

Promoting a fit and healthy lifestyle through the sport of dragon boating

Members Update – October 2016





Wow!! what a year it has been for Carlow Dragon Boat Club? From opening our club fortress, purchasing our own boat, winning a collection of gold medals to having sixteen of our members represent Ireland in Rome resulting in Silver and Bronze medals, it has been an amazing 3<sup>rd</sup> year in business....

The following is a quick re -cap of all club activities for 2016

April 2016:

We bought our first home together, all 40ft of it... Alongside the container the club purchased new equipment such as buoyancy aids, paddles and even a paddle machine. In this past couple of weeks we have purchased a second paddle machine. This will allow us to train more during change over at training sessions and throughout the year.

It has been great having a base and well done to everybody involved for making it happen. We are scheduling a cleaning roster which will be posted on the whiteboard inside the container. Everybody is expected to do their bit!!

To obtain a key to the container members must go through the committee.





Also in April... Our second club trip to Murica, Spain to take part in the International event over the Easter weekend.





### **May 2016: Athy Regatta**

Both crews took part in the first regatta of the year; Carlow Dragons 3<sup>rd</sup> overall, Carlow Crusaders 8<sup>th</sup> overall and Carlow Dragons were the fastest all female crew for the second year running

### **June 2016 : Carlow Regatta**

Another successful one. Carlow Dragons 1<sup>st</sup> and Crusaders 5<sup>th</sup>. This year we held our cake sale at the barrow regatta to raise some funds for the club.. Such fun but also very successful. €773.72. A very special thanks to everybody involved and looking forward to another bake off next year



**July 2016:** The 25<sup>th</sup> of July 2015 saw the first training session of the Irish Senior Women's International team. July 2016 saw them take home silver and bronze medals from Rome. To say we are proud of our 16 members that were part of the team is an understatement. Amazing women ☺ Roll on China 2017 where no doubt they will paddle to the bitter end for that gold medal.





**September 2016:** The Hong Kong Dublin International Dragon Boat Regatta took place on 10<sup>th</sup> & 11<sup>th</sup> September 2016. The club had two crews competing.

Saturday the 10<sup>th</sup>. The Dragons placed 1<sup>st</sup> and The Crusaders placed 5<sup>th</sup> in the novice challenge.

Sunday the 11<sup>th</sup> saw a full crew compete in the International Women's Category 400m where we took home our second gold medal making it a very special end to the regatta season.



**October-2016.**

In October we were presented with the Carlow Nationalist award for County Carlow Sports Club of the quarter (July -September). This award was in recognition of everything our club and members have achieved.  
Thank you so much for the award and to all of our members.

Also in October 2016 the club turned 3. It has been such an amazing year with the clubs achievements and also to see lots of new members.





**Fundraising** – A very successful year of fundraising for the club. Thanks to all members for contributing their time and skillsets.

Feb – Table Quiz - €1188.80

April – Street Collection - €366.13

June – Cake Sale - €773.72

October –Clothes Drive - €1130

October - Bag Pack - €1257.80



**Training :** Training has reverted back to Sundays only at 8.45am. We require everybody to arrive at this time to be on the water for 9am.

Wednesday evening training will resume in the spring.

**New Members:** We love to see new people come and try out for Dragon Boating. Our Club has grown so much in the last 3 years. Everybody is welcome. Anybody that wishes to try out can come along to the first 2 training sessions free of charge and after that if they decide that they would like to continue, they have 4 weeks to submit their membership forms and fee to the club secretary.

**Helms :** I'm glad to see that the club has now even more trained helms. This brings the total to 11 that have undertaken the training. Next year when racing as an all women's team we will be expected to have our own fully trained female racing helm. No pressure ladies!!

**Club Kits:** We are in the process of sourcing new club kits. We are sourcing new team shirts, long sleeve thermals and a zippy/hoodie. We hope to present to the club as soon as possible to ensure we have them for the beginning of the New Year

**Up Coming Regatta's 2017:** Next year we will have the usual regattas including Athy in May, Carlow in Mid-June and Dublin in September. Please keep these dates in you diary as we want to be fully prepared with strong teams and have our entries in early for all three. Also in 2017 we are hoping to enter an overseas regatta. France, Spain or the UK are all possibilities. Please keep an eye on teamer as Emily will be posting very soon to gauge interest. This will be very exciting and I for one can't wait!!

# Christmas Party

The Club Christmas Night Out will be held on Saturday 26<sup>th</sup> November 2016. Details regarding the venue will be confirmed in the coming weeks.

Also Margaret & Mairead are arranging a hike in the hills for Sat 3<sup>rd</sup> of December. This includes dinner and an overnight stay in Co Wicklow. Numbers need to be confirmed ASAP so please get in touch with either of them. This will be a really good fun social event.



**Committee:** The current CDBC Committee, elected at the AGM in February 2016 is as follows,

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- Alison Harper - Club Chairperson
- Fiona Burke – Vice Chair.
- Aisling Kelly - Club Secretary.
- Jayne Kelly – Club Treasurer (Stepped Down Oct 2016 Veronica Gordon to see through to Feb 2017)
- Emily Smith - PR
- Julie Doyle - Club Trainer and Safety Officer
- Elaine Rowe - Child Protection Officer
- Fundraising – Margaret Doyle Hughes & Fiona Kelly
- Social Secretary – Mairead Maddock & Margaret Curran.
- Committee Members – Sarah Alcock, Niamh Nolan, Jane Tynan & Dee Nolan.

At the AGM, due to be held in February 2017, current committee members may put themselves forward for re-election; club members may also put themselves forward for election to the committee. A Club Operations Manual outlining the details of each role on the committee is available for those interested in putting themselves forward to the committee

### Teamer:

The club uses [www.teamer.net](http://www.teamer.net) to distribute its communications. If you are having any trouble in relation to receiving notifications or documents please contact

[carlowdragonboats@gmail.com](mailto:carlowdragonboats@gmail.com).

You can also contact Aisling on 087 411 2743

### Queries & Suggestions:

The CDBC Committee actively encourages members to contact them with any queries they might have and/or to put forward suggestions/ideas in relation to the club and its activities.

You may contact any of the committee members at training or by e-mail to [carlowdragonboats@gmail.com](mailto:carlowdragonboats@gmail.com).