



December 2021

NEWSLETTER

Dear Member/Supporter,

Welcome to our December 2021 club update. We aim to provide these newsletter updates on club events, plans and our successes every few months.

We hope you enjoy the newsletter & would welcome any inputs & constructive feedback. We would particularly like to hear from anyone who would like to help in building out the content of the newsletter – TY students, we are looking at you!

Yours in Rowing,
St Michaels R.C.



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1. AGM & St Michaels Committee & Coaches

St Michael's Sporting Club AGM took place on Friday 12th November 2021 at the rowing club on O'Callaghan Strand. We would like to congratulate our returning committee on their election.

Our 2021/2022 committee are:

President	Mike O'Dwyer	
Vice President	Kieran Kerr	
Hon. Secretary	Dara O'Connor	
Hon. Treasurer	Declan Benson	
Club Captain	Mike McDonagh	
Committee	Hannah O'Sullivan	Brian McNerney
	Andrew O'Connell	Ado Cunningham
	Pat McNerney	

Additional points of contact:

Vice-Captain	Kevin O'Connor
Vice-Captain/PRO	Brian Richardson
Event Entries	Deckie O'Connor
Child Welfare	Hannah O'Sullivan
	Donal O'Byrne
Health & Safety Advisor	Mike McDonagh
Boys Coaches	Pat McNerney, Eoin Kearney, Stuart McDonnell, Andy O'Sullivan, Kevin O'Connor, Chris O'Gorman, Hugh Lynch, Niall Ahern, Dave McNamara, & Justin Sherin.
Girls Coaches	Shane Cullinane, Mike McDonagh, Len Smalle, Meadhbh O'Brien, Tom Larkin, Rob LeGear, Johnnie Hayes & Laura Kerr.
Recreational Masters	Donal O'Byrne/Andrew O'Connell
S&C	Brian McNerney/Dan Sheehan
	John Mc Donald
Learn to Row	Ronan O'Gorman, Eabha Benson, Chris Kirwan, Elisa McNerney & Paul McNerney

2. Recent Club Events:

2.1 St Michaels Masters Regatta – Saturday, September 4th at the club.

Our Masters Regatta was held for the fourth time after a one year hiatus during Covid 19 restrictions. We welcomed 23 visiting clubs who raced in 25 races over 5 hours in the city centre. There was a significant increase in recreational crew entries which was great to see, and several of the SMRC recreational crews picked up their first medal. The mixed events (male and female rowers in the same crew) are proving more and more popular, and we hope to further increase participation in 2022.

The regatta was successfully run by Richie, Mike, and Kev. As well as bringing in funds for the club, it has been established as a great social event with very positive feedback from the crews. We'd like to extend a huge thanks to all our volunteers, the Spelmans for catering the event, Hook & Ladder for the coffee van and to Limerick Council for use of the parking area beside the club.



The Men's Open 8's Race

A debrief took place on areas for improvement for 2022. This can only be done with additional volunteers to share the workload & to maximise the racing for the crews & profits for the club. Get in touch to help.



Visiting Crews and Happy Medal Winners

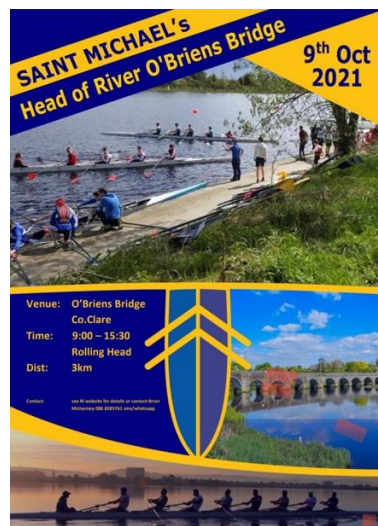
Did you know? Did you know? Masters Rowing is for adults over the age of 26 and crew categories are calculated using the average age of a crew.

2.2 Girls Squad Surfing Trip. Saturday, October 17th Lahinch, Co. Clare.

The Junior Women's squad travelled to Lahinch in Co Clare for a crew building and social day out at Ben's Surf School. Thanks to Coach Shane for organising a great day out.



2.3 St Michaels Head of the River. Saturday October 9th at O'Briensbridge.



Our Head of the River was traditionally run in November over the 3.1km course from Castleconnell to O'Briensbridge. Increased entries made it the biggest Head of the River of the season. However, successive years of flooding, fog and poor lighting had made it increasingly difficult to run effectively. Consequently, we switched to a spring date and even though we ran several races before flooding became the issue, over recent years we have realigned our events into two different Heads of the River.

Our rolling HOR took place on October 9th at O'Brien's Bridge and our city HOR is scheduled for March 12th, 2022. 189 crews from 12 clubs raced at our October event with the fastest crew home being Castelconnell's Men's Junior 18 8+ in 10:37.9, followed closely by our own Men's Junior 18 8+ in 2nd place in 10:41.1. We had several top three placings at the event, with wins in the following categories listed below. Well done to our Recreational crews who also competed in the 4x+ and the 2x+. It is great to see them competing for the club at so many events.

WM	1x	Sheila Clavin	MJ16	1x	Fionn McDonnell
MI	1x	David Foley	MJ 18 4x-		MJ 15 8x+



Did you know? Rolling Head of the Rivers are run during the winter & are time trial events when crews can race at any time & the times are ranked once all racing is completed to find the fastest crews. Winning crews are awarded Pennants rather than medals. Check out the hundreds of Pennants hanging from the rafters of the clubhouse next time you are down at the club.

2.4 Weather Effects Training – Plan B!

We are always up against it with the Irish winter weather but it's great that we are quick to adapt and create alternatives. Recent challenging weather has led the squads to the peak of Moylussa in Co Clare, a very competitive game of rounders in Ted Russell Park, long distance runs in Cratloe as well as sessions in UL's rowing tank. Well done to the coaches & crews for adapting to the conditions.

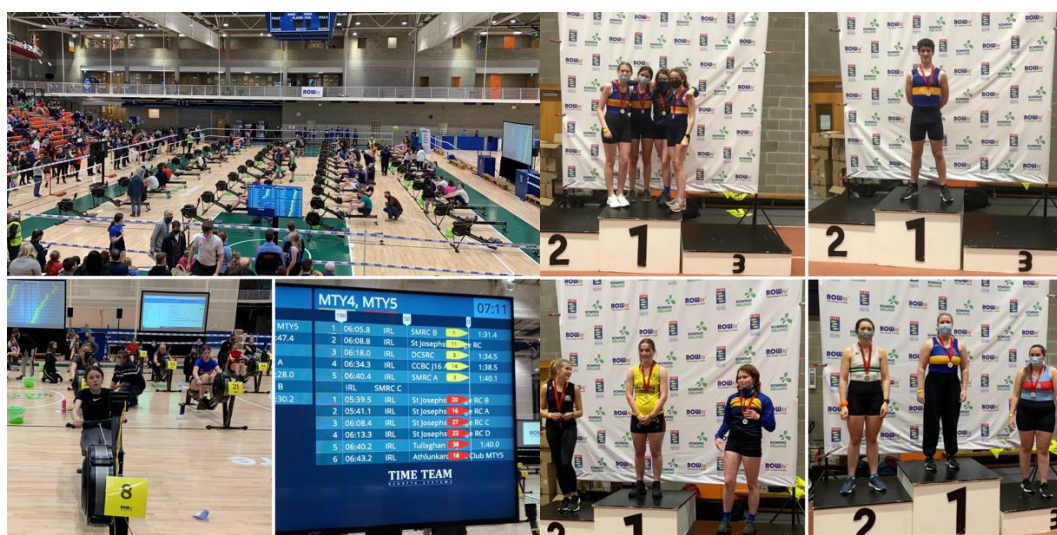


2.5 Provincial Indoor Rowing Championships – November 20th at UL Arena

Over 70 juniors as well as our Rec rowers took part in the Provincial Indoor Champs in UL, run by RowFit. Some great racing took place which bodes well for the Indoor Champs in January. Shoutout to Andrew O'Connell of our Rec Squad who placed 4th, narrowly missing out on 3rd place by 0.1 of a second!

The squads had several wins and top 3 finishes:

Place	Event	Distance	Rowers
1 st	WJ18	500m	Aisling Hurson
1 st	MJ15	500m	Jack Rafferty
1 st	WTY2	2,000m	Sarah O'Donnell, Clodagh Phillips, Aida Hehir & Jane Madden
1 st	MTY4	2,000m	Cian McGrath, Evan Barry, Eoin McGuigan & Darragh O'Connell
2 nd	MJ16	500m	Eoin McGuigan
3 rd	WJ18	2,000m	Aisling Hurson
3 rd	WJ15	500m	Aida Hehir



Got pictures of the indoors? Then slide into our DMs on FB Messenger or on Insta!

Did you know? You can find details on race locations, courses, timetables/race draws and results on the Rowing Ireland website.

2.6 Erne 4's HOR – Saturday, November 19th Enniskillen, Co. Fermanagh

Our Junior 16/18 squads travelled north to compete in Erne HOR 4's races. The squads stayed overnight on Friday night with coaches Shane, Len & Stuart travelling with the squads. Huge thanks to parents Michelle McDonagh & Brian McInerney for travelling to help with the crews & finally to Ado Cunningham for towing the trailer from Limerick to Enniskillen and back again, great job St Michaels!

Erne HOR 4's racing was completed over 2 races (Women's race at 10:30am & Men's race at 1:00pm to allow for boats to be used twice) with over 70 crews racing. Our WJ18 4+ placed 3rd in a time of 22:03.1, 15 seconds off winners Enniskillen. Our MJ18 4x- placed 2nd in a time of 18:25.3 just 5 seconds off St Josephs. Positive results for the early season racing.



2.7 Sanita Puspure OLY Visit



We had a great day in the club as we welcomed two- time World Champion, two- time European Champion and three-time Olympian Sanita Puspure. Sanita met with our junior squads, spending time coaching on the water and taking questions during Q&A sessions. Our rowers were very lucky to have the opportunity to gain such an insight into Sanita's vast rowing experience.

Huge thanks to Captain Mike for organising and of course to Sanita for her time, knowledge and energy during her day with St Michael's.

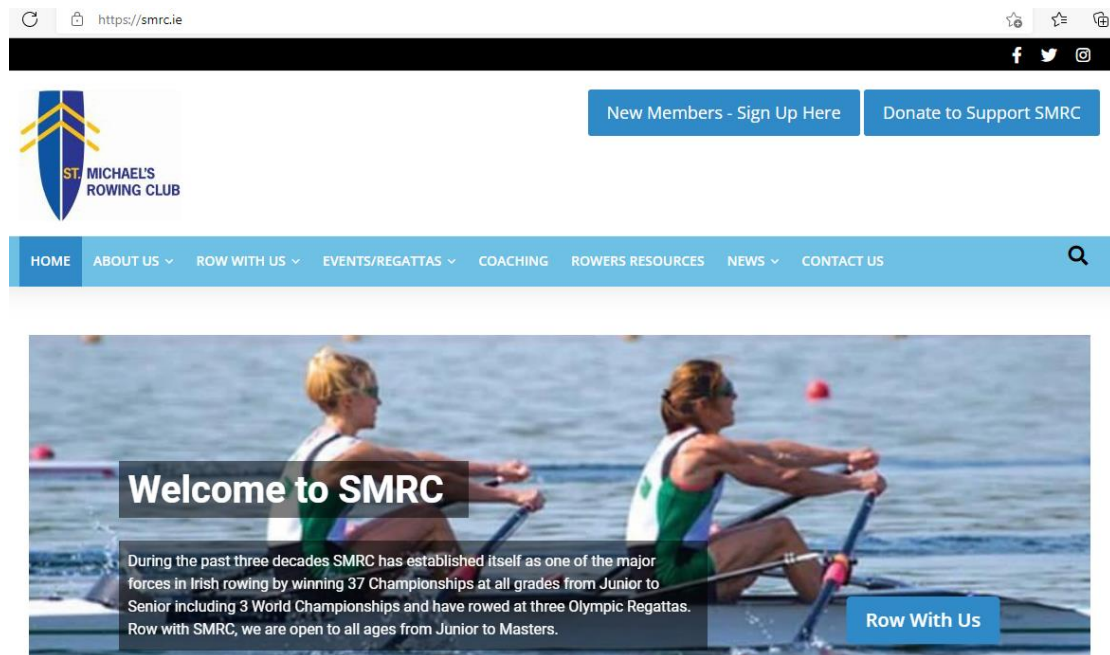


2.8 SMRC.ie Revamp

Be sure to check out the new [www.smrc.ie](https://smrc.ie) website.

Great job by Ado Cunningham & Therese Kavanagh (Red Dot Design) on the long overdue upgrade & revamp of our website. It's still a work in progress with more features, information, and archive of photos to be added.

If you want to help one the build out of the website - let us know! We want to build out an archive of club photographs decade by decade accompanied with as much information as possible.



2.9 Get Going Get Rowing

The club continues to work closely with Rowing Ireland in supporting their school's Get Going Get Rowing programme with nearly 500 Limerick school kids attending sessions at the club. The Club is also delighted to support their weekly classes with Enable Ireland



Rowing from Dawn to Dusk on Sunday November 21st



Junior girls with coach Tom Larkin clocking up the early morning milage



Junior boys rounding off the day with coach Eoin Kearney

***** Sponsor Spotlight *****

Huge thanks to our sponsor Bowe Dental for their continued support.



Roxboro Clinic

 [\(061\) 608 186](tel:(061) 608 186)

Foynes Clinic

 [\(069\) 32001](tel:(069) 32001)

3. Upcoming Fundraising & Social Club Events

Club fundraising has been greatly affected by Covid & the Fundraising group are constantly on the lookout for alternate events. If you have any suggestions – let us know!

Sat Dec 18th Pop Up Shop 2-3pm

One Pieces (limited stock), Running Tops, Snoods & Masks on sale. Payment via Revolut, Cash & we have invested in a card reader, so all major credit & debit cards accepted.



Sat Dec 18th Christmas Social Row @ 3pm

Bring your Santa jumpers as crews take to the water for some social rowing. Tea, Coffee, Hot Chocolate & Mulled Wine will be waiting to warm up crews. We'd love to see all our parents visiting the club too.

Sun Dec 12th Christmas 'Split the Pot' Draws. Guaranteed winner every draw.

Sun Dec 19th Week one Jackpot was €502.50 won by Laura Kerr – Congrats!

Sun Jan 2nd Week two entries now being taken. Pay via Revolut, Cash or via card at the pop-up shop!

ST. MICHAEL'S ROWING CLUB

Xmas 'Split the Pot' Draws

Guaranteed winner each draw!

3 Separate draws
Sunday Dec 12th, 19th & Jan 2nd

€5 per entry
50% to St Michaels & 50% to The Pot

Revolut your entry to 086 255 4304 Or pay coaches €5 cash.

Cut off for entry is 6pm on the day of each draw

SPIN TO WIN

Upcoming Fundraising & Social Club Events – continued.

22/01 Irish Indoor Rowing Championships, UL Arena

Date TBC **Art Auction** – biggest fundraiser of 2022, more details coming soon! Volunteers needed to help organise, get in touch.

23/04 **St Michaels Dinner Dance**, The Strand Hotel, more details coming soon but **Save the Date – Saturday, April 23rd!**

The epic fundraising efforts over the past seasons has allowed us to invest in new equipment for rowers including 8 new Concept 2 Dynamic Ergs and a Concept 2 Erg Bike. These are invaluable pieces of equipment for our rowers' development, and we are very grateful to be in possession of such fantastic training resources.

We have ambitious plans for new boats so stay tuned for more news coming in on that soon.



*** Sponsor Spotlight ***

**Huge thanks to Rocky & the Team at The Commercial Bar
for their continued support of the club.**



**The Commercial Bar & The Record Room
46/47 Catherine Street, Limerick**

4. Rowers, Parents & Supporters - How can you help? Get involved!

1. Follow us on **social media, like & share our updates** to promote the club & celebrate our successes. Get family & friends to follow us & help boost the numbers for each media stream to over 2,000

Twitter	@smrc_rowing	1,130 Followers
Facebook	@stmichaelsrowingclub	2,164 Followers
Instagram	@stmichaelsrowingclub	781 Followers

2. Send on **pictures & videos** taken at training or events for us to use. Event days are always busy with coaches flat out with racing admin, preparing crews for racing as well as unloading and loading trailers & equipment. It's hard to get footage of the crews so if you're at events, take some pictures & send them on.
3. Support our **fundraising events**:
 - bring in an event or race sponsor
 - invest in our online lotto
 - sponsor spot prizes for quiz raffles
 - attend the quizzes & bring another table
 - bring in 5 Split the Pot entries
 - anyone have a car dealership? We'd love to run a car raffle!
4. **Volunteer** some hours:
 - Coaching (Rowing Ireland courses available throughout the year)
 - Driving a launch (training provided)
 - Join the Friday evening runs (run or bike) to help marshal the runners
 - Help on race days at HORs & Regattas
 - Help us source a sponsored jeep for towing
 - Digital Media content of crews training, and racing is needed
 - Maintenance Crew – club repairs, paints, electrics, power-wash the slip
 - Join the Fundraising group to help run the events

Every little helps & our combined efforts can help reach our goals & objectives for the season ahead.



For current news see SMHC on Web, Facebook, Instagram & Twitter

WE ARE ST MICHAELS

