



SWING

FIND YOUR LIMITS. ROW PAST THEM.



B-Final Quad Conor O'Brien, Paddy Hourigan, Aaron Harrison, Sean Neville, and cox Annick Frøhburg

Top: Junior 8+ Eric Ward, Sam Voye, Matthew Kemp, Brien McGrath, Liam Walter, Sean O'Neill, Stephen Cunningham, Conor Beirne, and cox Emmett Crowe

Middle: A-Final Quad Stephen Cunningham, Liam Walter, Sean O'Neill, Conor Beirne, and cox Emmett Crowe

CCBC ROCKS SKIBB WITH SENSATIONAL WINS

BY COLIN BYRNE, CLUB CAPTAIN

Epic racing was the order of the day for Castleconnell Boat Club crews at the Skibbreen Regatta on May 3 in Cork.

The boys Junior 18B coxed quad and boys Junior 18 eight both took home first-place medals. Several rowers qualified for finals and many logged personal bests.

The nail-biter came in the in the J18B 4x+ final.

Half-way through the 500m sprint, they found themselves 1 length down. Digging deep, they reigned in the lead boat in the final meters, to win by a bow ball.

It's all on video, so head to our Facebook page and scroll down to the May 3 post. Not only will you watch the entire thing unfold, you'll hear the, um, *loudly enthusiastic* cheering of their proud coach, Anouk Delimata. Well done to all our rowers, coxes, and coaches!

How to help this month:

- CCBC SPRINTS REGATTA - P2
- BOAT REPAIR - P5
- FOLLOW US



REGATTA SEASON, CLUB WORKS UNDERWAY

BY GERRY O'NEILL

Hello Friends,

After a solid winter training, our crews have made a great start to the regatta season with wins at Neptune Regatta in Dublin's Islandbridge, locally at the Limerick Regatta, and at the Skibbereen Regatta at the National Rowing Centre in Cork.

This week sees our Junior 18s and some Junior 16s heading to Belgium to compete at the Ghent International Regatta. We've had great success there in previous years, no doubt there'll be silverware returning to Castleconnell again this year. Best of luck to all competing.

While at Ghent, other Junior 16s, and our Junior 15s, 14s, and Cadets are competing in Cork at the Lee Regatta. We wish them the best of luck, especially the several girls and boys who are racing for their first time.

Back at World's End preparations continue for our own Sprint Regatta on May 14. With close to 600 crews competing, it'll be a busy day and we

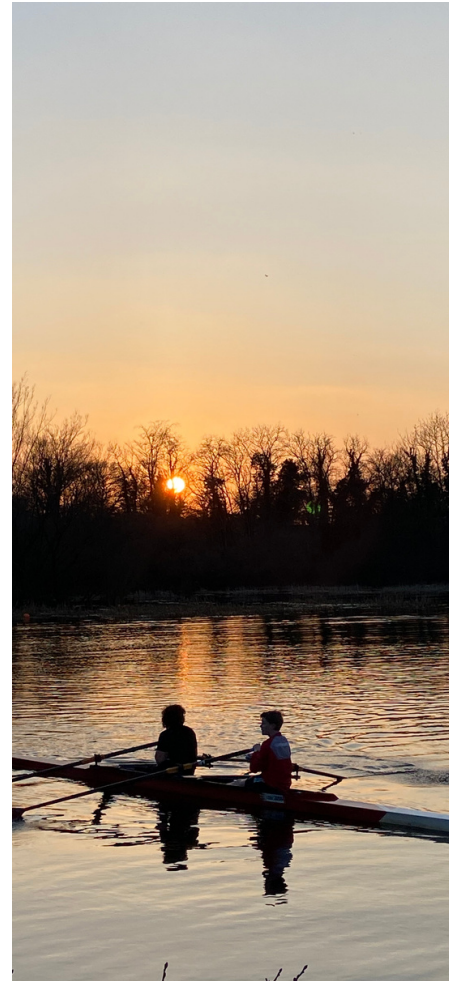
need all hands on deck. If you can spare a few hours, please reach out to Owen Silke (086 265 6985) and he'll happily find a job for you. Every contribution is welcome, and you'll get a real sense of community when you're giving back to the club. It's always a day that our volunteers enjoy, and everyone feels it—we've had great feedback over the years from traveling clubs, telling us how much their rowers enjoy our regatta.

While all the racing is going on, there's lots going on in the background. We recently secured two grants to upgrade our changing rooms from JP McManus and the state government's Sports Capital Grant. A huge thank you to all who were involved in writing those applications. Plans are being finalised and we hope to have works complete by end of year.

There's lots more to talk about, and we look forward to sharing it all in upcoming monthly newsletters.

A final huge thank you to the 2022 team of dedicated coaches, committee members, and supporters for giving us so much time from their busy lives to help drive Castleconnell Boat Club forward.

Yours in rowing,
Gerry



GET TO KNOW FOLKS AT CCBC

Rower Profile

Name: Annick Frohburg

Crew: Junior 18s

Coach: Derek Bowen

Where are you from? Weimar, Germany. We moved to Ireland 15 years ago.

When did you start rowing? Summer camp of 2016.

How'd you get started? My brother was already a rower. I thought it was cool and decided to give it a go.

Pre-race carbo loading: tuna or steak, pasta or spuds? Pizza and pasta.

Who's your rowing hero? Gary O'Donovan, because he's not tall.

2k Test: erg or water? Water. I can't see the splits.

Favourite Seat? Bow, so I can focus on other things, like steering.

When did you last catch a crab? Skibbereen Regatta 2022, quad final.

What do your crew mates say about you? I'm intimidating. But it's not true.

If you were an animal, what would you be? Goat. Because I'm intrusive.

Coach most often says to you ... what? "Timing; don't catch early".

Fun fact: I like shaving my head.



Coach Profile

Name: Ross Macmillan

Crew: Cadets

Where are you from? Born in Scotland, raised in Canada, moved to Ireland in 2018 after 7 years in Milan, Italy.

What do you do in real life? I'm a Research Professor in Sociology at the University of Limerick.

How long have you been coaching at CCBC? This is my second season.

How did you get roped in? Our son, Cace, did a summer camp, and at a later parents' meeting Pat Kiely asked if anyone could drive a launch.

What's the most repeated rowing instruction you say to your crew? "Legs" and "Stop moving your head!"

Is life like rowing? Yes, it's enormously difficult if you don't have the fundamentals.

If you had to describe the sport of rowing in one word, which word would you choose? "Brilliant".

When did you last race a rowing boat? The Captains Cup 2021. That was also the first time I raced in a rowing boat. That was also the first time I was *in* a rowing boat.

What have you learned from your crew? Their commitment is amazing.

Fun fact: I competed in two World Sailing Championships. In one, I finished second-to-last of 200 boats. The last boat had sunk.



DATES FOR THE DIARY

2022 Fixtures, CCBC Season 39

2022 Club Events

May

7 Lee Regatta, Cork
14 Castleconnell Sprint Regatta
28 Dublin Metro, Blessington

June

4-5 Carlow Regatta
11 Lough Rynn Regatta
18 Athlone Regatta
25 Cork Regatta, NRC

July

3 Fermoy Sprint Regatta
9 National Championships, NRC
 J14 /J15 & Masters
15 Senior National Championships, NRC
31 Carrick-on-Shannon Sprint Regatta

April

10 Castleconnell 5k / 10k
18-22 Easter Rowing Camp

May

14 Castleconnell Sprint Regatta

June through August

Summer Rowing Camps

August

20 World's End Triathlon

October

29 Castleconnell Head of the River
TBA Mid-Term Rowing Camps

SHOUT OUTS!!

**Best of luck to all Leaving and Junior Cert students
who will be taking their exams over the coming weeks!**



EASY WAYS YOU CAN SUPPORT CCBC

Join!

Active rowers at the junior, senior, student, and Masters levels can join to get out on the water, and past rowers and those further afield can offer their support via membership, too.

Learn more at

<https://www.castleconnellbc.ie/membership/>

That's also where you can renew your current membership and private boat rack fee.

Volunteer!

At the **CCBC Sprints on May 14** we will need parking stewards, slip stewards, and shop helpers among other help. Please drop a note to Owen Silke at 086 265 6985, we'll find a place for you and guarantee a great time!

CCBC needs a boat(wo)man. This person will evaluate boats in need of repair and get the work done. You needn't know a lot about the boats, you just must be willing to learn, and you've got to be handy. Please contact Club Captain Colin Byrne at 086 819 0545 for a chat.

ROWING FAIL OF THE MONTH

<https://www.youtube.com/watch?v=daoEG0pR6xs>

