

### **Rowing this week**

No rowing on Monday

W/J16 & above - as normal (note that those on 2 sessions per week are now training on Mon AM (water, but not this week) and Fri PM (Gym))

W/J15 - as normal

W/J14 - as normal

### **Weather & the effect on training**

Please note the anticipated change in the weather for this week and bring appropriate kit.

For newer members, please note that sessions are not cancelled for poor weather on the day.

We have always found alternate activities. We are able to row in all weathers except thunderstorms/lightning, however the speed of the water and debris coming downstream may see the coach opt for land training to maintain safety standards.

With the rainfall expected in the coming days, the speed of the water is expected to increase. Please ensure that when on the water, you turn **immediately** you stop rowing in front of the boathouse. The coach will brief you to turn early if he/she believes this to be necessary.

### **Daylight changes**

This week will be the last one on the "daylight" schedule.

- The Senior programme has already changed for some athletes and their training programme will detail their new activities.
- W/J15 squad - Mon pm: land training (meet at the boat house), Wed am: water outing, Wed pm: gym circuits, Fri pm: Sports Hall activities (There is no Thurs pm until daylight returns)
- W/J14 squad - Wed pm: gym circuits, Fri pm: Sports Hall activities, Sat am: water outing

I have tried to keep the changes to a minimum as many families already have established transport plans. Please let me know if the above changes cause individual problems.

### **Crews for Pangbourne Sculls**

The crews for this event are now on the website.

### **Training Camp 2010**

The decision has been made not to go to Belgium in 2010. The decision has been made on the grounds of costs, with the current exchange rate being a particular concern. The decision was all the more difficult as I know athletes who have been before were looking forward to what is a "unique" experience holding many strong memories and new athletes were keen to gain this experience. We intend to return to Belgium for a full overseas training camp in 2011. The deposits already paid are intact, with no commitments made for costs of this year's camp.

We will run a 5 day training camp in the UK in the second week of the Easter Holidays (Monday 5<sup>th</sup> April to Friday 9<sup>th</sup> April). I am awaiting feedback on availability from a number of venues for at least a few days of the camp. The intention is to run a low cost training

camp. Although I cannot confirm a cost at this stage, I do not expect it to exceed £250 and would like it to be notably lower. I am keen that we use the camp to prepare crews for Summer racing and would like as many rowers as we can support to attend the camp. I will issue invites to the camp once we are able to confirm the details and hope that those athletes who did not put themselves forward for the camp in Belgium will consider taking part.

Regards

DC