

## Rowing this week

We are rowing again! There is no rain expected this week so all rowing outings are on. For morning outings before school, we will get on the water whilst it is dark, but remain under the floodlights of the club until sunrise. The outings will be short, but it is good to be rowing again.

W/J16 & above – see training programme.

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. Meet at the boathouse.		am – rowing  pm - Circuits in the squash courts		12.30 outing. To row you MUST notify DC by Wednesday.  We will finish by 3pm.	
W/J14			pm - Circuits in the squash courts		12.30 outing. To row you MUST notify DC by Wednesday.  We will finish by 3pm.	There may be some rowing on this day. I will confirm on Wednesday.

## Wycliffe Small Boats Head

All remaining medals are now available from DC.

## 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. 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 by Wednesday at the latest. Just a few places now remain.

## Rowing next term

This will start on the FIRST day back at school with our usual programme of sessions.

## And finally...

Julia and I wish all parents and athletes a very pleasant Christmas. We congratulate the athletes for their hard work and the parents for their invaluable support. The annual Curry/Quiz Night will be held on the evening of Saturday 30<sup>th</sup> January. Details for places will be out in the New Year. We hope to see many of you there.

Regards

DC