

Rowing this week

It is COLD. Please make sure you have plenty of appropriate kit (in particular for water sessions – including a woolly hat!). Those athletes with inappropriate kit cannot be allowed on the water for safety reasons and you won't enjoy your rowing if you are cold. The outings will be vigorous, but you need to be warm at the start...

W/J16 & above – see training programme (Training on the first Monday of term is ON).

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/Sports Hall		Sport Hall/School Gym – cross training activities	Off
W/J14			pm - Circuits in the Squash Courts/Sports Hall		Sport Hall/School Gym – cross training activities	am - rowing

Quiz & Curry Night (starting with the Friends of MCSBC AGM)

This pleasant, enjoyable evening is being held on Saturday 30th January starting at 6.30pm for the AGM and 7.30pm for the Quiz & Curry night. There are 50 places and ticket/price information will be sent out in the next week.

Wycliffe Small Boats Head

The few remaining medals need to be collected from DC.

Regards

DC