

Rowing this week

The flood gates are still shut at the time of writing, but the water level has not broken the banks and is now dropping. I am hopeful that we will have some training on the water later in the week. In the meantime, well done to all the athletes for their sweat over recent sessions!

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 Some of the taller athletes will be boat loading.	
W/J14			pm - Circuits in the squash courts		pm - Cross training in the Sports Hall	am – This outing may be cancelled due to coach availability as 3 coaches are away at an event. Confirmation expected by the Wednesday session.

Hampton Small Boats Head

I currently expect this event to be on. The rain has been much less in the South East of England and another event went ahead on the same river at Marlow this weekend.

Wycliffe Small Boats Head

Our last event of 2009 now has provisional crews on the website. WJ14 entries will be confirmed next weekend. In the absence of recent outings, attendance at training may well be the deciding factor in confirming crew line-ups.

Parents are very welcome to support. Venue details are available on the event website or there are a few places spare on the coach if preferred. Email me if you are interested in these places.

Training Camp 2010

This camp is now viable with sufficient athletes for the two camps to go ahead. However places remain and I will be speaking to athletes to confirm whether they are available. An email letting me know availability would be more convenient and appreciated.

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 8th & 9th April are reserved for the W/J14 squad.

W/J15s and above will have the 5th, 6th and 7th 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.

Regards

DC