

Rowing this week

W/J16 & above - as normal, subject to there be a replacement coach available Wednesday when I have a Parents' Evening. You will be advised by email on Tuesday if the session is off or check with me by text if email is not to hand.

W/J15 - as normal

W/J14 - as normal

Worcester Small Boats Head

Please collect all award tankards from me at training after school.

Advance notice: Changes to training when the daylight after school goes.

Mon pm: W/J15 land training at the rowing club

Tues pm: W/J16 and above weights training at the rowing club

Wed pm: W/J14 and W/J15 in the squash for the core stability circuit (previously held on Fri pm), W/J16 and above (full training group) ergos at the rowing club

Thurs pm: W/J16 and above weights training at the rowing club

Fri pm: ALL (except JN, GH, RI, ST, TH, EN, all J16 and above boys) in the Gym and Sports Hall for a variety of cross training activities

These changes ARE NOT YET. I will advise the exact date of the change, which will be soon after half term, but wanted families to have as much warning as possible. The changes are due the availability of indoor facilities at the school which the PE Dept have been very helpful in arranging for us. The changes will operate until the daylight returns in February, when I expect the W/J15s to return to their Thurs pm slot, but other changes may remain.

Easter Training Camp 2010

The exchange rate is a major concern for this camp, which was costed at a better exchange rate than we currently have. With the expected further volatility, I am unwilling to let the price rise higher. Hence, we are investigating options for a probably shorter, certainly cheaper alternative in the UK within the same dates. We intend to return to Belgium for a full overseas camp in 2011 if at all possible. No funds have yet been paid out for the 2010 training camp. I will give full details of the intended alternative when they are confirmed and hope that other members will be able to join us.

Regards

DC