

## Alan Concannon



Alan is our manager here in the leisure club. A local Castlegar man now living in Athenry. He has worked in the Lodge since 2003 (19 years). Working from part time lifeguard all the way to manager. Alan has a keen interest in all fitness related activities and sports. He studied a degree in Health, Fitness and Leisure at IT Tralee and also a Higher Diploma in Physical Education at University of Limerick. In his spare time, he plays junior soccer for Renmore AFC and enjoys all outdoor activities such as hiking, cycling and running. Alan's areas of expertise include swim coaching, strength & conditioning for sports and Pilates.

## Mark Cormican



Mark is one of our two senior leisure club attendants. The only Leisure club staff member who is a native of Maree. Oranmore. He is best known for his friendly, fun and positive relationship with our members. Mark's passion has always been water-based activities and in his spare time he enjoys kayaking, swimming and fishing in the local sea. Mark joined the team in 2007 as a trainee and has learned his trade from the ground up since then, to senior level. Mark completed a Diploma in Exercise and Fitness from the University of Limerick in 2008. Mark bases his fitness programmes for members from getting to know them and their needs and working closely together to get the best results. Mark is renowned for his energetic spin classes and his superb rapport with kids when teaching swimming lessons.

## Marian Murray



Marian is also a senior leisure club attendant with over 10 years working with the company. She comes from the place known to many as, Lovely Annaghdown (must be a local thing ☺). She started working in the Oranmore Lodge as part of work experience in 2009. We were devastated to see her go to Canada in 2016, but after 3 and a half years she was back in Ireland and back where she belongs in the Lodge. Marian studied Sport and Recreation in Galway Community college before going onto Athlone IT. She obtained a Higher Certificate in Business in Sport and Recreation, followed by Ordinary level Bachelor Degree in Sport Management and Hons Degree in Business in Tourism and Sport Management. She loves outdoor sports such as walking, running and skiing. In her spare time Marian plays football for Annaghdown and soccer with Corrib Celtic. Marian would be regarded as the 'toughest' trainer and

is especially talented at getting the most from our members in kettlebell/ circuit classes.

### **Sinead Walsh**



Sinead is one of 3 part time lifeguards/ swim teachers in the Oranmore Lodge. Sinead lives locally in Craughwell. She has a keen interest in sport, enjoys the gym, running and playing senior camogie with St. Thomas' camogie club. Sinead joined the Lodge team in 2018 as a part time lifeguard and swim teacher for group and private lessons. She has a bachelor's degree in English and Psychology from NUIG, now studying for her Master of Education, Sinead plans to stay part of the Lodge team for the duration of her studies. Sinead has developed her swim teaching skills and is brilliant with adults and kids' beginners in particular. Sinead is also known as the resident expert on all things hurling & camogie!

### **Emer Claffey**



Emer is an Oranmore local who joined our team as a pool lifeguard/ Swim Teacher in February of 2020. Emer is currently studying Primary school Teaching in Limerick (hence why she is brilliant with children). Emer swam competitively throughout her teenage years and competed on a national level, before turning in her goggles and hat. She enjoys water-based sports like surfing and kayaking, as well as hiking and Pilates. Emer has a real rapport with our customers (especially with the kids in lessons) and also can be seen in the food and beverage section of the hotel working diligently in the busy months.

## Clodagh O'Donovan



Clodagh is our newest member of the team here in the Lodge and hails from the mighty Cork. She started with us in the summer of 2021. She has come to Galway to finish her masters of education in NUIG. She loves outdoor sports such as surfing, hiking and sea swimming. She previously played both camogie & football with her local club in Cork. Clodagh's outgoing personality and positive attitude has made her popular with all our customers. She has excelled providing private lessons to members and teaching our kids groups.