



ST MICHAEL'S ROWING CLUB

INFO NIGHT 2023



AGENDA

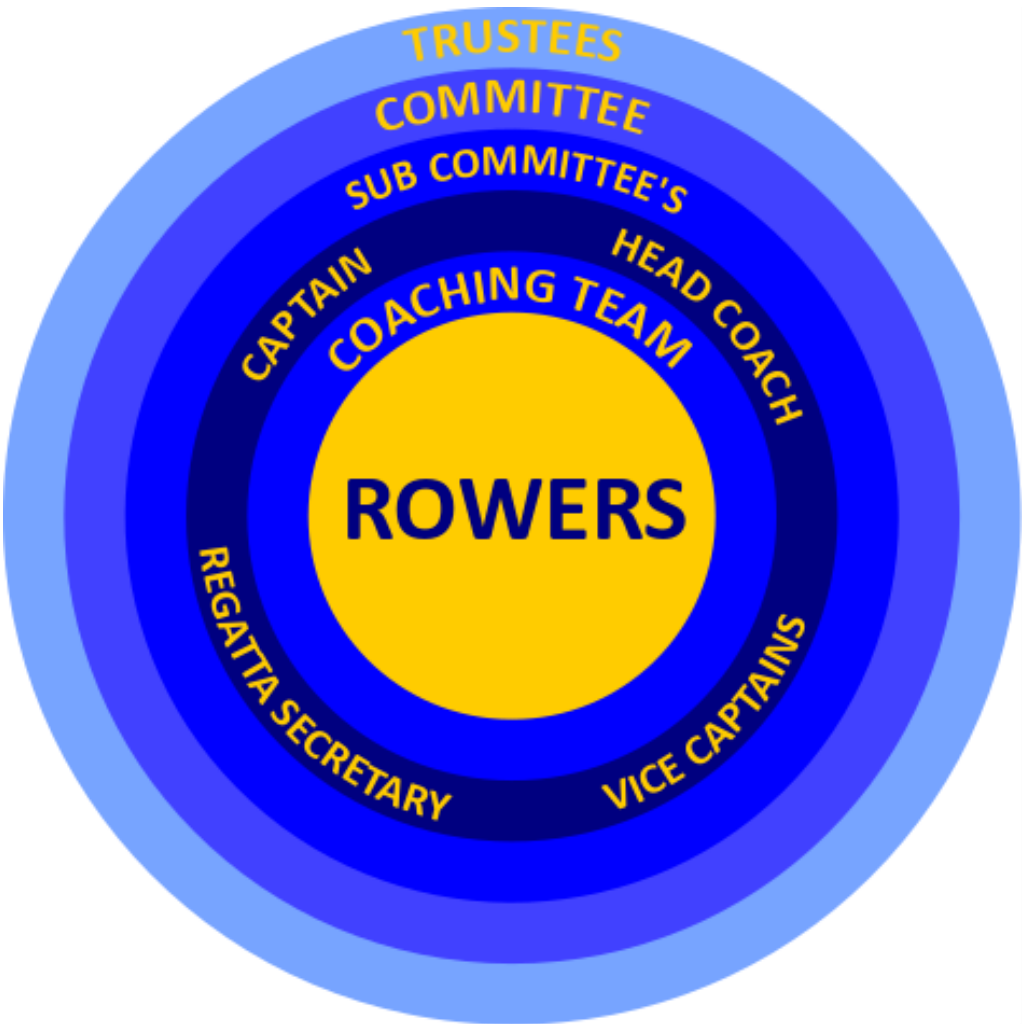
- Club Organisation & Structure:
- Communication
- Finances
- Rowing Structure/Training Programs/Regatta Plans
- Safety / Child Welfare
- Volunteerism
- Questions & Answers



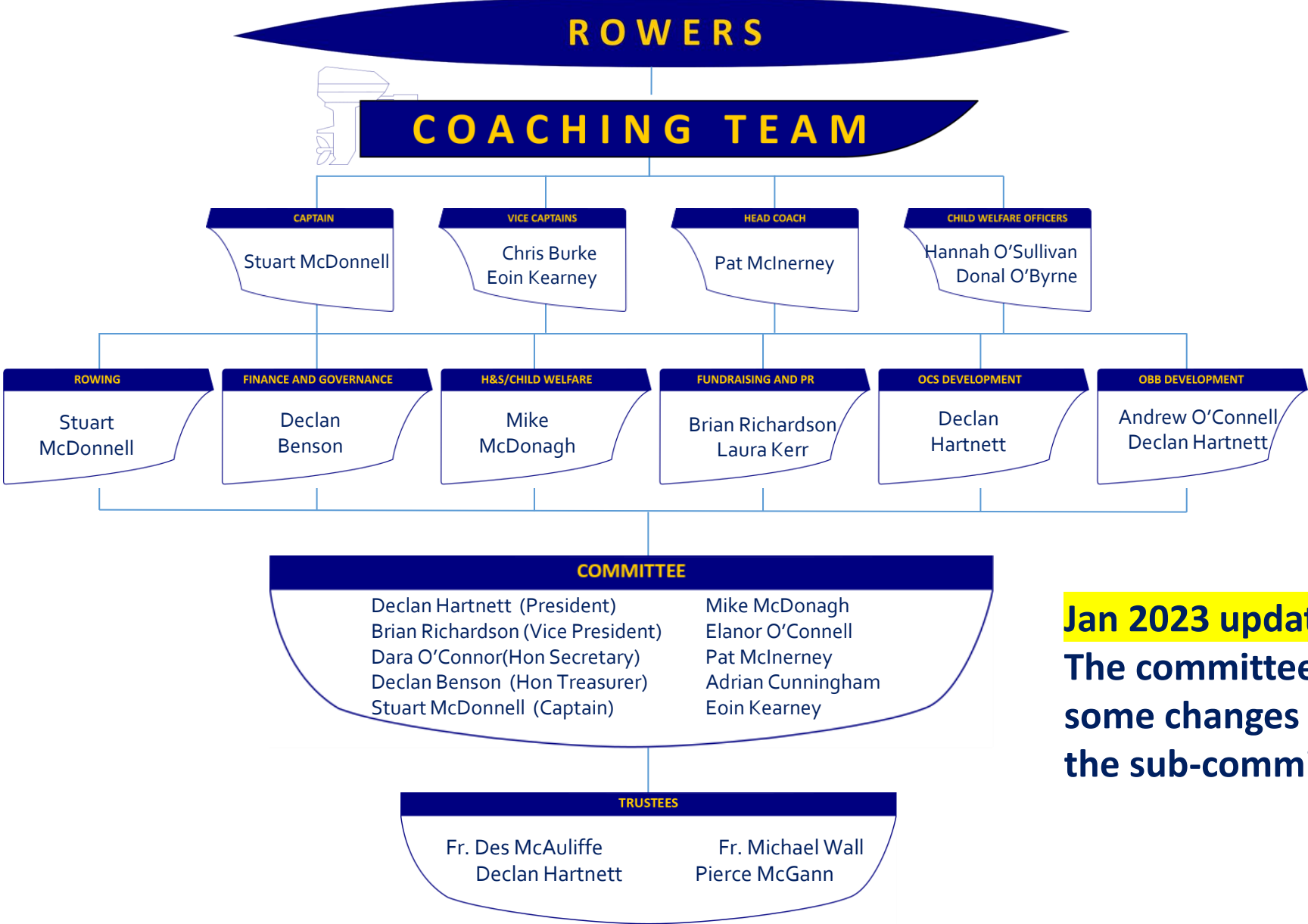
“OUR SUCCESS IS YOUR SUCCESS!”

2022 WAS AN EXCEPTIONAL YEAR THANKS TO THE LEADERSHIP & BEHIND THE SCENES WORK BY OUR CAPTAIN – MIKE MCDONAGH

ST MICHAEL'S – OUR CORE STRUCTURE – ROWERS 1ST



St Michael's Rowing Club Organisational Chart 2022/23

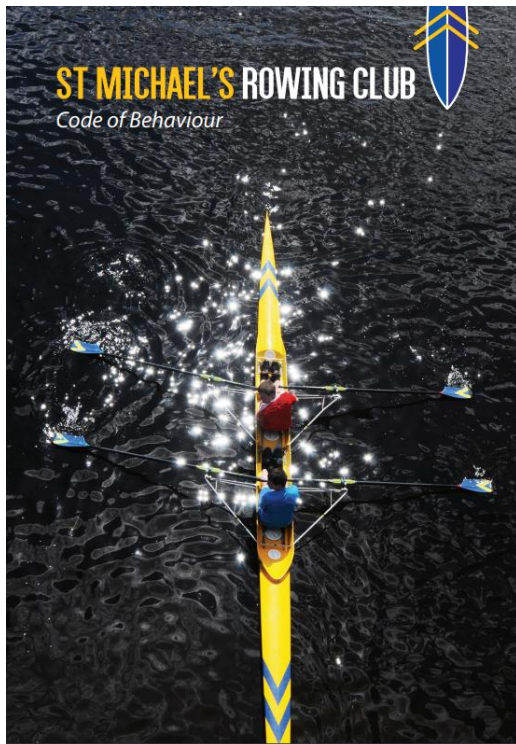


Jan 2023 update:

The committee are making some changes to simplify the sub-committees

www.smrc.ie

ST MICHAEL'S RC – CODE OF BEHAVIOUR



MEMBERS

The Club seeks to provide an excellent sporting environment for all members involved in sport. Our members are entitled to be given enjoyable, safe, sporting opportunities, free of abuse of any kind.


However, with rights there will always be responsibilities. Members can benefit greatly from the Club in terms of physical and personal development, competition and enjoyment. As members of the Club, they must realise that they also have a responsibility; a responsibility to treat other members, coaches and officials with fairness and respect too.

Members should be entitled to:

- Quality well informed coaching
- Be safe and feel safe
- Have fun and experience a sense of enjoyment and fulfilment
- Be treated with respect, dignity and sensitivity
- Comment and make suggestions in a constructive manner
- Be afforded appropriate confidentiality
- Make their concerns known and have them dealt with in an appropriate manner
- Be protected from abuse.
- Be listened to.

Members should always:

- Behave in a safe and responsible manner as well as be mindful of the safety of others
- Take proper care of Club equipment and report any damage
- Tidy up after themselves and help with clean ups after Club events.
- Train and compete fairly
- Do their best – put in their best effort in training and in competition.
- Improve and develop their skills.
- Respect other members regardless of ability, cultural or ethnic origin, gender, sexual orientation or religious beliefs
- Represent their Club, their crew and other members with pride and dignity
- Be gracious in defeat and modest in victory
- Inform their Coach in advance if they are unavailable for training and regattas
- In the case of junior members, know that it is acceptable to talk to the Club Children's Officer with any concerns or questions they may have
- Adhere to acceptable standards of behaviour and their Club's Code of Discipline
- Tell somebody else if they or others have been harmed in any way
- Adhere fully to Club's rules and regulations including this Code of Behaviour.



PARENTS/GUARDIANS

Parents/ Guardians have an important role to play in assisting and encouraging their children to fully participate in our sport. In common with coaches and officials, the parents/guardians of junior members should act as role models for their children as well as for other junior members

Parents/Guardians Should:


- Complete and return the registration/ permission and medical consent forms for their child's participation in the Club
- Inform the Coaches, and any other relevant Club personnel, of any changes in their child's medical or dietary requirements prior to coaching sessions, games or other activities
- Ensure that their child punctually attends coaching sessions
- Always be punctual in picking-up children after training. Coaches have given their time to coaching. It is unreasonable to expect them to have to wait after training for late pick-ups.
- Parent/guardian/carer should be informed of the starting and finishing times of training sessions and events.
- Provide their child with adequate clothing and equipment as may be required for training.
- Be aware that suitable clothing for rowing can be purchased on any of the following websites:
 - <https://godfrey.co.uk/rowing>
 - <https://www.powerhousesport.com/>
 - <https://www.jracing.com/>
- Your own alternative supplier
- Ensure that the nutrition/hydration and hygiene need of their child are met
- Never encourage your child to consume non-prescribed drugs or take performance enhancing supplements.
- Listen to what their child may have to say
- Show approval and support whether the crew wins or loses
- Never attempt to meet their own needs and aspirations for success and achievement through their children's participation in games.

Parents/Guardians Should Encourage Their Child To:

- Always play by the rules
- Improve their skills levels
- Maintain a balanced and healthy lifestyle with regard to exercise, food, rest and play. Advice may be sought if necessary from Club coaches or officials on this issue. The Club will provide briefings from time to time

Parents/Guardians Should Lead By Example

- Adopt a positive attitude to their children's participation in our sport
- Respect coaches and officials' decisions and encourage children to do likewise
- Do not exert undue pressure on your child
- Show approval for effort, not just results
- Do not criticise poor racing performances



COACHES & OFFICIALS

It must be recognised that the Club could not function without the talent, dedication and commitment of its coaches and club officials. We owe them our sincere thanks and respect.

In the case of junior members, coaches must be properly vetted by standard Garda vetting processes and are encouraged to attend child welfare and protection training courses as well as rowing coach accreditation

Coaches Should Lead by Example

- Never use foul language or provocative language/gestures to a junior member, opposing crew or race official.
- Do not question an Umpire's integrity
- Encourage members to respect and accept the judgement of race officials.
- Never consume alcohol or non-prescribed drugs immediately prior to or while junior members/players are in your care, or in any manner that could adversely impact on your duties and performance
- In the case of junior members, encourage parents to become involved in your crew and Club activities wherever possible
- In the case of junior members, develop an appropriate working relationship with children based on mutual trust and respect
- Challenge Bullying in any form whether physical or emotional
- Don't shout at or lecture players or reprimand/ridicule them when they make a mistake. Young members learn best through positive encouragement, along with trial and error. Children and young people should not be afraid to risk error so as to learn
- Avoid incidents of horse play or role play or telling jokes etc. that could be misinterpreted
- Where possible, avoid taking coaching sessions on your own
- Avoid unnecessary physical contact with a member and never engage in an inappropriate touching of an athlete. Use video or other athletes to demonstrate a point
- Be aware of the developmental stages and needs of junior rowers.
- Avoid over training and over emphasis on competition.
- Avoid discussing other crews, members, coaches, or parents in a negative way.
- Avoid being alone with any junior athlete.

Coaches should maintain a junior athlete centred approach:

- Respect the rights, dignity and worth of every person
- Treat each person equally regarding age, gender, ability, ethnic origin, cultural background or religion
- Be positive during coaching sessions, games and other activities so that junior members regularly leave with a sense of positive achievement
- As much as possible, develop an understanding of relevant coaching methods and ensure that they have the appropriate level of coaching accreditation
- Rather than just medals, the level of improvement made by members is the best indicator of effective coaching.



- Code of behavior is available on the club's website www.smrc.ie
- Mission Statement & expected behavior & standards for all members, coaches, volunteers and parents are detailed
- The club needs active & invested members in order to succeed

IT'S YOUR ROWING CLUB.

All members are expected to clean up after themselves and to help out with keeping the club clean. If it's good enough for All Blacks then it's good enough for us!

- Quarterly clear out of the club.
- Monthly Squad rota for regular cleaning of the dressing rooms(dressing rooms are not personal wardrobes)/kitchen/toilets.
- Emptying of bins/correct use of recycling

EXCELLENCE IS A HABIT!

**YOUR HABITS ARE
A REFLECTION
OF YOU...
CLEAN UP
AND PICK UP
AFTER YOURSELF!**



ST MICHAEL'S RC – COMMUNICATION CHANNELS



1. Notice Board:

- Regular updates on planning, events, training plans, training times, regatta/HOR entries etc. are posted on a weekly basis.
- We expect rowers, coaches and admins to check it regularly.

2. WhatsApp groups

3. Social Media

4. Rowing Ireland - www.rowingireland.ie

5. SMRC – www.smrc.ie

6. Club News Letter – Help Needed!

7. Clubforce

CLUB NEWSLETTER 2022/2023

- Currently a one man show – Richie
- TY students needed as ‘Regatta Reporters’
- Share news on club activities on and off the water:
 - Celebrate the successes of the crews
 - Announce details of upcoming events
 - Links to rowing related info and activities
 - Sponsors adverts to promote their support of the club
- Parents – send us pictures of the crew's training/regattas/ launching/getting medals.



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.

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.

2.1 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 Mens 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.



ST MICHAEL'S RC – PARENT, ROWERS, COACH, CLUB COMMUNICATION

Everyone (rowers, parents, coaches, captain, committee) are busy balancing home, personal and work lives.

How can we make the best use of our time?

Always remember that we're Volunteers in a Voluntary Organisation.

- There isn't 24 hour customer service and support
- 'I'll just send an email/WhatsApp x 40 = admin headache
- For this season & beyond, help reduce WhatsApp & email conversations by dropping down to talk to us.
 - Drop us an email/text to say you'd like to catch up and what it's about
 - Confirm a time which suits yourself and the coach/captain

Unless it's a quick answer then our default response will be - **'Drop Down to us'**

- The club volunteers are more than happy to help with any query (training schedules, membership, volunteering, history of the club, international rowing, rigging of boats ANYTHING!) but please just drop down and talk to us.
- Any issue or concern that anyone has will be dealt with openly, frankly and honestly.

ST MICHAEL'S RC – EMAIL POINTS OF CONTACT

smrccaptain@gmail.com

smrccoaching@gmail.com

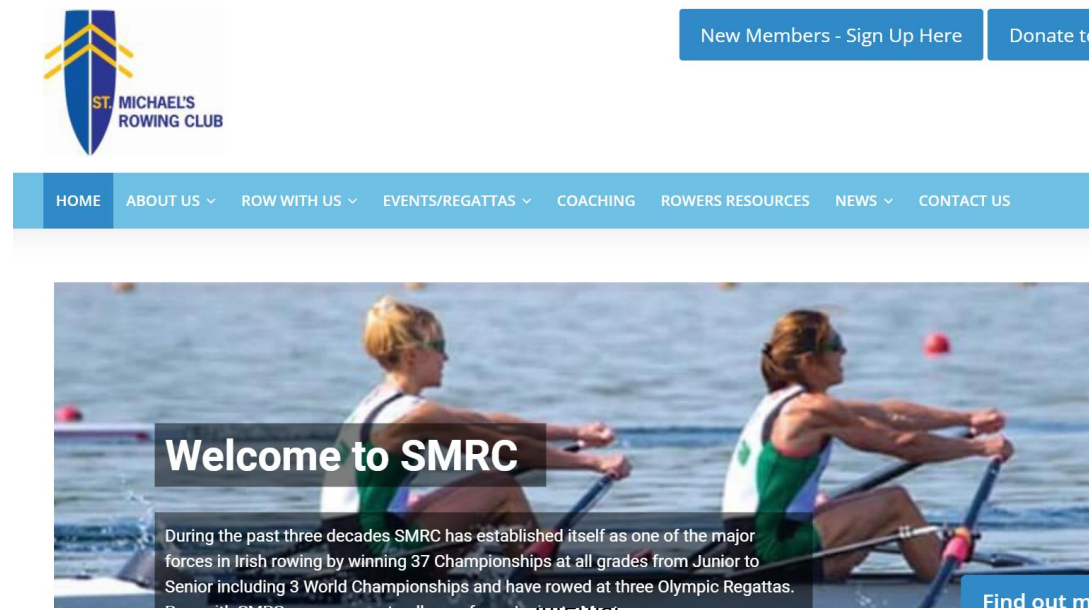
smrcpresident@gmail.com

stmichaelsrcsecretary@gmail.com

smrctreasurer@gmail.com

smrcevents0@gmail.com

Please refer to the club's website for contact details, club rules, code of behaviour etc.



ST MICHAEL'S RC – SOCIAL MEDIA

Website www.smrc.ie

Twitter [@smrc_rowing](https://twitter.com/smrc_rowing)

Facebook www.facebook.com/stmichaelsrowingclub/

Instagram [stmichaelsrowingclub](https://www.instagram.com/stmichaelsrowingclub)

Like & share our post to help increase coverage & support.

The image shows a collage of social media content for St. Michael's Rowing Club (SMRC). At the top left is the club's crest, a shield with a central figure, flanked by the numbers 19 and 01, and the text 'ST. MICHAEL'S ROWING CLUB'. Below the crest are statistics for the Twitter profile: 2,168 Tweets, 171 Following, 789 Followers, and 636 Likes. The Twitter bio reads: 'St. Michael's Rowing @Smrc_rowing. Founded in 1901, St Michael's is one of Ireland's Premier Rowing Clubs. It caters for oarsmen and oarswomen from Junior 12 to the more experienced "Masters"!'. Location is Limerick, Ireland, and website is smrc.ie. It was joined in July 2013.

Below the Twitter profile is a Facebook post for the 'SMRC Urban Run' held on 7th October 2018. The post features a group photo of runners at the starting line. The text of the post says: 'St. Michael's Rowing Club (SMRC) @stmichaelsrowingclub'. The event is described as an 'AAI Permitted Event'. The Facebook interface shows a 'Like' button, a 'Share' button, and a 'Suggest Edits' button. The bottom of the image shows the Facebook navigation bar with 'Home', 'About', 'Photos', 'Videos', and 'Events' options.

ROWING IRELAND

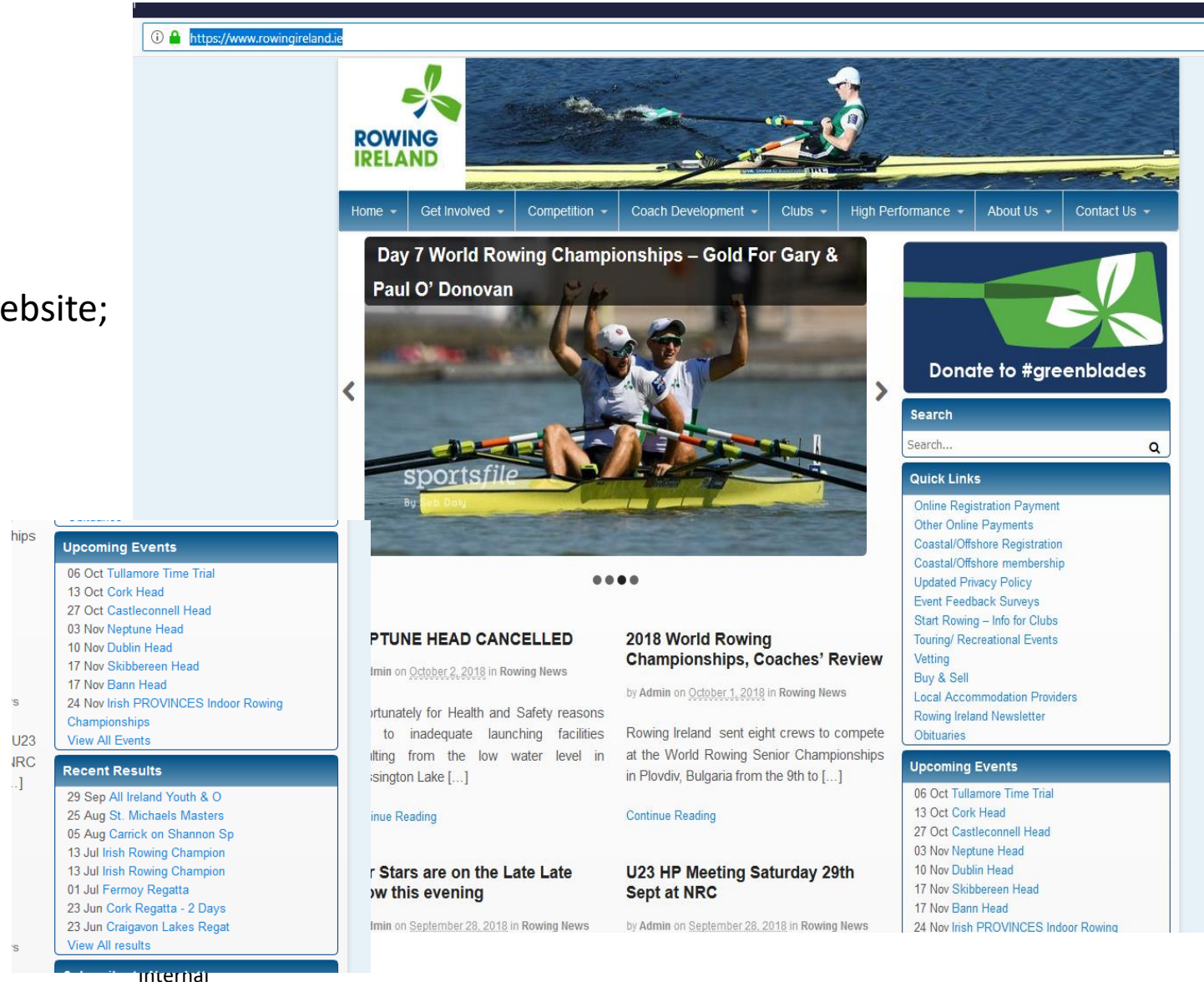
Rowing Ireland has a very comprehensive website which contains a huge amount of information on the sport, it's administration and the events which we attend.

Sign up for the weekly RI email newsletter

www.rowingireland.ie/

Take some time to familiarise yourself with the website;

- HOR & Regatta Calendars for 2019 Season
- Individual links to each event taking place
 - Timetables
 - Draws
 - Accommodation/Parking



CLUBFORCE APP



<https://clubforce.com/clubs/community-st-michael-s-rowing-club-smrc-limerick/>

- Membership
- Regatta / HOR Levies
- Weekly Lotto
- Event Tickets (Dinner Dance)
- Coming Soon – Split the Pot Fundraisers!



FINANCES - APPROXIMATE RUNNING COSTS / INCOME AND FUNDRAISING

Estimated Income / Expense

Rental: *	42,000
Membership:	45,000
Fundraising	10,000
Total:	97,000
Operational Costs**	107,000
Surplus / Deficit	20,000

*Rental income can vary

** We've a long list of bills to be paid

- Ongoing maintenance of the building and equipment (safety, petrol, repairs etc)
- Insurances (circa 20k)
- Utility bills, rates etc
- Bank fees, administration, legal
- Regatta entry fees
- Transport costs
- Affiliations and registrations

And that's before we buy any new equipment or any other major investments.

FUNDRAISING

We have an ambitious investment plans under several headings:

- Cecil Street (necessary building repairs & upgrades)
- Boat upgrade plan
 - New boats for top level crews
 - Replacing the older fleet, some boats going since the 90's!
- Athlete Support
- Coach Development – parents are welcome to join & Rowing Ireland certified training is available.
- International Regattas
- Transport – Trailers and Buses

Club needs to fundraise over 40k per annum to support plans



FUNDRAISING ACTIVITIES

Recent & Planned Fundraising:

Victory Dance – Oct 2022

Art Auction – May 2022

SMRC OBB HOR Sept 2022

Table Quiz – Sept 2022

Row-a-thon – Jan 2023

Cash for Clobber – Jan 2023


Table Quiz (Parents) – Feb 2023

SMRC HOR City – 2023


Traffic Buckets – 2023


Corporate Rowing - 2023

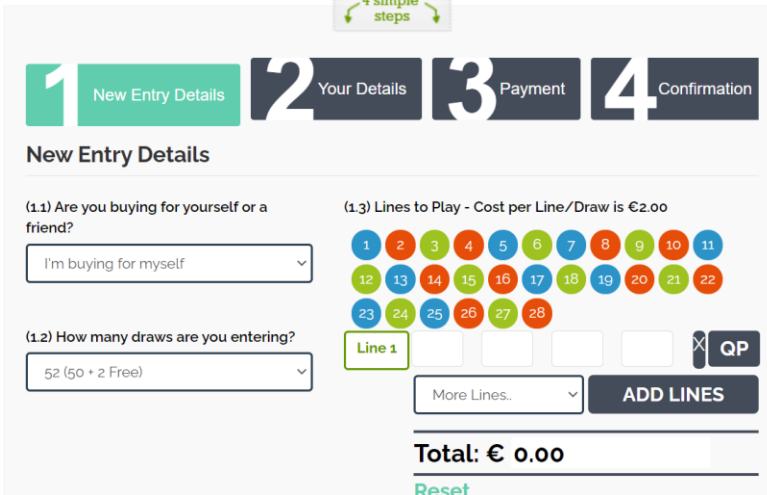
Sponsorship - 2023



St. Michael's Rowing Club
(SMRC)
The Boathouse O'Callaghan's Strand,
Limerick, Ireland.

ANDROID APP ON
 Google play

 TEXT ME
A LINK TO THE APP



The screenshot shows a four-step process: 1. New Entry Details, 2. Your Details, 3. Payment, and 4. Confirmation. The 'New Entry Details' step is active. It contains three sections: (1.1) 'Are you buying for yourself or a friend?' with a dropdown menu set to 'I'm buying for myself'; (1.2) 'How many draws are you entering?' with a dropdown menu set to '52 (50 + 2 Free)'; and (1.3) 'Lines to Play - Cost per Line/Draw is €2.00'. This section features a grid of 28 numbered colored buttons (1-28) and a 'Line 1' input field with a 'QP' button. Below the grid is a 'More Lines...' dropdown and an 'ADD LINES' button. At the bottom, the total is displayed as 'Total: € 0.00' with a 'Reset' link.

“2023 has started well with over €10,000 raised in January!”

RECENT SPENDS

- Changing Units in OBB – 24K
- 8 Concept 2 dynamic ergs + bike – 15K
- New Launch – 2K
- New Engines – 20k
- Decentrowing.com – 350/ year
- New Filippi Lwt 4x- 24K (CGS)
- New Swift Coastal 4x+ - 16K (CGS)
- New light weight Women's 8+ 35k
- Gym Equipment 2k

ON GOING COSTS

- Insurance ~ 20K per year
- Legal costs
- LTR / S&C support
- Fleet repair
- Facilities management
- Toilets OBB
- Consumables

FUTURE SPENDS

- Mid Weight 4x+
- Upgrade program for 2x & 1x
- Small trailer
- Development of SMRC

CORPORATE SPONSORSHIP

Corporate Sponsorship is the quickest way for club to achieve its fundraising goals

Opportunity for long term partnership

What will business get?

- Company Participation Activities
 - Spring corporate rowing programme
 - Winter Ergometer indoor programme
- Company Sponsorship Opportunities
 - SMRC Head of the River in O'BB and locally and Masters Regatta
- Company Branding Opportunities
 - Advertising boards x 2 – high footfall areas
 - Branding on trailer, boat, website, newsletter, social, etc.



We need DECISION MAKERS or the ear of DECISION MAKERS



SQUAD STRUCTURES



'Swim lane' system / train by ability

- Div 1 – Senior, Intermediate, J18**
- Div 2 – J18 B, J16**
- Academy / Junior Club – 1&2 – J16, J15, J14**
- Learn To Row – beginners**
- Recreational Rowers Group**

“Different ability & events!”

ROWING STRUCTURE

Intro to Rowing Camps – run for beginners in Summer / Easter breaks etc.

Learn To Row (LTR) program – run for c. 10 weeks – kids get introduced to rowing and midweek ‘land training’. After this some will progress to Year 1 group, and some will continue in next LTR program. Get to race at Home events.

Year 1 Club Juniors / Academy – Rowing and training is pushed on a little including an extra midweek training day and increased weekend mileage. This group will get to go and race at local / provincial events

Div 2 More experienced rowers – usually train at least 6 sessions per week – depending on ability will race local and national events – may race British Schools event

Div 1 Junior 18 A / Senior level – National and international events / Irish Trials

ST MICHAEL'S RC – HERE'S THE SMRC LINE

“We need and expect everyone (coaches, committee, rowers, parents) to have confidence in the club and to trust the club in what we are doing.”

It's the coaches, led by the rowing committee, who decide on training plans & schedules, competitive events, the fitness tests/seat racing process & ultimately crew selection.

Rowing is a highly competitive sport and from season to season there will be disappointments. Everyone is given a fair chance to excel in the sport but not everyone will. We prepare the crews for failure as well as success, this is all part of competing.

Any questions you or the rowers may have with regard to training or crew selection can be dealt with in person with the head coach, coaches and captain.

“We are inclusive to Girls and Boys of every level and ability!”

New rowers – learn about the sport and get fit during the summer camps and the trial period but... we have very limited spaces available.

We expect the time & effort commitment our coaching volunteers give is reciprocated by attendance & effort.

TRAINING (SAMPLE PROGRAM)

Gym Schedule							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6.30am	Div1 Boys S&C	Recs	Div1 Boys S&C	Train with Jonny	Div1 Boys S&C	Rowing	Rowing
7.30am	Div1 Boys S&C	Recs	Div1 Boys S&C	Train with Jonny	Div1 Boys S&C	Rowing	Rowing
8.30 am	RI Indoor PE		RI Indoor PE	RI Indoor PE		Rowing	Rowing
9.30 am						Rowing	Rowing
10.00 am			ChrisK Class		ChrisK Class	Rowing	Rowing
11.00 am			ChrisK Class		ChrisK Class	Rowing	Rowing
12.00 pm						Rowing	Rowing
13.00 pm	RI Indoor PE					Rowing	Rowing
14.00 pm						Rowing	Rowing
15.00 pm			RI Indoor PE	RI Indoor PE		Rowing	Rowing
16.00 Pm	Div1 Boys Erg Div1 Girls S&C Academy	Div1 Boys ergs	Div1 Boys Erg Academy Girls S&C	Div1 Boys Ergs	Club Run Academy Boys	Rowing	Rowing
17.30 pm	Boys Erg Div1 Girls S&C Academy	LTRs boy/Girls erg	Academy Boys Erg Academy Girls S&C	LTRs Boy/girls erg	S&C	Rowing	Rowing
18.30 pm	Boys Erg	Div1 Girls Ergs/ Aca Boys S&C	Academy Boys Erg	Div1 Girls Ergs/ Aca Boys S&C	Club Run	Rowing	Rowing
19.00 pm	Div1 Girls S&C	Div1 Girls / Aca Boys S&C	Div1 Girls S&C	Aca Boys S&C	Club Run	Rowing	Rowing
20.30 pm	Div Girls S&C	Jones PT	Div1 Girls S&C	Recs		Rowing	Rowing
21.00 pm		Jones PT		Recs		Rowing	Rowing

ATHLETE GOALS & OBJECTIVES

- Club aim is to produce top level rowers – winning national championships and gaining international recognition
 - Excellence / Winning culture – balanced with integrity and respect
 - Honesty & Transparency in testing, assessment and selection
 - Keeping it fun / rower enjoying sport & fulfilling ambitions
 - Right First Time:
 - Training Diary
 - Appropriate Gear
 - Time Keeping
 - Active membership – kids get involved, clean the club, take ownership
- Water Bottles and fuel
Rest & Nutrition
Respect for each other



REGATTA / HOR SCHEDULE

Date	Event	Type	Distance	Location	Comments
Jan 28th	Shandon HOR	Head	4500	Marina Cork	Div1 Boys with academy boys and girls competitive only
Feb 4th	IIRC	Indoors	2000	UL Arena	Good event well run with experience from all grades Bank holiday weekend and anglers looking to have an event 5th.
Feb 11th	New Ross	Head	18000	NewRoss	Good Mileage typically cancelled due to weather however a great event, Shannon sending trailer
Mar 4th	Cork	Head	4000	Marina Cork	
Mar 4th	Erne	Head	6000	Enniskillen	Div 1 Girls and boys Possibly
Mar 17th	London Head	Head	3700	Thames	
Mar 18th	SMRC	City Head	5500	Limerick	Big push needed here! Subcommittee to drive this!
Mar 18th	Lagan Scullers	Head	2800	Belfast	
Apr 2nd	Commerical	Regatta	1400	Island Bridge	Good event well run with experience from all grades
May	Ghent	Regatta	2000	Belgium	Club event!
May	Ghent	Regatta	2000	Belgium	
Apr 15th	Skibb	Regatta GL	2000	NRC	Good event Div1 first real test
Apr 16th	Skibb	Regatta GL	2000	NRC	
Apr 22nd	Limerick	Regatta	1500	OBB	
Apr 22nd	Limerick	Regatta	1500	OBB	
May 6th	Lough Rynn	Regatta GL	2000	Lough Rynn	Again Camp next day!
May 13th	Castleconnell	Sprint Rega	500	OBB	Club Junior event
May 26th	UK Schools	Regatta	2000	Eton Dorney	Div 1 Girls and boys Possibly
May 27th	Dublin Met	Regatta GL	2000	Blessington	Div 1 and 2 boys and girls who are not competing in UK Schools.
May 27th	UK Schools	Regatta	2000	Eton Dorney	
May 28th	UK Schools	Regatta	2000	Eton Dorney	Div1 Girls raced here last year!
Jun 3rd	Galway	Sprint Rega	700	Corrib	To Be advised
Jun 3rd	Carlow	Regatta	1000	Carlow	TBA
Jun 4th	Carlow	Regatta	1000	Carlow	
June 17th	Athlone	Regatta	1800	Coosan Point	Coaches are getting tired!
June 24th	Cork	Regatta GL	2000	NRC	Homes trials
June 25th	Cork	Regatta GL	2000	NRC	Homes trials
Jul 8th	1k Classic	Regatta	1000	NRC	Could move to Lough Rynn
Jul 14th	Champs	Regatta	2000	NRC	
Jul 15th	Champs	Regatta	2000	NRC	
Jul 16th	Champs	Regatta	2000	NRC	Coaches are wrecked...
Jul 22nd	Home Internati	Int Regatta	2000	NRC	Based in Ireland 2023
Jul 28th	Coupe	Int Regatta	2000	NED	
Jul 29th	Coupe	Int Regatta	2000	NED	
Jul 30th	Coupe	Int Regatta	2000	NED	

SAFETY / CHILD WELFARE

- Junior boats must be accompanied by safety launch at all times
- Launches equipped as per RI – throw line / thermal blankets / whistle / knife / first aid box
- Life jackets for coxes and all in launch
- Capsizes happen – drills / swim tests
- Club & OBB have AED
- First Aid and AED at club and OBB
- No gym work on own
- No nonmembers training permitted
- Radio communications
- Safety statement / Risk assessment in place / audits conducted
- Child Welfare Officers:
 - Hannah O’Sullivan
 - Donal O’Byrne
- Garda Vetting in place
- 2 Adults rule when training juniors
- Social Media
- Code of Behaviour



VOLUNTEERISM IN ST MICHAEL'S – GET INVOLVED

As you can see it's the same 20 people who coach, administer, fund raise, transport, update social media, take pictures, promote the sport, apply for grants and keep the club going.

We need help! We need your help!

It doesn't have to be a huge amount of time or effort. If everyone takes on one task then the workloads gets much more manageable.

Benefits include:

- Give back to the club.
- You help secure the future of the club.
- You'll learn more about the sport and the club's functions.
- Feel good factor from a job well done.

St Michael's RC - Volunteering		
Name(s)		
Email Address		
Phone Number		
Volunteer Role	Additional Info	Indicate how you can help
Coaching/Training Supervising	- am/pm land training supervision - Launch driving - L1 Training Qualification	
Regatta Assisting	Attend min 2 events per year - Tent up/down - Rig/Derig boats - Trailer Loading @ end of day	
Electrical Work	General repairs/upgrades Off site solutions (OBB/Limerick Regatta)	
Building Maintenance	General repairs Painting	
Windows/Doors	Lock/Window replacements	
Plumbing	Boilers for showers Bathrooms Drainage	
Web Design	www.smrc.ie	
PR/Marketing	Promote the sport, the club and our events	
Sponsorship	Create a network of sponsors - local - club linked - sports linked Sponsorship pack for events	
Fund Raising Committee	Join a sub committee to direct/run fund raising events such as - Christmas Raffle - Tesco Blue Token - Bag Packing - Table Quizzes - Cash for Clobber - Scrap Metal - ...	
Baking	Urban Run HOR Non Rowing events	
Raffle Prize	Create a Hamper/Basket for raffles	
Marshalling	Urban Run Great Limerick Run (club funding)	
Clean Ups	OBB Riverbank clean up (October 2018) Great Limerick clean up (Easter 2019)	
Café San Michel	Assist running tea/coffee/cakes for club and non club events	
Trailer Towing	To/from OBB To/From Regattas	
Club News Letters	2-3 per annum. Winter/Summer using My Club Finances functionality	
Regatta Levy Collection		
Other - You tell us!		

Thank You All for giving us this time!

