



The 1st MCSBC Super Training Head

“Excellent preparation for the National Sculling Head and the Summer Regatta Season”

This event is for ALL MCSBC members who want to race

Saturday 16th February 2019

Arrive at 10am, leave at 2:30pm

Division 1 – 10:45am/11:30am

Division 2 – 12:45pm/1:30pm

(arrive at 10am, leave at 2pm)

It will be a great opportunity to race in a formal structure, both against your own times from each

“You're not a failure if you don't reach your dream, you're only a failure if you don't commit yourself to your dreams.”

“Repetition is the key to success – doing what you have to do over and over and always doing it

“Winners see the dream and develop plans while losers see the obstacles and develop excuses.”

“The big thing is to make a winning effort. I'm not obsessed with wins.”

“We have to be the best version of ourselves. If we do that everything will take care of itself.”