

### **Rowing this week**

W/J16 & above - review of the video from Worcester after school on Tuesday, followed by a short outing (Also rowing on Friday pm NOT Saturday am).

W/J15 - review the video from Worcester on Monday after school, followed by a short outing.

W/J14 - train as normal on Wednesday (rain expected so dress accordingly), whilst on Saturday Louis will take the session as Julia and I are away at a rowing conference.

All other sessions as usual.

Advance notice: Shortly after half term when afternoon outings are no longer possible, the W/J15 session on Thursday will move to Wednesday to take advantage of inside facilities at the school. We will give notice closer to the time of exactly when this change will happen.

### **Worcester Small Boats Head**

After a week plagued by colds, the outlook was uncertain for Worcester with four crews withdrawn through illness and changes in three other crews shortly before race day. What a day!! Four wins - J16 1x (AS), J16 2x (HK, JK), J15 4x+ (TC, JT, CT, HR, RO), as well as DH as a last minute substitute in the fastest boat of the day with two former Comprehensive School rowers. All prizes will be presented in assemblies by the Club Captain in the week ahead.

By this time last year we had just one win, we already have eight wins this season! What a fantastic start. Photos and wins are on the website.

The next event is shortly after half term at Pangbourne. Crews will be confirmed shortly after the time trials and ergo assessments to be done in the week before half term.

### **Kit Orders**

The order is in. We hope to receive the new kit order shortly after half term.

### **And finally...**

The weather is due to get wet in the coming days. Check the forecast to ensure you have the right type of kit with you.

Regards

DC