

Rowing this week

Water conditions are improving, but with heavy rain forecast for Monday, plans may change, so please bring kit for rowing and rowing for water sessions.

W/J16 & above – see training programme. Mon am (07/12), video review in room 77 for those who raced at Wycliffe, swimming for the rest.

W/J15 – see below

W/J14 – see below

<i>Group</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
W/J15	Land Training with Julia. Meet at the boathouse.		am – video review in r.77 at 7am pm - Circuits in the squash courts		pm - Cross training in the Sports Hall	OPTIONAL – 8am-10am If rowing is on for the seniors, I am offering a few W/J15s the opportunity to row in the senior session to make up for rowing lost recently. REQUESTS BY EMAIL PLEASE.
W/J14			pm - Circuits in the squash courts		pm – Video review in r.77	10am-12pm Rowing (hopefully!)

Wycliffe Small Boats Head

A really good day. Whilst expectations were quite low due to recent time off the water, there were a number of great positive points:

- We won 4 silver medals and 4 bronze medals
- 8 of the WJ14s had remarkably good first races, particularly as they had only done one outing of race pace work in training (quite a few weeks ago).
- EVERYONE got very involved in loading the trailer at Wycliffe, making it one of the fastest such jobs we've yet done!

A fantastic well done to all. Medals will be presented at Assemblies this week by Bobby. If you are not at Assembly for any reason, please see her after the Assembly to collect your medal.

Final day of term rowing

For many years, I have offered athletes the opportunity to row after the early midday finish on the last day of term. With daylight so poor for normal rowing, we often take the opportunity of the higher water levels to row up beyond the Leys Bend to the Biblins (a beautiful part of the river). This cannot be open to all as safety ratios must be maintained, so please let me know by email if you want to take part. Any commitment must be certain as crews have to be formed (no single sculling).

Regards

DC