

Wycliffe Big Head

Well done to everybody who raced. A thoroughly enjoyable day with plenty of really good rowing from our crews. Benchmark boat speeds are on the website. J15 quads and J17 quad lead the pack – well done.

Rowing this week

Training as follows:

Mon am: W/J16s and above video review of Wycliffe race (those who didn't race are welcome but do not need to be there)

Mon pm: W/J15s have a 30 min video review followed by an outing. Change after the video review.

Tues pm: normal senior weights

Wed am: normal W/J15s rowing

Wed break: W/J14s Wycliffe crews video review (please be prompt)

Wed pm: W/J16s and W/J14s rowing, W/J15s gym

Thurs pm: normal senior weights (All FINISH at 5pm due to Open Evening. W/J16s may finish at 4.30pm if this helps)

Fri: off (training day)

HALF TERM

Thursday 18th Feb: outing for J15 and WJ14 crews rowing at Worcester 10am-1pm, including loading for Worcester.

After half term I am hoping to have less gym work and more rowing as Louis is due back from New Zealand at the end of half term, but I need to wait to confirm which sessions he can do. There will be 2k ergo assessments for all squads in their first session after half term. There may also be single scull time trials for one or two groups as we look to set crews for the National Junior Sculling Head.

A grant received

We have just been successful in our grant application for £1,000 from the New Grove Trust towards the £1,600 cost of a set of 4 pairs of new blades to cover our increasing need for blades with more athletes rowing. The remainder will come from the Friends of MCSBC from funds raised from their events. This equipment has been ordered and will be blocking up the Reception area at school on Monday! I am also delighted that the Friends has received donations of £350 in recent weeks and these donations are very much appreciated as we seek to keep membership fees as low as we can to ensure rowing is accessible to as many students as possible. The recent quiz night raised £175 in a very pleasant evening.

The Half Marathon is a vital event for the club in keeping costs down and it is the biggest fund raiser of the year, so your very best efforts in fund raising are really appreciated. Please remember to have taxpayers tick the Gift Aid box so we can claim a further 20% on their sponsorship. The event will be held on Saturday 20th March and I will be in touch with parents in the next week or two asking for support for the general support and drinks station help which has made the event so successful in recent years. If you think you may not have offered to help on the forms at the beginning of the year and are available, please let me know asap. We currently expect to have a few seats spare on the transport, so further walkers or runners are most welcome (with dogs if wished!). CRB checks are ideally required for a supervisory role but we have time to put these through before the event.

Upcoming events: Worcester, Avon County, National Junior Sculling Head

We are now in one of our busiest periods of racing in the entire year. We have substantial entries in all these events and there is now a lot of detail on crews on the website. The entries are expensive so please check to ensure I have accounted for your availability.

Easter Training Camp

There are a few places available for this camp in the second week of Easter. See/email DC if interested asap. Cost is £25 per day. W/J16s are 3 days, W/J14s are 2 days, W/J15s will probably be 3 days but this depends on exact numbers. The camp will include key preparations for side by side racing in the summer. I will be asking for payment in early March.

Regards

DC