



Carlow Dragon Boat Club Newsletter

**An overview of our club's activities,
achievements and development in 2018**

NEW MEMBERS

In 2018 we were delighted to welcome more new members. They have trained hard all year and we are very happy to have them on board. We are still open for membership and you are welcome to join the club at any time of year. There will always be plenty of help and advice available. In February, Julie Doyle held a Land Based Technique Session to help and encourage our newest paddlers. This was followed by some video analysis later in the year, which proved very beneficial to all.



FUNDRAISERS

All proceeds from our fundraising goes straight back into our club.
We had four very successful fundraisers during the year which is down to the generosity of all those who contributed to them in any way.

A Table Quiz was held in Carlow Lawn Tennis Club on 26 March.
Most of the work was done by Niamh Nolan, but all hands were on deck and it was a most enjoyable night.



Following the success of our previous year's Clothes Drive, we had two in 2018, one in May and another in November. Credit here to Renee Stafford and Elaine Rowe.



The Pop-Up Cake Stand and the Raffle organised at the Carlow Regatta were a great success. Thanks to everyone for their contributions and a special thank you to Valerie Robinson for the gorgeous hampers, and to all our talented bakers.

ALL WEATHER TRAINING

After the glorious summer we had, it is hard to believe how bad the weather was in March, when we had snow and the river flooded. We also had two storms during the year.

However, we braved the elements and trained at every opportunity when it was safe to do so. But most of the summer we paddled happily in glorious sunshine.



HELMS

As the club expands, sometimes two boats are needed for training, so it is more important than ever, that we have a large number of fully qualified helms. So, if you think you have what it takes, then please consider giving it a go.

We had a Helm Practical Training Course in March.

Well done to all who participated and congratulations to those who qualified.

REGATTAS

We were incredibly successful at the IDBA Regattas during year and this is mainly due to the commitment of our members to regular training and supplementary gym work.

The Athy Dragon Boat Regatta was held on 10 May.

Carlow Dragons came second overall.

Carlow Crusaders were fifth.

Carlow Cubs surpassed all expectations by getting to the final and finishing in first place in U18's. Looks like the future of our club is safe.



We have to mention that our great friends and long-time rivals Kendra Warriors, had to be satisfied with second place in the second heat, when Carlow Dragons beat them. Finally!

However, they did go on to take first prize, so congratulations to them. They really are a force to be reckoned with.



The Barrow Dragon Boat Regatta was held on 10 June. By popular request we raced 500m. This was to help with training at this distance for the four teams - Lagan Dragons, Plurabelle Paddlers, Three Sisters and Wild Atlantic Warriors - who participated so successfully in Florence, Italy in the IBCPC Participatory Festival in July.



It was another proud day for our club.
Carlow Dragons came first in the Women's Division.
Carlow Crusaders came third in the Mixed Division and Carlow Cubs came first again in the U18's.





The final regatta of the year, the two day Dublin International Dragon Boat Regatta was held on the 15th and 16th of September. Carlow Dragons came 1st in the Women's Division, and 2nd in the International Division, Carlow Crusaders were 2nd in the Open Challenge and 5th in the International Division..



Another triumphant weekend for our club.
And Carlow Crusaders made the Irish Times!

NEW EQUIPMENT

Thanks to our Sports Capital Grant we were able to go shopping this year and we purchased a new 20 man boat in April.

A competition was held to name her and she proudly bears the name Gráinne. Well done Trish Salmon.

Later this year we also upgraded our original boat.

We replaced Daisy with Ivy.



It was with great excitement that we also purchased two O1's in April.

These are a wonderful training tool for members and this is a great development for Carlow Dragon Boat Club,

Later that month Julie Doyle held an O1 Clinic.

The Clinic included

How to rig them up. How to carry them. How to get in/out of them safely.

How the steering works. Generally, how to paddle them and keep safe.

What to do in a capsize situation.

Many members had a go and everyone went home dry - thankfully!



CAPSIZE DRILL

Speaking of capsizing, in June we completed a Capsize Drill. And nobody went home dry! But everyone went home safe.

TASTER SESSIONS

Two taster sessions were held in August for anyone who wanted to try Dragon boating.

We had over 20 new paddlers who all thoroughly enjoyed the experience. We even had Sue Nunn from KCLR96FM, who came to see what we do and interview members.



THE IRISH SENIOR WOMEN'S TEAM 2018

We are all incredibly proud of our 14 Carlow club members who qualified for the Irish International Women's Team in 2018.



Julie Doyle, Elaine Rowe, Fiona Burke, Grace James, Mary Foley, Margaret Doyle, Valerie McDonagh, Margaret Kehoe, Veronica Gordon, Evelyn Cronly Dolan, Orla McFarland, Jane Tynan. Helm: Valerie Robinson. Drummer: Frances Lee. Team Manager: Niamh Nolan. Coach: Mick Doyle.

The team competed at 200m, 500m, 1000m and 2000m at The European Nations Championships, held in Brandenburg, Germany in August. We were even more proud when they came home with four silver medals. A Homecoming Dinner was held in the Woodford Dolmen Hotel by the club on their return.



FLOAT TO THE FLEADH

In July we participated in Float to the Fleadh. As team building exercises go, it was phenomenal. There was blood, sweat - a lot of sweat - and tears. But they were tears of laughter and joy at having paddled for 30 kilometres.

A huge thank you to Barrow Tourism and Waterways Ireland for getting us through the 5 locks between Carlow & Bagenalstown



OUR 5TH BIRTHDAY

In October we celebrated our 5th - can you believe it - anniversary. Thanks again to Valerie McDonagh and Julie Doyle for setting up our club.

The cake was delicious! Thanks Maureen Murphy. The bubbles were a lovely surprise from Fiona Burke.



And we all wore our team colours to celebrate.



In October, Athy Dragon Boat club ran their main fundraiser with a sponsored paddle to Carlow and back. Well done to everyone.
As a neighbourly gesture we were happy to welcome them with refreshments when they got to Carlow.

THE CHRISTMAS PARTY

Our Christmas party was held in The Chour Village in Carne, Co. Wexford on 24 November.

The day started with lunch and was then followed by a walk on the beach. Back at base, some mulled wine warmed everyone up before dinner in the local pub, The Island Bar and then back to enjoy some more drinks and of course the Annual Quiz!

Thanks especially to Maureen Murphy for all her hard work organising such a great night.



CLEANING UP OUR BEAUTIFUL BARROW

Apart from our regular training on the last weekend of December our final club event was a Clean Up of the river. We took out the boat and Julie came in her kayak and we gathered up rubbish along the riverbank. Some of the girls walked the riverbank and collected from there.

This was a great opportunity to give back and it fit in nicely with our club decision to discontinue the use disposable cups at our coffee break.



INTERNATIONAL COMPETITIONS 2019

In 2019 we are planning to enter teams into two International events. We intend to enter a Premier Women's or Senior A Women's Team into the European Club Crew Championships being held in Seville Spain in July. We are also hoping to enter an Open Premier team into the 2nd Barcelona International Dragon Boat Festival being held in May. So, if you would like to compete then now is the time to start training. Time Trials will be fierce!

EDBF AWARDS CEREMONY IN SEVILLE, SPAIN

**Mick Doyle IRL (Special Male Award)
Nore Dragon Paddlers IRL (Environmental Project Award)**

We are very proud of our honorary member and Coach of the Irish International Dragon Boat Team, Mick Doyle, on his recent EDBF award. Well deserved! And we are also proud of our fellow paddlers and neighbours in Kilkenny who we we felt were very deserving of their award for their efforts throughout the year collecting rubbish from the river whilst training. Congratulations Nore Dragon Paddlers. Well done!

Dates for Diary

**13th January 2019 - AGM - Talbot Hotel Carlow
24th March 2019 - The Dragon Run 10km - River Barrow, Carlow
5th May 2019 - Athy Dragon Boat Regatta - River Barrow, Athy
18th & 19th May 2019 - Barcelona International Dragon Boat Festival - Barcelona
9th June 2019 - Barrow Dragon Boat Regatta - River Barrow, Carlow
27th & 28th July 2019 - European Club Crew Championships - Seville
14th & 15th September 2019 - Dublin Hong Kong Dragon Boat Regatta - Grand Canal Dock**



NEWLY REFURBISHED WEBSITE

Have you visited our newly refurbished website lately? Emily Smith and more recently Anita Comerford have dedicated hours to it and it looks great. Have a browse.

www.carlowdragons.com





**Here's hoping 2019
will be another
eventful and
successful year for
our Club.
Happy Paddling
everyone!**