

COLAISTE



IOGNAID

## Coláiste Iognáid Rowing Club Newsletter January 2021 Edition No 16.

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](http://circ.ie). and this site includes much current and archive material going back to the formation of the club.

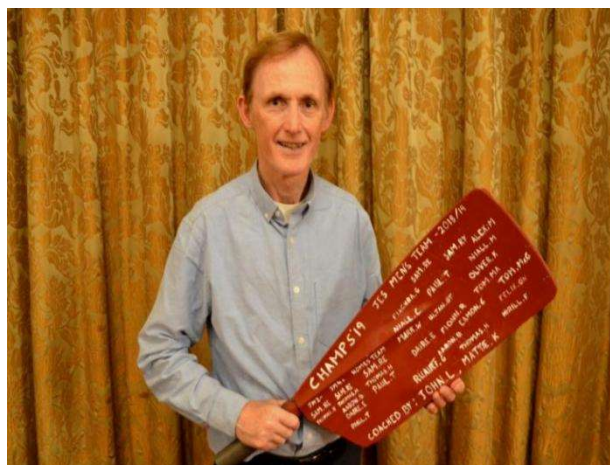
We have all had a difficult period since the publication of our last Newsletter in the July 2019. We hope that you and your families have been able to cope with the the ongoing challenges of Covid 19 and that whilst we are not in any way free from same that this year will bring some return to normality at a later date with the advent of widespread vaccination.

To those who have lost loved ones in the pandemic we offer our sympathies.

The club and Jesuit community lost former rower and Jesuit priest Fr David Touhy in early 2020. David rowed with the club in the sixties and later assisted in the club.

Former Jes Rower Afric Keogh was part of the women's coxless four which came third in the European Championships.

**Club and Rowing News August to December 2019.** A very successful first year camp with over fifty first years in attendance was held in the last week of August and as normal the more experienced rowers provided great assistance to all the coaches whose combined effort made it a very enjoyable for all involved. The camp was followed by a BBQ for all involved organised by Denise Royiston and the parents group.



Following the very successful 2019 season a number of senior rowers did not continue rowing but actively took part in coaching at the club. The club AGM held on the 19th September was well attended and in addition to the great successes across the club in the 2019 Season the requirements for

Child Protection in Sport were highlighted.

The new School Principal David O Sullivan was of great assistance to the club in making Garda Vetting as simple as possible for parental volunteers. The club acquired a new Fillippi Coxless Pair/Double in 2019 which was used by the winning Men's Pair in the Championships and later in their success at the Homes International Regatta.

The **Annual Club Dinner** held in the Ardilaun Hotel on the 26<sup>th</sup> September was a great success and gave an opportunity for rowers and parents to show their appreciation for departing Senior Coach John Lawless. John, ably assisted by Mattie Kelly, coached the Senior Boys. A presentation was made to John by both the rowers, their parents and the club. John moved to live in Lyon, France and all wished John the very best for the future and have no doubt that John will take a role in rowing there when he finds his rowing feet.



Roisin McGrath was a most deserving and popular recipient of the Annual Club Person of the Year Award. Fr Murt Corry and the retiring Vice Principal Catherine Hickey, who has always been very supportive of the club were the club guests on the night.

This year the club brought out a fundraising Club Calendar which Ken Little designed and produced to a very high standard. It was very successful with over 700 hundred copies sold and we are very grateful to all who sponsored and supported this new venture.

The rowing season began with the Castleconnell Head of The River with all participating and our first years having a most enjoyable day and the u-18 men and women won the coxless pair event. Next up was the indoor rowing at UL and again a large group travelled enjoyed the day. The final event was the Head of the Shannon on a cold windy day with many good performances.

The club had a serious incident with a young crew on the 17<sup>th</sup> November and with great assistance from Mark Francis and former Jes rower Liam Molloy all were rescued safely. A review of all safety on the river followed.



*2019 Senior Men's Squad*



*Senior Women's Squad and Coaches*

Our second Fillippi Coxless Pair/Double Scull arrived in late November and was named after the late Chris O Dea, the boat was blessed by Fr Murt Corry, members of Chris's family, including his sister Martini attended. Donogh O' Donoghue, a great sponsor of the club and friend of Chris was also present. On the day of the boat blessing a presentation was made to Mark and Liam for their rescue of our rowers.

### **Club and Rowing News 2020**

2020 began with the National Indoor Championships at UL with many excellent performances and a enjoyable day out. We, the Jes Club, organised the Corrib Head of The River for the first time. Unfortunately the flow conditions in the river created major safety issues and forced the cancellation of the event.

In Mid March Covid 19 caused all rowing activity to come to a halt. The club allowed the senior rowers to bring ergometers home and coaches organised hopme training programs and many rowers showed great commitment and dedication in diligently following these programs.

In late May, with the easing of some restrictions, the club reopened to rowing in single sculls and the club was kindly allowed the use of a number of NUIG boats and Mark Ryder's scull which allowed a small group to train together. In addition Ed Bell and Maria Maguire very generously donated the Fillippi scull their son Andrew had to the club. This rowing later expanded to having small groups from first year upwards sculling throughout the week in almost perfect conditions through June and July. This was very enjoyable for all concerned and technique was greatly improved with only an occasional dip in the water.

Unfortunately all regattas and championships were cancelled.

### September 2020 onwards



Rowing resumed in mid September and a first year camp was held over the last weekends in September. Numbers attending were limited to 15 persons at specific sessions but the experienced rowers gave great assistance to our beginners. Indoor training has not been possible and our tireless volunteers built ten single cubicles to allow rowers to get changed individually and avoid contact. *L to R Tommy Rushe, Noel Sheridan, JJ Cahalan and*

*Frank Phelan.*

The club purchased a Kanghua Coxed Four/quad mainly for our younger rowers.

We were unable to have a club dinner this year but our exceptional Club Captain Sarah Trench shared the club person of the year award with Kiril 'O Flanagan.



Our Coaches and Parental volunteers deserve our enormous gratitude in these difficult and frustrating times Noel Hume, Paul Hornibrook, Mattie Kelly, Adam Burke, Roisin Mc Grath, Amy O Gorman, Laoise Ni Griofa, Rachel O' Malley, Ellen Forde, Rachel Trench, Paul Tannian, Kiril O' Flanagan, Fiachra Gallagher, Sadbh Mannion, Fiona Lawless, the tireless Redmond O' Brien and many many more.

Again in 2020 we have produced a new calendar with tremendous work by Ken Little, if anybody wishes to get a copy please email me directly at [evanmmolloy@hotmail.com](mailto:evanmmolloy@hotmail.com).

**Hopefully this coming year will see a return to "normality" for all of you and your families.**