

Rowing this week

At present, school is expected to be open, with the Head Teacher asking students to wear appropriate footwear.

All rowing sessions will be on whilst school is open and this will continue to be our approach through the Winter months. Activities will be appropriate to the conditions.

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 (NO Monday morning session)

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 POSSIBLE OUTING – bring appropriate kit.		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 is on the MCSBC website.

Regards

DC