



**ENNIS TEAM
HANDBOOK**
BRENDAN VOYAGE



**NATIONAL STILL
WATER SUCCESSES**
ENNIS SCORE



**COMMUNITY GAMES
NATIONAL FINALS**
NAC BOUND



**IRISH OPEN
CHAMPIONSHIPS**
MCEVOY IN MEDALS

ENNIS SWIMMING & LIFESAVING CLUB



May date for Ennis in NAC

Many Ennis club members will be bound for the National Aquatic Centre in Abbotstown on the first Saturday in May with national glory on their minds – an hopefully in their arms and legs as well, as they represent the county in the National Community Games finals.

This year’s finals have been moved away from the traditional midlands venue of Athlone IT to the NAC – and while it means a longer journey from Clare the chance for swimmers to showcase their talents at Swim Ireland headquarters represents a great opportunity that’s sure to be embraced by all participants.

Above: The St Joseph’s Doora-Barefield relay team that were national champions at the 2016 National Community Games finals in Athlone.

Ennis’ younger squads are about to enter the last month of the season while the Level 1 squad will be ramping up their preparations for the divisional championships in June and July.

Swimmers qualified for the national tests on the back of county final successes and not surprisingly Ennis club swimmers were to the fore, both inside and outside the pool, in the Clare finals that were held at a packed Active Ennis Leisure Complex on 16 March last.

Club volunteers were involved in organising the event and ensuring that everything ran smoothly, while in the main Ennis swimmers swept the boards and booked their place in the NAC on 6 May.

Community Games County Finals



Above & left: Swimmers from Ennis Swimming & Lifesaving Club, who put in some very strong swims at the County Community Games finals staged at Active Ennis Leisure Complex in March.

Irish Open medals for Rory

Ennis swimmer Rory McEvoy was the star turn for Ennis at the coveted Irish Open Swimming Championships that were staged at the National Aquatic Centre in Abbotstown in early April when the 20-year-old international had three podium finishes.

McEvoy competed in the 50m, 100m and 200m backstroke events and put in a series of very strong swims when claiming silver in the 100m with a personal best time of 57.43. Bronze was the colour in the 200m when the UL student recorded a time of 2:09.92, while he also claimed bronze in the 50m in a time of 27.10.

Lily Barrett (20), who is also a member of the Swim Ireland squad in UL reached the 100m Butterfly final. Other Ennis swimmers who are based with the UL squad competing were Róisín Cahill (18) and Ryan Shannon (20), while Ennis swimmers from the club's Active Ennis Leisure Complex training regime overseen by head coach Brendan McGrath that competed were Ruairi Power (18), Sabian Kulczynski (15) and Elise Pyne (15).

Right: Rory McEvoy, in his Irish tracksuit & below receiving one of his national medals in the company of 1984 Olympic Marathon silver medalist John Treacy, who is on his immediate left.



Now for a swimming tour of Europe

Fresh from Rory McEvoy's exploits in the Irish Open Championships at the NAC came the welcome news that Ennis' shining star is to get to showcase his huge talent on the international stage once more after being selected as a member of the Irish squad to undertake a European tour in June. McEvoy has been selected on the national team for what is being called a 'European Relay Tour' in June that's being flagged as a race-train-race experience that will take place over ten days at three different venues.

The camp is a ten day event, commencing on Friday, 16 June and running through to Monday, 26 June. The first series of races will take in Canet in France on 17/18 June, before the squad then head for Ostia in Italy for a four-day Monday to Thursday training regime ahead of the second bout of competition in Rome from Friday 23 to Sunday 25 June. It's a huge source of pride to Ennis Swimming & Lifesaving Club that Rory is flying the flag for the club on the international stage, something that will hopefully inspire the upcoming generation of swimmers to aspire to those lofty heights.

Away trip on the horizon

It's been talked about for a long time, but it could finally be looming on the horizon — it's the away trip for swimmers to avail of warm weather training in the coming year. Preliminary work has been carried out by the club Committee to ascertain options and costs for the trip which would be specifically catered for those swimmers who have met the criteria.

The likely timing for the trip is Easter 2018 and there will be more news of details in the next edition of the newsletter. In addition a meeting of prospective swimmers and their parents will be held shortly. This meeting will lay out the criteria, cost and logistics of organising such a venture.

Regarding criteria, as well as having the required ability to do up to four hours training (it is not a holiday after all) per day, the attendances of swimmers at sessions for the remainder of the year and 2017/2018 will be crucial.



Strong showing in the Munster Long Course

A 40-strong team from Ennis Swimming and Lifesaving Club made the journey into the University of Limerick to fly the flag in the Munster Long Course Championships that attracted the best swimmers from all over the province.

Apart from a host of swimmers achieving personal best swims across a range of different events the club was also in the medals on a number of occasions. And, not surprisingly the Ennis club's contingent who are part of the Swim Ireland elite squad at UL led the way in terms of the medal haul, but not to be outdone strong swims by Sarah Cantillon and Sabian Kulscynski ensured that the swimmers based locally also had podium finishes.

International swimmer Rory McEvoy led the way in terms of individual medals, winning medals in both butterfly and backstroke events. The specialist backstroker came home first in the 200m in that discipline, while he garnered silver medals in both the 100m and 200m butterfly events.

Both Lily Barrett and Róisín Cahill came away with silver and bronze medals for their efforts — Barrett won silver in the 100m breaststroke and bronze in the 100m butterfly, while Cahill was second in the 200m freestyle and third in the 100m freestyle. Hugh McMahan was the fourth member of the Swim Ireland elite squad in the medals thanks to a second place finish in the 800m freestyle. Of the swimmers based locally in Ennis, Sabian Kulscynski produced a strong swim in the gruelling 1500m to win a silver medal, while Sarah Cantillon was a bronze medalist in the 400m individual medley.

Above: Sarah Cantillon, who was in the medals at the Munster Long Course Championships in UL as was Hugh McMahan, who is pictured below.



Coaches' SOS for swimmers

For many swimmers the crucial part of the season is now coming around as they gear up to represent Ennis Swimming and Lifesaving Club at the coveted end-of-season divisional championships. The Division 2 Championships take place at the University of Limerick from Thursday, 29 June to Sunday 2 July, while the Division 1 Championships are down for decision in the National Aquatic Centre (NAC) from Wednesday, 19 July to Sunday, 23 July. This means ramping up commitment to training in the



coming months, but unfortunately club coaches have seen some attendances at training fall below the level required in recent times. This is a concern, because the work needs to be done in the pool by swimmers of all grades, whether to maintain qualification for the relevant squad or to be considered for promotion to the next squad. Against the backdrop of concern over training numbers, club coaches have issued an SOS to all swimmers to ensure that for the remainder of the season that they make the maximum number of sessions. Ennis Swimming and Lifesaving Club is lucky to have so many great swimmers coming through from the lower squads and if those in the higher squads do not maintain their attendances, which is a condition of squad membership, the Club will have to consider allocating the swimmers place to others from the lower squads. The attendances for the remainder of the season will be used as a criteria for squad allocations at the beginning of the new 2017/2018 season.

Munster Division 2 in Limerick

The University of Limerick will be teeming with Ennis swimmers this coming weekend as the club goes for more glory in the Munster Division 2 Championships. A total of 49 swimmers from the club will be taking part in the championship, with many of those striving to make the great leap into the national Division 2 qualifying zone. This two-day gala is confined to swimmers from the province, with the large programme of events getting underway at 12 noon on Saturday, 29 April and 10am on Sunday 30, with warm-up on both days an hour ahead of the start times. The girls will far out-weigh the boys in terms of participation levels, with 32 girls going to the starting blocks as against 17 boys.



Nippers nab plenty of medals at Nationals

Members of Ennis Swimming & Lifesaving Club were to the fore at the National Still Water Nippers Championship that were staged in the University of Limerick on Sunday last, 23 April. Representing Clare Water Safety the swimmers produced a series of great performances to feature very strongly in the medals table at the end of a hectic day's action. Medals of every colour were won by Ennis swimmers – eight-year-old Claudia Haugh and 13-year-old Sybil Perkins were gold medal winners on the double: Haugh triumphed in the 50m Obstacle Swim and 50m Rescue Tube events, while she also won silver in the 25m Underwater Fins, with Perkins claiming her golds in the 50m Obstacle Swim and 25m Underwater Fins. Others to bring home gold for Clare were Ronan Kilroy in the 25m Underwater Fins and Graham Bell in the 25m Underwater Fins, as well as Jack Dilleen in the 50m Rescue Tube. Ball also claimed silver in the 50m Obstacle Swim, while other multiple medalists were Leo Liu with silver in the 25m Underwater Fins and bronze in the 50m Rescue Tube, Darragh Ball with silver in the 50m Rescue Tube and bronze in the 25m Underwater Fins and Leah O'Connor with silver in the 50m Rescue Tube and bronze in the 50m Obstacle Swim. Shane Dilleen and Tadhg Conway claimed silvers in the 25m Underwater Fins and 50m Rescue Tube respectively, while Lewis O'Dwyer and Stephen Wang were bronze medalists in the 25m Underwater Fins and 50m Rescue Tube events. In the relays there was gold for Clare in the 8-11 100m Obstacle and Medley relays and silvers in the 12-14 Obstacle and Medley relays.

Above: Ronan Kilroy & Leo Liu on the podium in UL, while pictured below are the winning relay team of Rona Kilroy, Leo Liu, Óisín O'Grady and Stephen Wang.





Thanks for fundraising efforts

A great debt of gratitude is owed by the Club to all parents/guardians and swimmers who helped with the two-day Easter Bag Pack at Dunnes Stores. The second bag-pack of season, following on from the annual pre-Christmas fundraiser, was secured at the 11th hour thanks to the persuasive powers of club stalwart Miriam Glynn, but club members still answered the call at short notice to help with what was a key money-spinner for the club.

It represented an extra two hours of parents and swimmers' time in addition to the fundraising efforts given at the previous Bag Pack or the Flag Day. For those who were unable to answer the call on Holy Thursday and Good Friday to lend a hand, can you please be ready to help out in the future and to raise additional funds for the club.

The final (assuredly) fundraiser of the year is the Annual Church Gate Collection and the Committee organisers will be in contact with those who nominated this as their preferred fundraiser. More details in the next Newsletter.

For the very few families who have not contributed to date in these fundraising efforts which are so crucial to the club, or not taken up the option of the an extra-payment to offset not getting involved, can you please confirm to Tom Barrett (Chair) or Maeve Kilroy (Treasurer) your intention to either help with the Church Gate or make the extra payment to Maeve before the end of the current season.

For 2017/2018 we will be offering the option again for an extra payment if you are unable to unwilling to help with the fundraising.

Above: Mia Cummins, Jan Hillery and Ava Cronin pictured at the Ennis Invitational Gala that took place in Active Ennis Leisure Complex in February — an event like this wouldn't be possible without the fundraising efforts of parents and swimmers.

Brendan Voyage: Team Handbook in the making

A handbook, you could even go so far as to call it a bible, will be rolled off the printing press for Ennis Swimming & Lifesaving Club in the near future. It's the Team Handbook, the first draft of which has been seen by the club newsletter team. It's the work of Head Coach, Brendan McGrath [pictured right with fellow coach Norma Cahill], a document which will have as its brief to "act as a support to other existing policies, such as the Club Handbook and Swim Ireland Guidelines".

"It is envisaged that this document will be reviewed annually and edited as required by ESC swimmers and signed by that seasons Team Captains. This will be completed as part of an early season Team Meeting lead by the season's male and female Team Captains," adds McGrath in his preface.

The handbook will be split into four different sections: **What defines the strength of a team?, What do we expect from our coaches?, What do we expect from our club? and What do we expect from our Teammates?.** ed that this d The draft report has been compiled by Brendan on foot of a series of discussions and workshops aimed at ensuring the continued harmony and success of the club over the last couple of months, while in promoting the spirit of harmony within the club and stimulating its ongoing success has quoted the words of Henry Ford, who 100 years ago this year came to Ireland to set up business: "Coming together is a beginning; keeping together is progress: working together is success."

The final draft of the Team Handbook will be completed in the coming months and circulated to all team members, parents and officials.



C squads are Mallow bound

The Club's C squads will be travelling to Cork in large numbers at then end of next month for a gala that will round off their competitions season. The gala on 28 May will take place in Mallow, with squad liaison Clare McEnergy planning to organise one and, if there's a demand, two buses to ferry the swimmers to the north Cork venue. The Cs have put in a huge effort during the season, with the gala offering swimming the opportunity to secure some B times before they head into the summer recess.

Grade 2 successes at UL

Ennis swimmers were in the medals at the Grade 2 gala that was staged at UL on 1 April. The Crowe brothers, Fiachra (16) and Cathal (13) scored in breaststroke events, with Cathal winning the 12-13 100m in 1:38.60, while Fiachra was second in the over 14 category in 1:30.37. Leanne Liddane (11) won bronze medals in the 200m freestyle and 100m butterfly events in times of 2:54.89 and 1:42.66 respectively, while Sergei Pantic (12) claimed silvers from the 100m backstroke and 100m breaststroke events in 1:39.42 and 1:28.23.