



SWING

FIND YOUR LIMITS. ROW PAST THEM.



CCBC's national champions on the podium at Champs and the 1K Classic in July.

SPECTACULAR SHOWING AT CHAMPS CLOSES OUT '22 SEASON

Castleconnell Boat Club rowers captured several medals after some incredible racing at the 2022 National Championships, which took place over two weekends in July at the National Rowing Center in Cork.

CCBC crews brought home two titles and a bronze medal. The pairing of Fionan Crowley and Shane Haugh took the pot in the Men's Intermediate Double Sculls, followed swiftly by the crew of Sam, Tudor, Chris, and Eric taking gold in the Men's J16 4X+. They were brilliantly coxed by Aoife, beating twenty-six other crews on the way to victory.

Sean, Liam, Matthew, Brian, and cox Conor finished the weekend in style by

taking bronze in the Men's J18 coxed four.

At the new 1k Classic—for J13, J14, J15, and Masters—crews that medaled in their straight finals included:

- Women's J15 4x+, Katie, Abby, Sibeal, Anna, and cox Aoife
- Women's J15 scull, Sibeal
- Men's J14 4x+, Oscar, Tadhg, Noah, Oisín, and cox Sam
- Men's J13 4x+, Alex, Cace, Jamie, Cormac, and cox Tommy

CCBC coaches are equally proud of crews who may have missed the podium but nonetheless earned themselves impressive spots among the best rowers in all of Ireland.



Accepting the Men's Intermediate 2x title at the National Championships, Fionan Crowley and Shane Haugh.

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For example, the J18 Women's 4x- of Taylor, Kate, Sibeal, and Annick reached the final and were 5th fastest in the country out of 18 quads. The women's J18 2x of Taylor and Annick were 8th fastest in the country out of 32 doubles, according to Coach Derek Bowen.

"Grit and determination was on show in all races—the wins by tiny margins, the wins by lengths, the just-pipped, the drama of just missing out on finals qualification is all part of the learning experience that helps make our members even more amazing than they already are," said Club Captain Colin Byrne.

The J14 and J15 women's teams were among those who trained and raced hard at the 1k Classic, and not all had the outcome they'd hoped for. "I am so proud of these girls and what they have become since joining, and I'm really looking forward to see what next year brings," said their coach, James O'Gorman.

The fact that some of these rowers have been in the sport only a year or two says a lot about the drive they've developed to compete for the win. Some even showed a transition over the regatta season itself.

"The introduction of the new 1k Junior Champs was a new welcome challenge," said Cadets coach Francis Moloney. "On race day we saw maturity and determination we hadn't seen before in Fermoy, Lee, or Castleconnell."

Cadet Coach Susan Connolly volunteered during races, and saw many of our crews before their starts.



In keeping with the noble tradition of throwing the winning cox in, Aoife goes for a swim.

"Despite the nerves, they were still ready with the witty comments," she said, showing off their characteristic charm, even when the stakes were at their highest. Which may very well be the best win of them all.

Our Women's J18s keeping competition and camaraderie well-balanced.



FIRST GREEN JERSEYS FOR 2 CCBC J18s AT HOMES '22

Castleconnell natives Liam Walter and Sean O'Neill secured their place on the Irish junior men's sweep squad for the Home International Regatta and raced in London late last month.

The Home International Regatta (HIR) dates back to 1962. The "Home Nations" of Ireland, England, Scotland, and Wales compete against each other, with points awarded for places and individual gold medals going to each race winner. The points total at the end of the days' racing then decides the overall winning team in each category.

Homes provides an opportunity for rowers and coaches alike to gain their first taste of international competition. Anouk Delimata of CCBC coached the junior men's sculling squad and Stuart McDonnell from St. Michaels Rowing Club coached the junior men's sweep squad.

This year's event was hosted by England at a very windy London Docklands, which runs alongside the runway of London City airport, so when there was a pause in the racing there was still plenty to look at. Not many athletes can claim to race against boats and planes at the same regatta!

Sean and Liam faced very stiff competition in the pair against varsity athletes, which saw them finish in 4th position after a hard-fought race in very challenging conditions. Their second race, in the eights sprint, they went one place better with their



Sean and Liam in their coveted Irish one-pieces.

Homes teammates from Bish (St. Joseph's). England and Scotland were out for revenge, having been beaten by Ireland earlier in the day, and raced off the stake boats with a point to prove.

Anouk's sculling squad got off to a flying start with a win by Lochlan Crooks (Neptune) in the B sculls and finished in winning style by securing the coxless quad sprint gold.

The experience gained at this year's Homes will benefit the athletes hugely, especially those like Liam and Sean who are still junior next season. In qualifying and competing for Ireland they have inspired many of their clubmates, who have witnessed what hard work and determination can achieve. Congratulations and well done to Sean and Liam, you did CCBC proud.

Liam Walter and Sean O'Neill flank their coach, Anouk Delimata. Photo by Clara O'Brien for Rowing Ireland.



SUCCESSFUL '22 SEASON WRAPPING UP

BY COLIN BYRNE

Hi everyone,

The 2021-22 season, over already. That seemed to go by very quickly. It was great to be back in full racing swing after the quiet Covid seasons. We got some great training done over the winter and some fantastic racing through the regatta season. Our coaches are on a well-deserved month away from rowing before starting back into the winter season in September; only our club Triathlon breaks up the month, on August 20th.

We had really fantastic performances at both the Junior and Senior Championships in July, followed up by two of our members competing for Ireland at the Home International in London. Well done to everyone competing, from the Junior 13s up to our Senior Double Scull winners. The club is very proud of you all.

Before the new season starts I'd like to acknowledge and give huge thanks to the coaches, supporters, and committee for their hard work and commitment during the season. We've estimated that about 10,000 coaching hours are provided free to our club each year. Our rowers are really very lucky to have your support and selfless dedication. Sincerely, thank you.

Just a few updates on wider club activities...

Equipment – with some frugal budgeting over the last few years (thanks to our finance officer Michelle Kiely!), successful events (summer camps, club regatta, triathlon, etc.)

and some fantastic donations, we have fully funded the contents of the gym and renovated both Empacher 8s and the Simms quad (in progress). We've also purchased the recreational quad, masters coxed 4, a large trailer (we will no longer need to bring two trailers to some events), launch container, outdoor quad racks (on site shortly), oar racks, and 3 new launches.

We are currently working on a 3-year capital investment plan that will target investment in boats and oars. We have outstanding debt of €30,000 for the three Filippis (a quad and 2 doubles) we purchased in 2019, so we need to be careful not to put additional burden on the fundraising process by adding further debt. In comparison to some other clubs, we are in a very strong financial position. Our annual operating costs run at close to €75,000—insurance, boat loan repayment, mortgage, petrol, and electricity makes up majority of our outgoings.

Having surveyed Munster rowing club membership fee structures, we will likely look to align with their rates in the coming season. We're sure that members/parents appreciate that an annual fee of less than 50c per coaching hour isn't the most logical model to base our club finances on. To avoid additional debt, this approach, with the profit from one or two of our annual events like the May regatta, will fund boat purchases. This year's regatta cleared €13,000—if we collectively commit to making this a €20,000 event each year, we'll quickly build up our inventory of good quality boats for all of our members.



Clubhouse – The changing room subcommittee are busy getting quotes for the planned works on the changing rooms, kitchen, and common area in the clubhouse. Work is targeted to be completed this year (as the grant that funds it requires). Contractor availability is proving challenging but we're crossing fingers that it'll come good by the end of the year and we'll have more a salubrious (and warm) clubhouse for members from the new year onwards. A big thanks again to the group that put the successful application together.

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Learn to row – we had great fun this season with various groups of beginner rowers—cadets in September, Women on the Water (WOW) groups in October and April, Derek Bowen’s Get Going Get Rowing (GGGR) events through the year, summer camps in June, July, and August, and the current Lads on the Lough group (They’ll be wearing lycra soon. It won’t be pretty). Feedback across all groups has been very positive, again a huge thank you to the coaches and backroom support that keep all these activities in motion. It’s amazing to see the kids and adults going from not knowing the back from the front of the boat to enjoying flying up and down to O’Brien’s Bridge or racing at a national championship.

A final note for the 2022 season: I would love it if in the next 12 months we all aimed to be even more welcoming and helpful to all members. Every member of our club is equally important and should be made feel that way. We’ll have an influx of Cadets from the summer camps (175 kids attended!) in September, let’s make them feel welcome—a simple hello as you pass them on the walk from the carpark to the boathouse or even better, come down and help out over the 6-week taster in September and October. Feeling like you’re an accepted part of a group is so important at their age, let’s clear the path and help make them happy CCBC rowers for life.

There are too many people to thank to be able to name them all. As a volunteer club, we must all make contributions in one way or another, whether it’s cutting the grass, emptying a bin, painting an oar, repairing a boat, coaching, helping a junior lift a boat off a rack, cleaning the toilets, or filling a hole in the drive. These contributions help keep the club running and they are all very much appreciated.

Find your limits, row past them.

Best,
Colin

Colin Byrne is the CCBC Club Captain and resident grass-cutter.

How to help right now:

• **WORLD'S END TRIATHLON - PX**

• **FOLLOW US**



Junior & Leaving Certers



Results are out in the coming weeks, best of luck to you all. No matter what year you’re going in to, job you’re in, or 3rd level course you’re doing, every one of you are welcome to keep rowing at CCBC (or maybe just use the gym if the timetable is tight)!

SPORTS INCLUDES EVERYONE

BY NIAMH-ANN SHERLOCK

Recently I met with a fab bunch of our Junior 14, 15, and 16 girls to do a little talk around inclusion.

I think everyone was a little nervous to be there and to examine how inclusive we actually are in our crews and our friendships. Once we finished, though, we were all laughing and made a commitment to be an advocate for inclusion, particularly for the following four weeks.

Here are some tips on how to examine and become more inclusive in your own lives and crews:

1. Check your own diversity deficits. Are you accepting of others? Do you have friends of different races and religions? Do you make judgements about people before getting to know them?
2. Do you value not only your own uniqueness but that of others? Do you appreciate that another person's appearance, personality, quirks, beliefs, and interests bring something special to the group that nobody else can duplicate?
3. Do you understand that "in crowd" does not translate into "best crowd"? Instead, look at the

crowd's values. Are they kind, respectful, empathetic, and fun to be with?

4. Do you stand up for others who are being excluded? You can do this by speaking to the person doing the excluding and explain that what they are doing is not nice.

At the end of our chat, we painted just our pinky finger nails with varnish to remind us to be more inclusive and to spread the word to anyone who asked "why is just your pinky painted?"

The members of CCBC are the owners of CCBC, so it's your club! You set the tone and culture of the club, so let's make sure we set the right one.

Niamh-Ann Sherlock is CCBC's Child Safety Officer. She rows with the Women's Masters.

Castleconnell Boat Club is committed to safeguarding children and, by working under the guidance of our Safeguarding Policies our staff, both volunteers and employed, working with our young people, throughout the organisation, we seek to create a safe environment for young people to grow and develop.



CAMPS BRING 170+ NEW KIDS TO ROWING, CCBC

BY AMY JOHNSON

Castleconnell Boat Club's summer rowing camps brought in more kids than ever this summer, with more than 170 registrations across 10 weeks.

The camps also saw the participation of several CCBC rowers, from Cadets to J18s, whose help not only eased the coaches' jobs but proved an inspiration to new rowers in the camp.

Weeks started with the obligatory introductions to coaches and helpers and then the Rowing Ireland safety video. Campers learned the basics on ergs and then progressed to the water in training quads.

Tuesdays saw a swim test and capsize drill, ensuring everyone would be safe the rest of the week as they migrated out of the big training quads and into racing quads and doubles. By the end of the week campers who seemed ready were encouraged to give sculls a try. After a successful week, some even signed up for a subsequent week later in the summer.

As the gateway into rowing with CCBC, the club relies on the summer camp to spark an interest in the sport with young people ages 11 to 17. Come September, invitations will be extended to come back for a 6-week taster session of Saturday and Sunday trainings. All going well, those who commit will become the next crop of CCBC Cadets, who will train all winter and spring in preparation for the 2023 regatta season.

Several new coaches and support helpers were involved with the camps this year, including former CCBC rowers, and current senior and junior rowers. It provided not only an opportunity for them to give back to their club, but a chance for them to see rowing from a coach's perspective.

Amy Johnson is the Public Relations Officer for CCBC. She volunteers with the Cadets, the summer camps, and puts together the newsletter.



An international, family affair, these Spanish and Polish cousins of CCBC rowers managed to stay dry (by the skin of their teeth!) and make fabulous memories.



A group closes out the week at CCBC summer rowing camp.

GET TO KNOW FOLKS AT CCBC

Rower Profile: Sibeal

Crew: Junior 16 girls

Coach: James O'Gorman & Pat Kiely

Where are you from? Castletroy. My mum is from Brazil and my dad is from Wexford.

When did you start rowing? 2019, summer camp, then I joined Cadets.

How'd you get started? My friend had signed up for summer camp and told me about it.

Pre-Race carbo loading: I always bring pasta to race days.

Who's your rowing hero? I don't really have anyone specific but I would love to row for Ireland while at college.

2k or 5k Test? Rowing machine. I can see exactly how much pain I have left til the finish.

Favourite Seat? I like the stroke seat of the 2x as I can set the pace/rate with only one person to follow me. In 4x, I prefer to be in the 2 or 3 seat.

When did you last catch a crab? I caught a crab during training a few weeks ago; we got a big wash from a launch.

What do your crew mates say about you? I don't know what they'd say but I hope it would be positive.

If you were an animal, what would you be? Mouse, because they're so quiet, but determined.

Coach most often says to you ___? Sit up taller at the catch.

What did you do before rowing? I used play violin in an orchestra, now I play viola.



GET TO KNOW FOLKS AT CCBC

Coach Profile: Susan Connolly

Crew: The Cadets

Where are you from? Originally Moyvane North Kerry, before moving to Kilkee.

What do you do in real life? I'm a mom to 3 boys.

How long have you been coaching at CCBC? I started in 2019.

How did you get roped in? Joe O'Toole and Francis Moloney twisted my arm. I started out doing erg classes, and then my son Eoin did a summer camp and then joined the cadets. I then did the Introduction to Coaching course 2019 and then the Level 1 in 2022.

What's the most repeated rowing instruction you say to your crew?

Thumbs over end of oar, timing, slow down on the slide.

Is Coaching like parenting? No, it's more like grandparenting. I get to spend a small amount of great fun time with them and then hand them back to the parents to do the harder stuff. It's a bit like feeding them sweets and walking away and leaving the parents to take care of their sugar rush.

If you had to describe the sport of rowing to a stranger, what would you say? It's very rhythmic, which can be very therapeutic as a coach. I focus on the job in front of me and forget about anything else going in life.

When did you last race a rowing boat? I had great fun winning the Captains Cup race 2021. 100% race victories to date!

What have you learned from your crew? I get as much pleasure from them as I do my own kids. I get a kick out of seeing them learn and succeed. I really enjoy spending time with them.

Fun fact: Due to my inability to say the letter 'S' when I was a toddler, I called myself Tudy and am still called that today by my family.



TRIATHLON FUNDRAISER NEEDS YOU!

At the **World's End Triathlon on August 20** we will need roughly 60 people to help monitor the race route during the day. Our volunteer announcement went to your inbox earlier this month, if you missed it simply get in touch with Owen Silke via email (owensilke65@gmail.com) or phone (086 265 6985) and let him know you'd like to help. All proceeds from this event will benefit the club's equipment fund. Racers can learn more and register at: <https://www.castleconnellbc.ie/worlds-end-triathlon/>



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20th August 2022

WORLD'S END TRIATHLON

SPRINT	TRY A TRI
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20K CYCLE	20K CYCLE
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ENQUIRES CALL COLIN: 086 8190545

Waterways Ireland
www.worldsendtri.com

Support CCBC with a club membership

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.

Diary Dates

August

20 World's End Triathlon

October

29 Castleconnell Head of the River

TBA Mid-Term Rowing Camps