 2016. The Club person of the year for 2015 was Robert McInerney. The club chairperson is Evan Molloy.

In October 2014 the club celebrated its Eightieth Year and the club house was named after Fr Eddie Diffley. The History of the club "Eighty Years Rowing" was launched on the day. A very enjoyable day and evening was rounded off with a celebration dinner at the Ardilaun Hotel. Former rowers Sean O'Rourke and Colm O'Donnellan supervised the events, with significant help with the unveiling of a plaque to Fr Eddie Diffely by Bobby Molloy and Brendan Healy. Many former rowers -- particularly from the Fifties -- attended the various events and enjoyed much reminiscing on past times.

The Club has taken on a number of new initiatives in the past year to try to build a clear path to the future. A main feature is to establish a long term fundraising methodology to ensure adequate funding for boats and equipment i.e. a "Boat Fund"

The club has just ordered a new Filippi eight (€29,000) and will order a four and pair in 2017 to renew our ageing fleet. This is being by annual fundraising of a minimum of €10,000 towards the Boat Fund.

The club has facilitated parking on its grounds by BAM, a construction company carrying out a major contract in NUIG. In return BAM have felled a considerable number of very large dangerous trees on our site at no cost to the club and have agreed to provide a concrete base slab along the Corrib Club side of the clubhouse to facilitate much needed additional boat storage. It is intended to rent these parking spaces on BAM's departure and the rental income will be directed towards the Boat Fund.

Following the successful introduction of social rowing by Tribesmen Rowing Club, parents of rowers in the club have requested that the club would facilitate this within the club and this will generate a funding stream as well as providing a pleasant exercise for parents and friends. Former rowers requiring a gentle reintroduction to rowing are more than welcome.

The club has rented boat racking and use of the club facilities to Cumann Rámhaíocta Coláiste na Coiribe for a trial period of two years from September 2015. Effectively CRCC stores their two boats, engine and launch and borrows a number of our older boats for use on occasion.. It helps that the main Coláiste na Coiribe teacher involved is the former Jes rower, Mike Ryder. The income stream from this is exclusively used for the Boat Fund.

Review of 2015 Rowing Season

The season of 2015 was a building year with almost all of our rowers competing at J16, J15 and J14 levels, as we had only two boys above these age groups. There were two highlights across the season.

National Schools Champions The 2015 National Schools Regatta, held in April, attracted the largest entry ever (over 400 entries from 71 schools) and it was great to see so many schools competing from all over the country including some very strong contingents from Northern Ireland. It is now one of the most significant events for junior rowers on the Irish rowing calendar.

There is no doubt that the Jes J16 and J15 girls stole the show – four races entered and four comprehensive victories. They are now All-Ireland schools champions in the J16 eight and four and the J15 eight and four – with the J16 eight stroked by Laoise Ni Griofa, daughter of Rory (1984) and granddaughter of Danny (1956).

National Champions The season was capped by a great win by the J16 boys eight at the National Championship Regatta in July at the National Rowing Centre in Inniscarra, Co Cork. The crew won a great race in appalling conditions, dominating from start to finish. The regatta featured dominance by Portora in eight's events and Jes prevented a clean sweep, their first win in this event since 1999. It is pleasing to note that there were also wins at J15 and J14 girls quads at the National Championships.

The racing season concluded at the annual very well attended and enjoyable BBQ held on Monday night at the clubhouse after the Championships.

The Club coaching structure had received a boost for the 2014 season when Dave Mannion had been appointed as Head Coach on a part time professional basis with generous specific sponsorship by a number of former rowers.

In 2015 this coaching arrangement was continued with some modifications but with greater benefits, again with generous sponsorship by former rowers. The main coaches in the club for the boys were John Lawless, Liam Molloy, Mattie Kelly and Michael Sampier, and for the girls Aine Gavin, Amy Phelan, Naomi Colclough, Nicole Cooke, Sarah Sheridan and Daragh McCarthy who made a significant contribution. Redmond O'Brien continued as a guide and mentor to these coaches. Ed Bell and Eamon Colclough coached the first year beginners.



Under 16 Boys at Champs



Under 16 girls eight at Schools Championships

2016 Rowing Season

The 2016 season started with the annual beginner rowing camp with numbers similar to 2015. The club again travelled to Castleconnell and recorded victories with the first years getting their first taste of rowing events in an Oct. The club has a strong panel of boys, all J17 and J16, and girls at J15, J16 and J17 having retained the majority of last year's group. The club has successfully participated at two indoor rowing events both held at University of Limerick, where we collected a number of medals.

To subscribe to this newsletter and join Friends of Colaiste Iognaid Rowing Club by downloading the simple form on the circ.ie website and returning same and make the payment to the account.

A full list of 2015 Jes rowing results are also listed on circ.ie

Coaching in Australia by Ciaran Glynn

I now coach with Mosman Rowing Club who row out of Middle Harbour in the heart of Sydney and are one of the top Elite clubs in Australia. The head coach is Nick Garratt, who has coached at the last four Olympic Games. Alfie Young (from Limerick, but calls Cork BC his home) is the elite women's coach. He coached the Junior Women's Gold medallist Pair in Trakai in 2014. The club's development coaches are Matt Ungemach (Twice-time World Champion with Germany), and Judith Ungemach (Olympic Gold and Bronze Medalist). So the knowledge and experience around the coaching team is hard to beat and we hope to qualify athletes for Rio de Janeiro.

School rowing is very big in Australia. Each serious rowing school would have 10-15 paid coaches. The schools' financial backing is immense. I am involved with a girl's school which has 10 paid coaches. The standard of each school's coaches is high. Irish Olympians Richard Coakley and Gearoid Towey both coach for a girl's school called St. Catherines. Daragh McCarthy (former Jes rower / coach) and Ray Boyle (former Neptune Captain) coach with Alfie. I am in a school called Queenwood. We are the current National Champions in U17 8+, and are hoping to defend some NSW State Championships this weekend.

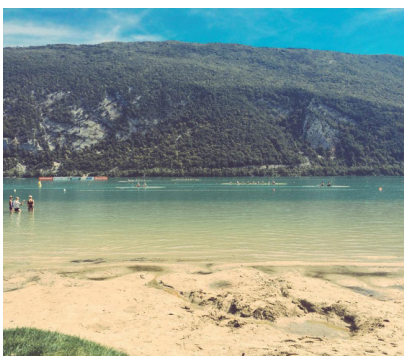
If any former Jes rower is ever passing through Sydney please contact me.

World Championship 2015 by Aifric Keogh

This 2015 World Championships were held at Lac d'Aiguebelette in France a spectacular venue and doubled up as the Olympic qualifiers. I was selected to race in the Irish women's coxless four for a third consecutive year. This event is classified as a non-Olympic event and is raced by athletes aspiring to be selected for the Olympic sweep classes such as the eight and coxless pair.



Irish W4- Barbara O'Brien, Leonora Kennedy, Monica Dukarsky, Aifric Keogh



Crews training in the lead up to racing on Lac d'Aiguebelette

Our event had a small entry of just five crews Germany, China, Great Britain and the United States of America, all strong rowing nations.

The race for lanes presented a good opportunity to rehearse our race plan and alter it accordingly in the final. Conditions were poor at the start and improved down the course with Germany, China and ourselves having a slow start but improving down the course. We ended up finishing 5th, one second behind Germany and two seconds behind China. GB and the USA were well ahead of the field.

In the final we were significantly faster but so were the other four crews. It was a disappointing 5th place finish again. Witnessing the joy and delight of those who qualified for the Olympic Games, including two Irish crews, is something I'll never forget.



Ciaran Glynn and Daragh McCarthy Sydney February 2016



Old Boys at Galway Regatta 2015

Please pass on the Newsletter to any other Jes Rowers or interested parties of your acquaintance.