



**SEAL OF OFFICE  
FOR ENNIS  
PRESIDENT PURCELL**



**MAKING WAVES IN  
MALLOW  
MUNSTER WINNERS**



**A BLAST FROM THE  
SWIMMING PAST  
2006 SWIMMERS**



**DONEGAL DELIGHT  
FOR CLARE  
SURF LIFE SUCCESS**

# ENNIS SWIMMING & LIFESAVING CLUB



## Six swimmers are Lisburn bound

The ENNIS Swimming and Lifesaving Club will be sending a six-person team to the Irish Shortcourse Championships that take place at the Lagan Valley Leisure Complex in Lisburn next month.

The championships that will attract Ireland's top swimmers take place between December 14 and 17, with Ennis' challenge being led by 19-year-old University of Limerick student Rory McEvoy who will be competing in four events.

At last year's championships McEvoy (pictured above) was Ennis' star performer, with the backstroke specialist plundering national gold in the 200m Backstroke as well as two silvers in the 50m and 100m events.

**Ennis swimmers  
will be going for  
glory at the  
National  
Shortcourse  
championships in  
Lisburn in  
December.**

The other Ennisman on the individual podium in 2016 was 17-year-old Marley Haugh as he finished third in the gruelling 1500m Freestyle marathon.

McEvoy will be competing in the 50m, 100m and 200m backstroke events as well as the 100m freestyle. The Irish international performer competed in the European Games in Baku and the World Junior Swimming Championships in Singapore in 2016, while last season he was on the Irish team for the World University Games in Chinese Taipei.

McEvoy is one of three UL students representing Ennis at the short course tests. The others are Róisín Cahill, who is down to compete in the 100m, 200m and 400m freestyle events, while Lily Barrett is entered for the 100m butterfly and 200m freestyle. Elise Pyne, Sabian Kulczynski and Ben Purcell are competing in one event each — the 200m backstroke, 1500m freestyle and 100m individual medley respectively.

Lily Barrett (20)

16 & Over 100 Fly 1:07.12S

16 & Over 200 Free 2:08.80S

Roisin Cahill (18)

16 & Over 100 Free 58.74S

16 & Over 400 Free 4:32.81S

16 & Over 200 Free 2:06.45S

Elise Pyne (15)

13-15 200 Back 2:29.80S

Sabian Kulczynski (15)

13-16 1500 Free 17:54.00S

Rory Mc Evoy (19)

17 & Over 100 Back 55.27S

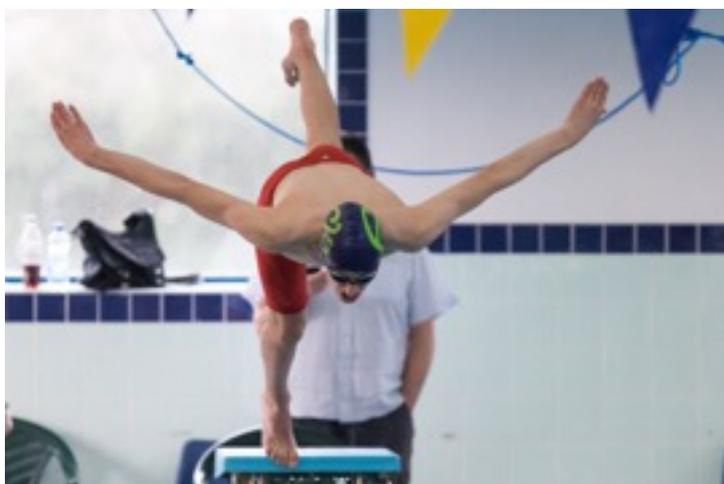
17 & Over 100 Free 51.43S

17 & Over 200 Back 1:59.47S

17 & Over 50 Back 25.71S

Ben Purcell (16)

13-16 100 IM 1:08.94S



## National Shortcourse Championships @ Lisburn



Above: Elise Pyne, Lily Barrett & Roisin Cahill.  
Left: Sabian Kulczynski.

## Seal of presidential office for Purcell

ENNIS Swimming and Lifesaving Club is up in lights nationally after the election of club stalwart Margaret Purcell as President of Swim Ireland for the coming year.

The Enniswoman graduated to this prestigious post at the annual Swim Ireland Awards and Congress that took place in Ballina, Co Mayo the weekend before last.

In being selected president, Ms Purcell follows in an Ennis club tradition of producing Swim Ireland officials at a national level, with the current Swim Ireland chairperson, Clare McGrath, having preceded her as president of the organisation.

“This post comes to Munster every four years and it is a great honour for me,” Ms Purcell said after receiving her seal of office. “It is also a great honour for the Ennis club that it continues to provide personnel to Swim Ireland and national and provincial level.

“Clare McGrath was president of Swim Ireland in 2009 so it is great to be following in her footsteps and to be going in as president during her term as the national chairperson. Ennis has a great tradition in providing people for office, with Alison Deane also currently secretary of Swim Ireland at provincial level,” she added.



Above: Pictured at the Swim Ireland Awards ceremony in Ballina are Caitriona McMahon, new president Maggie Purcell, Alison Deane and chairperson Clare McGrath.



## Swim Ireland awards

IT was a big night for the McEvoy clan at the annual Swim Ireland Awards that took place in Ballina on the last weekend of November.

While Margaret Purcell was inducted as president of Swim Ireland for the coming year, her son Rory McEvoy was recognised by the national ruling body for his participation in the World University Games earlier in the year.

The Games comprised of an eight-day multi-sport event, commencing on Sunday, 20 August and running through to Sunday, 27 August 2017, with McEvoy (19) representing UL.

Left: Pictured at the Swim Ireland Awards ceremony are Rory McEvoy, his mother Maggie Purcell and fellow Conor Ferguson from Bangor in County Down.

## Success for Ennis in Munster tests

ENNIS Swimming and Lifesaving Club sent a 30 person team to represent the club in the Munster Shortcourse Championships that were staged at Douglas over the weekend.

Apart from a host of swimmers producing personal best performances over the course of the three-day meet there were also a number of medal winning swims.

Leading the way were University of Limerick students Róisín Cahill and Rory McEvoy, each of whom were in the medals in a number of different events and distances.

Nineteen-year-old McEvoy was a winner in the 50m and 100m backstroke events, while he claimed silvers in the 200m freestyle and 100m butterfly events. For her part, 18-year-old Cahill claimed gold in the 100m freestyle and 200m freestyle events, as well as bronze medals in the 50m freestyle and 400m freestyle. Twenty-year-old Lily Barrett was a bronze medallist in the 200m freestyle, while Danielle Organ (14) claimed bronze in the 200m breaststroke.

### Individual Medal Swims

100m Senior Freestyle

1. Róisín Cahill 1:00.22

200m Senior Freestyle

1. Róisín Cahill 2:08.97

3. Lily Barrett 2:12.42

400m Senior Freestyle

3. Róisín Cahill 4:32.81

50m Senior Freestyle

3. Róisín Cahill 28.34

200m Senior Breaststroke

3. Danielle Organ 2:59.71

100m Senior Backstroke

1. Rory McEvoy 56.86

50m Senior Backstroke

1. Rory McEvoy 27.41

100m Senior Butterfly

2. Rory McEvoy 59.23

200m Senior Freestyle

2. Rory McEvoy 1:56.98



Above:

Rory McEvoy, who claimed two individual gold medals and two silver medals at the Munster Shortcourse Championships.

Left:

A group photograph of medalists from Ennis at the Munster Shortcourse Championships.

## End of year honours list announced

Last May, Woodstock Hotel was the venue for the end of season [2016/17] get together that attracted swimmers from all squads, coaches and parents. For all swimmers bar those who were going on to compete in the Division 1 and 2 championships in July and June respectively it brought the curtain down on their year.

On what was a very well attended social occasion where food and entertainment were provided a host of awards were presented to all squads with the exception of the Level 1s who were honoured at a date after their Divisional championships.

### **Level 4b**

*Best Male* Ferdia Hayes

*Best Female* Lucy Qian

*Most Improved* Graham Ball

*Hardest Worker* Honor Murphy

### **Level 4a**

*Best Male* Darragh Ball

*Best Female* Leanna Liddane

*Most Improved* Niamh Mulligan

*Hardest Worker* Sean O'Connor

### **Level 3**

*Best Male* Leo Liu

*Best Female* Ella Holly

*Most Improved* John Blake

*Hardest Worker* Abbie Fitzgerald

### **Level 2**

*Best Male* Luke O'Neill

*Best Female* Ava Blake

*Most Improved* Adam Connolly

*Hardest Worker* Jane Hillery



Ennis  
Nation

## Ennis schools pass their primary tests

ENNIS schools dominated the Munster Minor Schools Swimming Championships which were held in Mallow in late October that attracted the best primary school level swimmers across the province.

The Gaelscoil Mhichíl Cíosóg girls were the star turns on the day in taking a clean sweep with gold in all four relays, while the boys from the Gort Road-based Gaelscoil also performed superbly in winning bronze in both their freestyle and medley relays.

And the Gaelscoil also shone in the individual events by winning several medals. Ava Rochford was first in girls 11-12 50m freestyle and second in 50m backstroke.



Ella Holly claimed a bronze in the Girls Under 11 200m individual medley. Claudia Haugh won gold in the Under 9 50m butterfly and silver in the 50m backstroke, while Roisin Hogan claimed two silvers in the same age group, in the 50m breaststroke and 50m backstroke.

Tadhg Conway finished fourth in the boys Under 10 backstroke and butterfly events, while James Rochford was sixth in the 50m backstroke and eighth in the Under 10 50m freestyle.

Ennis National School boys 11-12 were the other star turns, taking gold in both of the 200m freestyle and 200m medley relays with their winning quartet made up of Stephen Wang, Leo Liu, Bruno Sanchez and Ronan Kilroy (pictured below right), with Barefield National School taking silver in both races.

Above & Right: Swimmers from Ennis who were in the medals at the Munster Minor Schools Championships that were held in Mallow at the end of October.



## Triumphs in Tralee

A strong team of swimmers represented the club at a Munster Grade 2 Gala in Tralee on 19 November. In all 49 swimmers made the journey to the Kingdom club, with the club winning 32 medals over the course of the day-long event.

Among those medals were ten gold, with Sam Purcell (13) and Óisín O'Grady (11) being winners on the double, while the other gold medalists were Ella Holly (11), Leanna Liddane (11) and Ciara Mulligan (13) among the girls and Hugh Cronin (13), Sergei Pantic (12) and Cathal Garrihy (15) among the boys.

Apart from the gold medals swims Ennis swimmers also mopped up 13 silver medals, with Cathal Garrihy, Sergie Pantic leading the way with three each to their name, while Ella Holly claimed two and Aoibh Blake (10),

Aoibhinn Leydon (14), Aly McGuinness (17), Stephen Wang (10) and Cian Pyne (12) claim one each. Of the nine bronze medalists, Cian Pyne and Amy Senton (12) claimed two each, while Lucy Qian (11), Elin Blake (13), Molly Moloney (17), Stephen Wang and Ronan Kilroy (11) claimed one each.



## Being a captain of Ennis Swimming Club

The Ennis Swimming & Lifesaving Club girls captain for 2017 Tara McEvoy has spoken of the hugely positive experience being it has been to serve the past to serve in the role over the past season. Speaking to the Club Newsletter, 17-year-old McEvoy has paid tribute to the coaches, members of the committee and swimmers' parents who have all played their part in making the 2016/17 such a memorable one.

"I have been swimming for about 10 years now. Swimming is my life really and couldn't imagine doing any other sport/ hobby," she said. "I think being a swimmer helps you in life, we have no problem with early mornings, we are great time managers and we are focused young people. Swimming can lead on to other areas in life for example Lifesaving, Swim teaching, and lifeguarding. Being a swimmer shows that we can be committed and dedicated and Looks good On a CV," she added.

The Coláiste Muire fifth-year student also revealed that it was a "huge honour" to be voted in as female captain for the 2016/2017 season.

"Myself and my fellow club captain Conor Mahony have attended a number of different workshops regarding the Club Captaincy, which I feel has benefited us regarding what our role does for the other members in our club," she said.

"The Club captains are the liaison between the swimmers and the committee/coaches. I feel that we are more approachable if anyone needed our help with a problem that they are having. At the moment we are trying to organise a Fun Day for the level 1 swimmers who have worked so hard throughout the year, that they would have a reward to look forward to before the big Galas arrive. "We have also organised gear for swimmers swimming at nationals this year. Which will be given out before the Division 2 gala. I would do thank The coaches, the committee and our parents who are so willing to help us out whenever we need them," she added.



Above: Tara McEvoy and Conor Mahony, the club captains for the 2016/2017 season.

## Ennis swimmers score at senior lifesaving

CLARE swimmers were in the medals at the Senior Lifesaving Championships held in Donegal recently in both team and individual events.

The senior ladies team made up of Norma Cahill, Roisin Cahill, Lily Barrett, Aoife Deane, Laura McDonnell and Katie Shannon won the senior beach competition and also the Presidents Trophy for the combined pool and beach results. Not to be outdone the senior Men's team of Bernard Cahill, Marley Haugh, Noel Shannon, Ryan Shannon and Rory McEvoy won the senior men beach competition, while the Clare Junior Girls were also national champions this year as were the Younger Nippers.

At the presentation dinner afterwards at the Great Northern Hotel Bundoran the trophies were presented by the chairman of Irish Water Safety, Martin O'Sullivan.



Presentations were also made to the junior and senior Irish teams that had competed at the European Lifesaving championships in Belgium earlier in Sept where they took a total of 29 medals and five European titles  
Clare beach lifeguards Katie Shannon, Róisín Cahill, Aoife Deane, Lily Barrett, Ryan Shannon, Marley Haugh represented Ireland along with up and coming lifesavers Tim Collins and Noel Shannon.

Top: Bernard Cahill being presented with his surf lifesaving award in Bundoran by the chairman of Irish Water Safety, Martin O'Sullivan.

Above: The successful Clare women's team, clockwise from top left: Katie Shannon, Lily Barrett, Tara McEvoy, Aoife Deane, Róisín Cahill, Laura McDonnell and Norma Cahill with the chairman of Irish Water Safety, Martin O'Sullivan.



Above: Members of the Level 1 Squad pictured after training - from left, Aisling Reidy, Leah O'Neill, Tara McEvoy, Laura McDonnell and Sarah Cantillon.

## Importance of Club Children's Officer

The appointment of Club Children's Officers is an essential element in the creation of a child centred atmosphere in the club. The CCO ensures that young people can talk freely and have a voice. He/She must be child centred in focus and have as his/her primary aim the safeguarding of children in the Club. The CCO is the link between the children and the adults in the Club and takes responsibility for monitoring and reporting to the Club Committee on how Club policies and procedures including activities impact on children and leaders.

The CCO should be a good listener, approachable and understand the confidentiality requirements of the role. The CCO must be available for children, parents or leaders who have concerns, providing access through meetings or via phone. If necessary the CCO must pass any concerns relating to child protection in accordance with reporting procedures on to the Designated Person or, if necessary, the appropriate statutory authority.

To fulfil this role the CCO would be required to submit a Garda vetting form and to complete a Swim Ireland approved Safeguarding Level 1 & 2 course. The CCO may also be required to attend Swim Ireland Workshops and Forums during the year. Any parent interested in filling this role should contact Catriona McDonnell (pictured) @ 087-6481588 or any member of the committee.



## Club protocols for swimmers

Ennis Swimming & Lifesaving swimmers will only ever be contacted through their Coaches, Liaison Officers or Committee members of the club with regard to representing the club. If contact is made with a swimmer by anyone other than the club, please check to make sure the contact is legitimate. Most young swimmers have mobile phones and access to social media. Below is a brief guide, from Swim Ireland, to some settings that should help point young people and their parents/guardians in the right direction.

- Only be friends with people you know
- Settings should be set to private or friends only
- Contact details do not need to be included – ‘talking’ with known friends over social media does not require your home address, email or mobile details to be posted online
- Make sure you know what to do with calls from unknown numbers – talk to your parent/guardian.
- Don’t disclose or share user names or passwords for your social media account with anyone other than a parent/guardian
- Know who is responsible for passing on information about your club activities and always check with your parent/guardian if you are unsure – Ennis Swimming & Lifesaving club doesn’t contact any child without a parent/guardian’s consent or knowledge.

And for parents/guardians, a few conversation starters (appropriate to the age of the child):

- Do you really know everybody on your ‘friends’ list?
- Do you know how to use and set privacy and security settings? Can you show me how?
- Do you ever get messages from strangers? If so, how do you handle them?
- Do you know anyone who has made plans to meet someone offline that they’ve only ever spoken to online.

Swim Ireland’s Parental Checklist for Social Media will also be posted on the Ennis Swimming & Lifesaving website.

Below: Members of the RD1A Squad pictured in Ennis pool recently.



## Squad moves coming up

As per last year, the Club will be doing two squad reviews during the season, the first of which will take place in December for the changes to take effect thereafter, probably in January. The second will be in March with a further review for the 2018/2019 season to be done at the end of the season.

These squad review takes into account criteria previously outlined, including times achieved, attendance and positive attitude. However, as squad moves can only take place to the extent that the “receiving” squad can absorb the extra swimmers, we would ask people to be aware that we can only move the numbers that the more senior squad can absorb.

## Swimmers get to the art of the matter

For the RD1B squad, in order to start the new year and the new squad in the right direction an art competition was organised. The group enthusiastically took on the task and had a lot of fun with ‘Painting Dory’ and incorporating the Ennis Swimming and Lifesaving Club logo. Some included divers, bubbles and loads of Seaweed.

We had a first, second and third Placing, but everyone got a prize thanks to Ennis Swim Club, Cycle Safe Ireland, SwimKit, Elm cafe and the Ennis Leisure complex.

Prizes were presented by club captains Tara McEvoy and Conor Mahony, who along with fellow level one swimmer Tim Collins picked the winners. First place was given to Leah O'Connor who very cleverly shaped a piece of Seaweed in the shape of the E of the Club.

Pictures will be posted in the next issue of the club Newsletter.

## Blasts from the past....

It's nearly a dozen years ago now - early 2006 when the Munster Schools Swimming Championships were hosted in Ennis, with swimmers from the host club excelling themselves against the best of the rest from the province. Among those competing were Conor Bredin with Oisín Guilfoyle, Declan Bredin, Siobhan McGrath and Emma Casey, who are all pictured below.

