



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

Members Update – October 2015

Earlier this month we celebrated our second birthday and what a fantastic second year it has been for our club. The following is an overview of all club activities since the start of 2015:

February 2015: Carlow Dragon Boat Club held its first AGM and the new committee were elected. The committee also held their first meeting later the same month.

March 2015: The club website was launched. The website provides up to date news and information regarding the club and its activities.

April 2015: The club took part in its very first international regatta abroad. CDBC Club members joined by fellow dragon boaters from Plurabelle Paddlers and Dublin Vikings travelled to San Pedro Del Pinatar, Murcia, Spain and took part in this international event which took place over the Easter weekend. The club brought home two second place medals from this event.



April also saw the club hold its first fundraiser of the year; a Flag Day. Club members (along with a dragon friend) took to various locations around Carlow town to help raise funds required for the club to progress. The total amount raised was €503.01.



May 2015: Two Carlow crews take part in the first regatta of the year; the Athy Dragon Boat Regatta. The club achieved the fastest women's crew title in this regatta.

We also carried out our capsizing drill at the end of May under the watchful eye of the Civil Defence. Some members came very well prepared; all members greatly enjoyed the experience.



June 2015: Two members of the club took part in the VHI Women's Mini Marathon to raise additional funds for the club. The total amount raised was €967.60.

This month also saw the club competing in home waters at the Barrow Dragon Boat Regatta with the club achieving a fantastic third place.



A training session for new helms was also held this month with five of our club members being trained. This brings to eight the number of members who have undertaken helm training.



July 2015: Club members put their bag packing skills to use to raise additional funds for the club. This fundraiser raised €654.00 for the club.

On the 25th July the first training session of the Irish Senior Women's Development Dragon Boat Squad took place. CDBC are delighted to have 19 of its members forming part of this squad; all of whom are working hard to achieve a place on the Irish Senior Women's Dragon Boat team which will be selected in 2016.

This month also saw the club update its website under the new name of www.carlowdragons.com. This website is updated on a weekly basis to ensure all the up to date news regarding the club is available to the public.

September 2015: The Dublin International Dragon Boat Regatta took place on 12th and 13th September 2015. The club had two crews competing on the 12th in the Novice Category; both crews made it to the major final and achieved third and fourth place. Sunday 13th saw a full crew compete in the International Women's Category; the club achieved 2nd place in this category which marked an absolutely fantastic end to the regatta season.



October 2015: Sunday 11th October 2015 marked the celebration of the clubs second birthday. We have had a very busy year with the club growing exponentially in both numbers (including juniors) and achievements.



October 15th 2015 marked Breast Health Day and the club took part in promoting awareness of this day with members wearing pink (in various forms) and posting pictures and a video on its facebook page. This event promoted the importance breast health. An information sheet regarding Breast Health accompanies this newsletter.



Training: To the end of October the club has held 34 training sessions this year and our achievements this year reflect the amount of training each member has attended. We will continue to train through the winter months in preparation for next year's competitions.

Committee: The current CDBC Committee, elected at the AGM in February 2015 is:

Anita Comerford, Club Chairperson & Secretary
Veronica Gordon, Club Treasurer
Emily Smith, PR & Fundraising Officer
Julie Doyle, Club Trainer and Safety Officer
Elaine Rowe, Child Protection Officer
Mag Kehoe, Committee Member
Mag Doyle, Committee Member
Fiona Kelly, Committee Member
Orla Plant, Committee Member
Catherine Murphy, Committee Member

There are currently two vacancies on the committee; members are being requested to put themselves forward for the committee. We are especially seeking one member to take on the role of Club Secretary as the Chairperson currently covers both the role of Chair and Secretary.

At the AGM, due to be held in February 2016, 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.

Those willing to fill the vacant positions on the committee in the interim can contact the committee by e-mail to carlowdragonboats@gmail.com.

Fundraising: To date we have raised €2,124.61 through our fundraising events during the year. This

is a fantastic amount toward the total amount required by the club to progress. Additional funding is required in order to purchase all the equipment required for the future development of the club. With members help, we can do it.

Details of the additional funds required and how you can help will be posted in due course.

Club Premises: The CDBC Committee are committed to the expansion of the club and are working with relevant stakeholders in order to secure a facility for the club to store the equipment it requires. Members will be updated regarding this once further information is available.

Teamer: The club uses 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.

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.

Christmas 2015 – Save the Date



The Club Christmas Night Out will be held on Friday 27th November 2015. Details regarding the venue will be confirmed in the coming weeks.