

Training this week

C HANGE to a few programmes this week to fit in a few different sessions:

W/J16 and W/J18

Mon am: video @ room 77

Tues pm: water work to pick up on video points (distance unchanged from the main programme)

Wed pm: ergos (can be done in pairs at other times as usual)

Thurs pm: Boys in 1x and 2x in a head race with Monmouth School, Girls doing weights

Fri pm: Girls on water, Boys doing weights

[This is a loss of one weights session, but I want to take advantage of the recent video and the good weather!]

W/J15

Mon pm: video session @ room 77

Wed am: water

Wed pm: water (CAPSIZE TEST for Alex Thomas, Scott Lea, Tammy Haines, Eleanor Kite)

Thurs pm: there are several free boats (up to 5) for boys to join in the timed piece with Monmouth School - email me to get a place!

Rest of the week as usual

W/J14

Mon pm: water (CAPSIZE TEST for Cole Telford)

Rest of the week as usual

Safety - change of clothes

Please note that all athletes are expected to have a change of clothes at all sessions in case of capsize, heavy rain, etc.. On a normal school day, this can be school uniform but you should add an extra set of underwear into your bag as well. On a Saturday, this requires a full set of spare kit. Capsizes can happen in ALL boats and we have had a quad capsize a few years ago. With the colder weather coming please be prepared with the spare clothing to minimise the risk of hypothermia.

Navigation/Steering

The coaches have noticed that some athletes' steering has been poor. This has been particularly in the area of the pumping station when heading upstream and on the 1500m bend when heading upstream. In both places you are required to be close to bank on the clubhouse side of the river. It is essential that you are in the right place on the water at all times and that if you find you are not, you make a RAPID change. Should coaches feel that athletes' steering is unsafe, they will be taken off the water for the safety of yourself and boats from other schools/MRC.

Ergos

We now have full use of all the ergos at the clubhouse. We have been specifically asked to take care of the ergos by wiping clean the rails handles and seats down after use using paper towels from the toilets. The newer ergos also have to be locked up after use. The last one to use the ergo is responsible for returning it to the cupboard.

Hatch covers

In the de-rig for Worcester Head, two hatch covers went missing for one of the single sculls.
Do you have them or know where they are?

Best regards

DC