

Rowing this week

Water conditions still don't allow for any rowing.

W/J16 & above – see training programme. Mon am (30/11), video review in room 77 for those who raced at Hampton (W/J16s who can't make it should see me before Wycliffe to review their video), swimming for the rest.

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	OFF (No coaches available due to school meetings)		am – video review in r.77 at 7am pm - Circuits in the squash courts		pm - Cross training in the Sports Hall Some of the athletes will be boat loading.	
W/J14			pm - Circuits in the squash courts		pm - Cross training in the Sports Hall	Racing for 8 athletes at Wycliffe. No other session.

Hampton Small Boats Head

Well done to everyone who raced. It was a major exercise in getting rid of the rust and will tune us up well for Wycliffe this Saturday.

Wycliffe Small Boats Head

Crews for this event will be confirmed on Sunday. The event is run on a canal and is currently on, with no expectation of a cancellation (snow has been the only problem in the last 10 years).

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.

Regards

DC