



Junior Team Update - 30th May 2013

Rowing Ireland's junior teams for the Junior World Championships, the Coupe de la Jeunesse and the Home International Regatta are listed below. Congratulations to all rowers, coaches, clubs and families on your selections and on the hard work put in by many along the way. Getting selected is just the start of a new phase of your rowing career where crews are formed and you aim to get better in every way to make faster boats. It is a huge honour to be selected to row for your country and one that we are certain you will fulfill with pride and dedication.

World Championship and Coupe Squads:

Crews listed have been selected on the basis of performances at trials throughout the year, and on the provision that they show continued improvement in performance levels. Performance will be monitored in competition and measured in training camps. Boats will be tested and monitored continuously up to competition dates.

Crews are expected to be available for training once a week through early June, and more regularly as people finish exams. Some of the boats are underway with regular crew training and all boats will be underway soon, we will be in contact with coaches about this.

All athletes will be required to do a 2k ergometer test before the end of June to monitor fitness and training progress. We are looking for performances consistent with good training. Test venues and supervisors will be announced to minimize travel. Consideration will be given to exam timetables and competition dates when scheduling tests.

All selected junior crews are invited to attend training sessions with the U23 and Senior team at the National Rowing Centre on the weekends of 8th June and 15th June. I am aware that not all crews can be there due to exams therefore other training and racing dates will be arranged by individual crews and coaches to enable boats to get together as often as possible. All boats will go into full-time training camp after the Irish Championships up to the departure dates for competition.

Some coaches have been assigned and are working with crews, all coaches will be named when the list is finalized.

Team Manager for JWC/Coupe will be Clare Cox (Neptune RC) clare.cox@gmail.com +353872058325. You may contact Clare for queries on travel or accommodation etc.

Further updates will be issued once the remaining selection decisions are finalized. Training programme guidelines for June/July/August will be sent out early next week to all club coaches.

Please refer to the note on the Rowing Ireland website regarding levies for all competitions; <http://www.iaru.ie/?q=content/international-competitions-athlete-levies-2013>



Junior World Championships, Trakai, Lithuania (7-11 August)

- JW 1X Bernadette Walsh (Skibbereen RC)
- JW 2X Hilary Shinnick (Fermoy RC), Bridget Jacques (Belfast BC)
- JW 4X- Fiona Murtagh (Galway RC), Leonie Hamel (Cork BC),
Erin Barry (Bann RC), Jasmin English (Belfast BC)
- JM 2X Andy Harrington (Shandon BC), Jack Casey (Shandon BC)
- JM 4X- Paddy Hegarty (Skibbereen RC), John Mitchel (Lee RC),
David O'Malley (St Michaels RC), Conor Carmody (Shannon RC)

Coupe de la Jeunesse, Lucerne, Switzerland (2-4 August)

- JW 1X Phoebe Mulligan (Portora BC)
- JW 2X Megan McLaughlin (Cork BC), Claire Beechinor (Cork BC)
- JW 4X- Kara O'Connor (Muckcross RC), Eimear Lambe (Commercial RC),
Laura Kilbane (Cork BC), Zoe Hyde (Killorglin RC)
- JM 1X Gareth McKillen (RBAI RC)
- JM 2X William Yeomans (Commercial RC), Daniel Buckley (Lee RC)
- JM 4X- Matthew Ryan (Skibbereen RC), Rory O'Sullivan (Lee RC),
Evan Stone (Lee RC), Stephen Murphy (Cork BC)

The following two crews will undergo further assessment before making a final decision for the Coupe de la Jeunesse team.

- JM 4- Kevin Fallon (St Josephs RC), Jack Smyth (St Josephs RC),
David Keohane (Presentation), Brian Keohane (Presentation)
- JW 4- Lauren McHugh (Shannon RC), Clodagh Scannell (Shandon BC),
Daisy Callanan (Shandon BC), Ruth Gilligan (Shannon RC).



Home International, Nottingham, England (27th July)

Congratulations to all rowers, coaches, clubs and families on your selection to the Home International Team, many of you for the first time. Well done on your hard work and dedication to the sport, hopefully this is your first step to a long career representing your country. It is a great honour to be selected to represent your country and we know that you will do so with pride and total commitment.

Home International crews are expected to come together for training around regatta dates through June and also try to race the crew at some regattas. Coaches will be in contact about this.

All athletes will be required to do a 2k ergometer test before the end of June to monitor fitness and training progress. We are looking for performances consistent with good training. Test venues and supervisors will be announced to minimize travel. Consideration will be given to exam timetables and competition dates when scheduling tests.

All selected junior crews will go into full-time training camp after the Irish Championships up to the departure date for the regatta, venues and dates will be communicated at a later stage.

Coaches will be assigned to work with crews as soon as possible.

Junior Men:

The sweep team is as follows;

The position of cox for the team will be decided in a couple of weeks time in consultation with the coaches for each squad.

Colm Hennessy (Shandon BC), Luke Carroll, (Shandon BC)

Ewan Murray (Portora BC), Karl Anderson (Portora BC)

Ryan McKenna (Clonmel RC), Alex Chadfield (Clonmel RC)

There are four more places to be decided. This will be completed once the final decisions are taken on Coupe boats at the end of June. Decisions will be based on data from the May trial.

The sculling team is as follows;

Neil McCarthy (Cork BC), Eoghan Whittle (Castleconnel RC),

Kevin Keohane (Presentation), David Synnott (Lee RC),

Simon Kearney (Lee RC)

Two further sculling places to be decided at Cork City Regatta from the two highest ranked Junior scullers in Division 1 of Grand League, after the heats.



Junior Women;

The sweep team is as follows;

The position of cox for the team will be decided in a couple of weeks time in consultation with the coaches for each squad.

Valerie Sheehan (St Michaels), Zara Madden (St Michaels RC)

Kate Healy (Athlunkard BC), Erin Coll (Shannon RC)

Hannah McCarthy (St Michaels RC), Aoibhe Luke (Cork BC)

There are four more places to be decided. This will be completed once the final decisions are taken on Coupe boats at the end of June. Decisions will be based on data from the May trial.

The sculling team is as follows;

Sarah Murphy (St Michaels RC), Kirsty Turner (Belfast BC), Clodagh O'Sullivan (Shandon BC).

Caroline Kelly (Carrick on Shannon RC), Zoe Sohun (Fermoy RC), Ailish Griffin (Castleconnell RC)

One further sculling place will be decided at Cork City Regatta from the highest ranked Junior sculler in Division 1 of Grand League, after the heats.

We hope to see a good team of supporters at each of the regattas and best of luck for great performances in all competitions to everyone.

Pat McInerney

Junior Team Coach

30th May 2013

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