

Coaching session at L.B.C.'s new indoor tank, with (l. to r.)—Liam McSpadden, Noel Griffin, Tom Daly, Martin Gaffney, Frank Greaney, Ronnie Desmond (Captain), and Paddy Walshe (Vice-captain).

# L.B.C.'s Indoor Rowing Tank

ABOUT ninety years ago Limerick Boat Club made rowing history by winning the first race in the South of Ireland for eight-oared, outrigger boats. In the years between, the Club has always kept abreast of rowing techniques and its latest achievement is the laying of the first indoor rowing tank in Ireland. Last night the tank was officially opened by his Worship the Mayor, Councillor Vincent Peeney, and from next week onwards the oarsmen will commence training for the 1967 season.

The idea of providing a tank for the oarsmen came last February when six members of the club, R. A. Roche, Bertie Wixted, Ronnie Desmond (captain), P. Walshe, Gerry O'Neill and John Gaffney (vice-captain) attended a week-end rowing seminar in Dublin. The findings of the seminar were discussed later at an open meeting of oarsmen in the club and it was recognised that success in competitive rowing would be difficult to achieve without such training aids as a tank, a launch and weight-lifting exercises. The latter two facilities were in operation during the 1966 season.

The new rowing tank will provide coaches with an excellent opportunity of imparting correct techniques to novice oarsmen. Older coaches, who may not be willing to face weather hazards at the back of an eight or four, will now be able to lend a hand with the best in the comfort of a boathouse which is equipped with light and heat.

The tank, constructed of concrete, measures 20 ft x 14 ft. and is 2 1/2 ft. deep. The depth of water in the well is 1' 10", and the whole area can be decked over when desired, thus allowing a clean floor space in the boathouse.

of the oarsmen, was completed in a month and about 1,000 cubic feet of earth and rock were removed. The work was carried out under the direction of the Club Secretary, Mr. Gerry Savage, and the Club Treasurer, Mr. Larry Leavey, and the concrete was laid by Mr. Tom Keogh of St. Joseph Street.

One single sliding seat is provided for training exercises. It is fixed into a beam in the floor and is provided with a rigger, which can be adjusted to bow or stroke side, as desired. A mirror is provided so that any faults in style may be more easily explained to the trainee. The one-seat type is favoured as, apart from the question of cost, it is easier to coach one person at a time than four.

## CosHING and Training

The tank is not intended as a medium for training—it is solely a facility for coaching, and an aspiring oarsman can now learn the rudiments of rowing in the winter months and commence his training in the eights and fours in the spring.

At present, training is conducted by a system of weight-lifting, running and P.T. It is intended to use the tank on three nights of each week, there will be a Sunday morning row on the Abbey river from Clonliff Boat Club and, in addition, oarsmen will do a 10-minute session of physical training in their own homes.

The club has now 10 juniors in training and it is hoped that a maiden eight will be recruited within the next few weeks. Last season's splendid victory by the maiden eight in the Quin Cup has borne out the wisdom of the new training techniques; the average age of the crew is 18, the average weight only 101 stones, and five members had never previously handled an oar.

## Panel

The panel of pupils will consist of Tony Tynne, Dick Roche, Bertie Wixted and Ronnie Desmond (captain). Mr. Jim O'Neill (snr.), who has the honour of winning a record number of trophies for the club during his captaincy in 1959, will be available for consultation.

The club is now looking forward to at least one championship victory next year. The extended period of training, together with the additional facilities, have stimulated a new interest in the sport and for the first time L.B.C. oarsmen will be able to give a full year to the sport of rowing.

Next December an International Rowing Seminar will be held in Bixham Abbey, Oxford, and two representatives from Limerick Boat Club may attend.

## Limerick Bridge Club

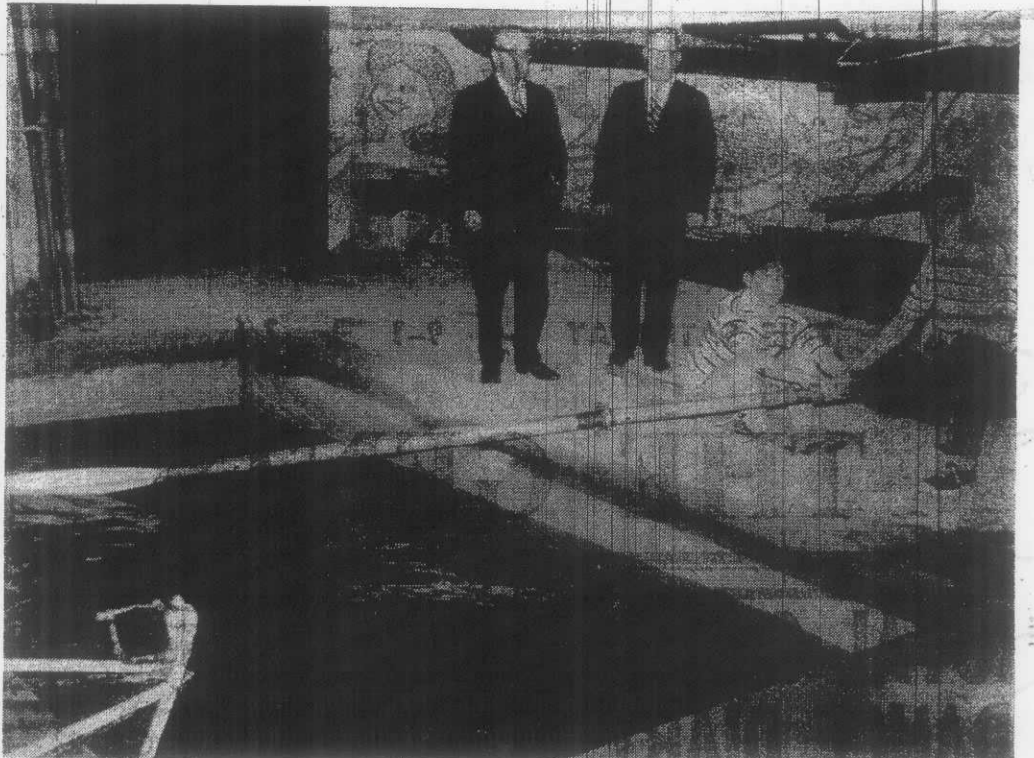
Results, October 14

Mitchell N.S.: 1. Mrs. S. Casey and Mrs. T. A. Dalton; 2. Mrs. B. Callinan and Mrs. P. Donovan.

E.W.: 1. Messrs. A. Elmes and D. Solan; Messrs. A. McMahon and B. Collins.

Mitchell N.S.: 1. Mrs. M. Duggan and Mrs. S. Casey; 2. Mrs. Ryan and Mrs. O'Malley.

E.W.: 1. Mr. and Mrs. Hurley; 2. Mrs. Walsh and Mrs. McInerney.



Oarsman Martin Gaffney is instructed by Ronnie Desmond during a training session in the new indoor tank. In the background are the Club President, Brendan Hanrahan, and Vice-President Michael Vaughan.



Some oarsmen and officers at L.B.C.—Front row (l. to r.)—Liam McSpadden, Brendan Hanrahan (President), Noel Griffin, Michael Vaughan (Vice-President), Martin Gaffney. Back row—Tom Daly, Ronnie Desmond (Captain), Patrick Walshe (Vice-Captain), Frank Greaney.

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## Junior soccer fixtures

SUNDAY, OCTOBER 23

League, Div. I (1st rd.): Pike Rvs. v. Prospect, Fairgreen Park, 11.00. A. Shaw. Caledonians v. St. Michael's (Tipperary) Caledonian Park (No. 1 pitch), 3.00. M. Kelly. Hibernians v. Ballynanty A Caledonian Park (No. 2), 12.45. C. Barry. Geraldines, a bye. League, Div. II (1st rd.): Weston Rgs. v. Ballynanty B. Caledonian Park (No. 2), 11.00. P. J. Meagher. Harigan Utd. v. Shelbourne, Fairgreen Park, 3.00. T. Kennedy. Bridge Utd. v. Ennis, O'Brien's Bridge, 3.00. E. B. Cleary. Star Rovers, a bye. Limerick Youth League: Dominic Savio v. Pike Rvs., Caledonian Park (No. 1), 11.00. P. Kelly. Hyde Rvs. v. Janesboro' Utd., Caledonian Park (No. 1), 12.45. M. Meagher. Island Utd. v. Prospect Ath., Shelbourne Park, 11.00. J. Harigan. Ballynanty Rvs. v. Geraldines, Caledonian Park (No. 2), 3.00. B. Spain.

## DOGS ORDER, 1966

The Minister for Agriculture and Fisheries has made an Order, entitled as above, under the Diseases of Animals Act, 1966, requiring that every owner or other person in charge of a dog shall not permit the dog to be in any street or place other than the premises or land of the owner or person in charge, unless the dog is wearing a collar or harness with the name and address of the owner inscribed thereon, or on a plate or badge attached thereto. This requirement does not apply in respect of any dog while being used for the hunting of game (excluding rabbits) or to any greyhound either at a greyhound track or authorised coursing meeting, or to any pack of hounds or in respect of any dog while being used for police purposes by a member of the Garda Síochána.

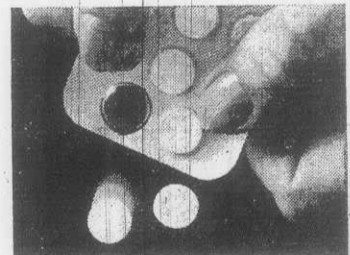
The Order also requires that every owner or person in charge of a dog shall during all of the hours between sunset and sunrise prevent the dog from straying by: (a) confining the dog in a building, shed, yard or other enclosure from which it cannot escape, (b) effectively securing the dog by collar and chain, or (c) accompanying the dog and keeping it under effectual control.

The Order will come into force on January 1, 1967, and will apply in respect of dogs in urban as well as rural areas. Copies of the Order may be obtained from the Secretary, Department of Agriculture and Fisheries (Animal Health Division), O'Connell Bridge House, Dublin, 2.

J. C. Nagle, Secretary, An Roinn Talmhaíochta agus Iascaigh, October 10, 1966. (122c)

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