

Castleconnell Boat Club Newsletter

Feb 2025



Dear Members,

Welcome to the February edition of the Castleconnell Boat Club Newsletter! With the racing season ramping up and training in full swing, there's plenty to update you on. Let's take a look at what's been happening and what's coming up this month.

St. Michaels HOR was well attended and there were wins for the WJ18 8+, WJ15 4X+ and the WJ18 8+.

Facebook link to photos, click here: [Facebook Post for St. Michael's HOR.](#)



High performance trials:

The club is sending a large contingent to the Irish Trails this year and best of luck to all of them. We have had a number of our current and past rowers make various Irish teams. If you are a parent or rower and would like to get a better understanding of the trial process please feel free to reach out to your coach or get in touch with our Captain, Brian O' Connor Captain@castleconnellbc.ie



Umpire Courses run by Limerick Regatta:

Limerick Regatta are running an Umpires Course at the start and end of March and CCBC will be well represented. If you are interested in attending one these courses and need more information please contact Brian at captain@castleconnellbc.ie



We have 3 areas where we need parents or rowers to volunteer their time. Experience is not necessary.

Fund Raising
May Sprints
Club House

Finally, we are also looking for any aspiring photographers to take event photographs for the club. Each event is a special day for our athletes and we would love to capture as many moments as possible.

If you would like to volunteer for any of these areas please email the officers below who will be happy to provide further information if required.

Captain, Brian O' Connor captain@castleconnellbc.ie
Secretary, Owen Silke secretary@castleconnellbc.ie
PRO, David Hickey pro@castleconnellbc.ie



Captain's Introduction & Update

Dear Members,

I hope you're all keeping well and enjoying the busy start to 2025. It's been fantastic to see so many of you out on the water, training hard and preparing for the upcoming racing season.

As we move into the heart of the season, I encourage everyone to stay focused, support your teammates, and make the most of every session. The Limerick Regatta is just around the corner, and I have no doubt we'll see some strong performances.

Looking ahead, we have some exciting club events, including the Erne Head next weekend for the Junior 18's and Tribesmen Head on the 15th March will be a big event for the whole club. Our May Sprint Regatta which is now a 2 day event is in the planning stage and will be great a great weekend for the club on 17th and 18th of May. Please make sure to volunteer.

See you all on the water,
Brian O'Connor
Club Captain, Castleconnell BC

Introduction to Brian O'Connor our Captain.

Where are you from? Originally from Castleconnell, I didn't stray too far from Limerick for long, before moving back to Castleconnell!

What do you do in real life? I have a degree in Computer Engineering from UL but I am also a qualified carpenter. I own O'Connor Woodwork Solutions which provides custom cabinetry to the commercial sector.

Where did you first row and at what age? I started rowing in Castleconnell at the age of 15.

Tell us about rowing in UL and captaining the UL club and helping to build the new boat house?

While in UL studying I joined the rowing club, where I ended up staying involved for over ten years. I helped run the administration of the club and was part of the group that got the boathouse funded, designed and built. I started coaching during my time in UL and mainly coached the women's novice and intermediate crews.

When did you last race a rowing boat? St. Michael's HOR
What position are you in the boat? Currently in the stroke seat but I row both sides and scull (on fine days)!

What was your favourite race? It is a toss up between winning a pot for Intermediate 8+ in 2010 or the Novice 4+ in 2003.

Fun fact: Thanks to my three daughters, I'm becoming quite proficient at plaiting hair!



Rowing Ireland Regatta Schedule:

(Please speak to individual coaches to find out what events they are planning to attend)

Click below to see full Rowing Ireland Calendar for 2025:
[Rowing Ireland 2025 Calendar](#)

Committee News:

Key Committee Updates:

- Facility Upgrades: Plans are underway to improve the boathouse and gym facilities. More details to follow in next month's newsletter.
- Safety & Equipment Checks: A club-wide safety review is ongoing and should be finished by the end of February, to ensure all boats and equipment are in top condition.
- The committee are working hard on the restructuring of the club and we are happy to announce that a new board of directors have been approved and we have also engaged with a new firm of solicitors to ensure that any new structure will be legally sound.
- This year we are also taking part in the St. Patrick's day parade and there will be no training on the day and all members are welcome to join and wear the club colours.
- We going to be running a table quiz on the 25th of April. More to follow on this in next's months newsletter!

Castleconnell Boat Club Secures 3 New Boats from Wintech!

Castleconnell Boat Club is thrilled to announce the purchase of three brand new boats. 2 heavyweights from Wintech and a Filippi lightweight. These state-of-the-art boats are designed to enhance performance and provide our rowers with the latest in racing technology.

The addition of these boats will not only expand our fleet but also support the growing interest and participation in the club. Whether for training or competition, these boats promise to deliver speed, stability, and a fantastic rowing experience.

We are excited to see our members making waves in these new boats and look forward to achieving even greater success on the water. Keep an eye out for them at our upcoming training sessions and regattas!

Happy Rowing! 🚣‍🏻

— Castleconnell Boat Club

