

East Ferry Rowing Club



Upcoming Events

Annual Panto



6th, 7th, 8th & 9th Dec

In Aghada Hall

Important Announcement

For the new season membership fees will be increasing as follows:

Family Membership:	€160
Adult Membership	€100
Student Membership	€55
Underage Membership	€50
Shore Membership	€20

Membership must be paid in full on or before 17th Feb

Flexi payments are available, please contact treasurer

Members will not be allowed part-take in any club training if membership is not paid

Dear Members

Our annual AGM was held on Monday 19th November in Aghada Hall, Officers for the coming year are as follows:

Chairperson:	Rose O Driscoll
Vice Chairperson:	Kate Deady
Secretary/PRO:	Ryan Kruschel
Treasurer:	Tena Hennessy
CWO:	Saraha Horgan
Committee Members:	Pat Barry

Note:

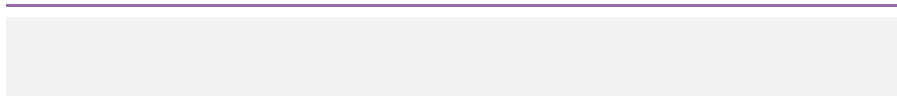
For your name to go forward for the executive committee of EFRC, the person must themselves be a paid-up member of the club for the last 2 years

Season Gone By

On the water the club performed very well, our underage stole the show with their outstanding performances throughout the year. Our adult crews also gave a good account of themselves. Overall in the championship our crews were placed in almost all categories.

Off the water it was a year of change. We as a club and as members of the CRA had to make a decision to either stay with the Irish Coastal Rowing Federation or not. This was not a decision we took lightly, but with growing issues that were not being addressed appropriately by the ICRF we felt as a club it gave us reason to consider an alternative governing body. After numerous meetings a decision was made to affiliate to Rowing Ireland. To date Rowing Ireland have over 30 clubs registered under their coastal division and are growing.

New Members always welcome!!



More Important News

Fitness Tests

For all members who wish to row competitively in 2019 a Fitness test must be done before Fitness/Gym classes start. Fitness progress will be monitored by coaches throughout the year (approximately every 6 weeks). Dates and times will be sent out nearer the time.

Gym/Fitness Classes

U16's to Adults

Fitness classes will resume 7th January: **U16's to Adults** The Train Station Gym Monday 7th January 7.30pm-8.30pm & on Thursday 10th 8.15pm – 9.15pm cost of these classes will be approx €30per person for 6 weeks **(if doing Monday & Thursday its €60)**

U12's & U14's

Classes in Aghada Hall will also resume on Monday 7th with Carol 7pm-8pm for **12's & 14's** & on Wednesday with Liz for **u14's to Adults** 7pm-8pm (cost of these classes have yet to be confirmed and will depend on class sizes, a text will be sent out once class details are confirmed) payment **for all classes have to be made prior to classes** to either Ryan/Tena **before the 6th January.**

If not paid you will **not be allowed** to partake in any of the classes

Please Note:

U16's to adults if not doing Train Station Gym classes you must do a class in Aghada Hall.

Finally, and most importantly if any member/parent has an issue they wish to discuss with either the committee or selectors they are encouraged to do so, but as is in our club rules, 2 members of either the committee or selectors must be approached at same time. Also while the club phone is used to facilitate the club on sending out info on training etc, it is not to be used as a way of airing a grievance. Issues will only be dealt with face to face.



Note to Parents:

While we understand kids / teenagers are involved in other sports, attendance to classes, participation in classes, training on the water and fitness test will be all taken in to account when choosing crews. Selectors are insisting on at least 60% attendance. The selectors will have all this information to hand & will make their decision based on that information

No Show No Row

No crews have been picked for next season and as we have said in previous years crews can change year on year. So, nobody's place on a crew is guaranteed.



The Committee and Members of East Ferry Rowing Club would sincerely like to thank our main sponsor East Ferry Farm for their continued support