

## Rowing this week

We are now on the “Winter” schedule as follows:

W/J16 & above – see training programme.

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	pm –training from the boathouse ergo & run		am – outing on the water  pm - Circuits in the squash courts		pm - Cross training in the Sports Hall	
W/J14			pm - Circuits in the squash courts		pm - Cross training in the Sports Hall	am – outing (this week with JB as other coaches are at Pangbourne)

Please note that we try hard not to cancel any rowing training and have never done so on the day, with alternate activities identified in the case of unsafe water/weather conditions

## Pangbourne Sculls

Estimated leave and return times are shown on the website. De-rigging will be done as follows:

<i>After Mon am outing</i>	<i>After Wed am outing</i>
Margaret Coates Obelix	Friends May Royle Cooper Anna Woodman Stephen Moore

This derigging INCLUDES bungees on the seats and checking ALL heel restraints and that the stretchers are done up tightly.

## Training Camp 2010

We now intend to train at Wycliffe for our 2010 Training Camp, travelling to Wycliffe by two minibuses on each day (no overnight stays). There are several reasons for this choice of venue:

- Miles of still water are ideal for preparation to race on the lakes which hold the National events.
- We can “commute” to the venue which allows me to keep the price down.
- Wycliffe College (our hosts) are keen to arrange side by side training with their own crews, adding some extra spice!

I would like to offer the W/J14s the opportunity for some invaluable preparation for the Summer racing season on the still water at Wycliffe as well as the senior group who typically attend the training camp. Assuming sufficient members are able to attend, the dates of 8<sup>th</sup> & 9<sup>th</sup> April are reserved for the W/J14 squad.

W/J15s and above will have the 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> reserved for their Summer preparations.

I estimated the cost at £25 per person per day. This will cover transport, the boating fee at Wycliffe and a training camp t-shirt (a packed lunch would be needed for each day, there are no catering facilities on site). It will not be possible to attend just one of the days for your squad as this has a huge impact upon continuity. The payment would be due around the February half term.

***Can I ask all parents/students to confirm whether they are able to attend on the respective days by reply to this email.***

Regards

DC