



# **CORK BOAT CLUB**

**Blackrock Village  
Cork**

## **PARENTS INFORMATION BOOKLET**

## **USEFUL CLUB CONTACTS:**

Captain: John McDonagh  
President: Emmet Walsh  
Chairman: John F McCarthy

### **Committee Members:**

Karen McCarthy - Secretary  
Aidan Bugler – Treasurer  
Frank O’Leary – Membership  
Des O’Sullivan  
Eamonn O’Brien  
Joe Casey  
Marie O’Neill  
Mary O’Connell  
Natalie Leonard

## **2013/2014 Coaching Staff**

### **Ladies Section:**

Martin Kilbane  
Jer Field  
Niall Duncan  
Terence McGrath  
Hugh O’Brien  
Jennifer Dennehy  
Karen McCarthy  
John Mackey  
Richard Moloney  
Stephen Murphy

### **Mens Section:**

John McCarthy  
Pat Peilow  
Ray Connolly  
John Duggan  
Hugh McMahan  
Donald Cronin  
Eamonn O’Brien  
Frank O’Leary  
Mark Kennedy  
Dave Duggan  
Micheal O’Connell  
Brian Crean

Please feel free to approach any member of the committee or coaching staff throughout the season should you have any queries with training, travel to events, voluntary assistance you could provide to the club etc..

Keep up to date and in touch with Cork Boat Club on our Facebook page and our website – [www.corkboatclub.com](http://www.corkboatclub.com)

## **2013/2014 PROPOSED FUNDRAISING EVENTS**

- Nov 2013                Annual Dinner Dance
- December 2013        Christmas Draw
- January 2014            Table Quiz                                TBC
- March 2014             Presidents Dinner                        TBC
- March 2014             Race Night                                 TBC
- July 2014                End of Season BBQ                        Cork Boat Club
- August 2014             Supermarket bag packing                Dunnes Stores
- All year                 Club Café open every Sat & Sun 10am-1pm
- All year                 Club bar open Saturday nights after race events
- Further fundraising events will be added throughout the season

## **HOW PARENTS CAN SUPPORT CORK BOAT CLUB**

- Subscribe to clubs boat fund account – monthly standing order forms available from the committee
- Support the fundraising events as listed above
- Volunteer one morning a month to help run the club café – open Sat & Sun from 10.00-13.00 (Contact Mary O’Connell 086-8909206)
- Provide assistance with the upkeep of the club i.e. painting, cleaning, general maintenance etc..
- Donate spot prizes for raffles held at fundraising events
- Be a supporter of club crews at race events
- **ALL PARENTS INVITED TO ATTEND THE ANNUAL DINNER DANCE – tickets available from committee members**

## **TRAINING SCHEDULE**

- Rowers train for many months for a racing season that is complete in 4-6 weekends.
- Over the winter most beginner rowers will train approximately twice a week, while some experienced rowers will train almost daily.
- Beginning in January, the frequency of practice increases in anticipation of the transition to on-water season. On-water training begins as soon as evenings become brighter which is usually early April.
- In Jan & Feb rowers may compete in ergometer competitions, and may have the opportunity to practice in the outdoor rowing tanks in the club.
- Even though the majority of training is done on the water (weather permitting), highly competitive teams will still have weights and ergometer sessions mid-week.
- Experienced junior & senior crews will have training sessions a few mornings a week from 6-8am, after which they go directly to school. Parents need to ensure some method of early morning transportation is available.
- In May, regattas on most weekends are added into this routine – see the event schedule attached.
- For about 8 weeks from May-July, rowing dominates the rowers and their families lives. The rowers social life is mainly with fellow rowers. Most rowers will need to be in bed by 9pm every night to enable the body to recover for their next session.
- It is a challenge for rowers to keep up their academic work during this time. They are tired, sore and hungry much of the time. They may need some help with time management, to ensure the major assignments and studying are planned and accomplished.

## **INJURIES**

- Muscle aches are not unusual. Rowers need to warm-up and stretch well before and after each workout.
- Pain in the joints or the lower back or tingling in the fingers are NOT normal and should not be ignored. Rowers are prone to repetitive strain injuries and anything other the occasional muscle pain should not be taken lightly. Any injuries must be reported to coaches prior to any training session.
- If you have concerns please speak to your child's coach. Many of the rowers have required physiotherapy or other treatments and the club can recommend helpful practitioners should this be required.

## **Recommended Diet for Rowers**

A rower would want to plan his/her diet around the following foods:

### **Breakfast**

- Cereal, toast, bagels
- Fruit and fruit juices
- Eggs (boiled or poached are prepared without added fat and are therefore preferred); limit to 3 to 5 per week
- Lean ham - no more than twice per week (no bacon or sausage)
- Low fat yoghurt or soft cheese
- Skimmed or semi-skimmed milk

### **Lunch and Dinner**

- Low fat soup
- Salads with low fat or vingerette dressings
- Vegetables of all kinds
- Lean meat, fish, poultry; skinless and steamed or roasted rather than deep-fried
- Peanut butter (in limited amounts)
- Bread/rolls/bagels
- Fresh or tinned fruit in unsweetened juice
- Low-fat frozen yogurt, sorbet (other desserts limited to 2 to 3 times per week only)
- Skimmed or semi-skimmed milk

### **Snacks**

- Jam or peanut butter sandwiches
- Fresh or dried fruits and fruit juices
- Fig bars, oatmeal cookies
- Ice lollies, low-fat fruit yogurt, power bars

Athletes often wonder about the wisdom of including sweets as a part of their high carbohydrate training diet. From a standpoint of glycogen replacement, in the first 24 hours following an event, carbohydrate from simple sugars has a slight edge over starch carbohydrate in replenishing muscle glycogen. However, during the following 48 hours, starch carbohydrate is preferable for optimal glycogen stores. The practical suggestion is to include a mixture of carbohydrates, with concentrated sweet foodstuffs (biscuits, sweets, cakes, sweet desserts) eaten only in limited amounts, since they are also frequently high in fat and don't come packaged with as many other valuable vitamins and minerals (folic acid and iron, for example) as do carbohydrates from grains, fruits, vegetables and legumes.

## **ROWERS REGATTA CHECKLIST**

### CLOTHING:

- Raingear
- Wellies
- Sun Hat / Wool Hat
- Dry clothing
- Extra socks
- T-shirts for layering
- Sweatshirt
- Club one-piece

### OTHER

- Sunscreen lotion
- Insect repellent

### FOOD TIPS

- Avoid eating 1½ hours before race
- Avoid sugary snacks & fizzy drinks
- Bring along – pasta, sandwiches, fruit, cereal bars, protein drinks, water etc...
- ENSURE – EARLY TO BED BEFORE ALL EVENTS!!

## **CLUB GEAR**

A selection of club gear will be available to order in the coming weeks. These will include hoodies, fitted training tops, waterproof jackets, beanie hats, club one-pieces.

Orders can be given to Emmet Walsh at [emmettcwalsh@yahoo.com](mailto:emmettcwalsh@yahoo.com)

Please note that full payment is required with all orders!

## **2013/2014 EVENTS CALENDAR**

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>
19/10/13	Skibbereen Head	NRC
2/11/13	Castleconnell Head	O'Briens Bridge
9/11/13	Neptune Head	Blessington
16/11/13	Bann Head	Coleraine
11/1/14	Kerry Head	Killorglin
25/1/14	Sligo Head	Sligo
1/2/14	St Michaels Head	O'Briens Bridge
8/2/14	Shannon Head	Carrick on Shannon
15/2/14	Cork Head	Marina
1/3/14	Erne Head	Enniskillen
15/3/14	Galway Head	Galway
16/3/14	Fermoy Head	Fermoy
22/3/14	Dublin Head	River Liffey
5/4/14	Neptune Regatta	Islandbridge
12 & 13/4/14	Skibbereen Regatta	NRC
19/4/14	Trinity Regatta	Islandbridge
26/4/14	Limerick Regatta	O'Briens Bridge
27/4/14	Schools Regatta	O'Briens Bridge
3/5/14	Portadown Regatta	Portadown
10/5/14	Bantry Regatta	Bantry
17/5/14	Queens Regatta	Castlewellan
24/5/14	Lee Regatta	Marina
1/6/14	Carlow Regatta	Carlow
7/6/14	University Championships	Blessington
8/6/14	Dublin Metro Regatta	Blessington
14/6/14	Athlone Regatta	Coosan Point
15/6/14	Galway Regatta	Galway
22/6/14	Castleconnell Sprints	O'Briens Bridge
28/6/14	Cork Regatta	NRC
29/6/14	Fermoy Sprints	Fermoy
11-13 July 2014	Irish Rowing Championships	NRC

Please note that the club will attend all local events and a decision to travel to events further afield will be decided by coaches throughout the season.