

Improvement

I was delighted to see many very strong outings this week. The J14 quad on Monday, the WJ15 quad on Wednesday and the entire senior squad on Friday afternoon have been just some of the highlights. It was clear to the coaching team that athletes have been working hard to improve and as a result there will be no reduction in the squad numbers at the current time.

Training this week

There WILL be rowing on Friday and Saturday as normal. I am aware already of several families who are away for these sessions. Please let me know if you are also away.

W/J16 and W/J18

See training programme.

W/J15

Mon pm: 1st 2k ergo assessment

Wed am: water

Wed pm: water

Fri: Gym

W/J14

Mon pm: water

Rest of the week as usual

Pangbourne Sculls - Sat 8th November

Crews and details for this event are on the website. I am aware that AG is currently injured, but I am hopeful that she will recover in time for the race.

It's getting colder

It is not appropriate to walk around at the boathouse with no shoes for two reasons. The first reason is cutting your feet on glass or similar sharp items that can be left lying around. The second reason is that the cold weather means that when you lose body heat it can be hard to get it back (even if you are on an intensive senior squad workout). For this reason, I recommend you have a pair of wellies at training (which can be left at the boathouse). Wellies need only be cheap and need to be clearly named in thick permanent pen on the outside.

No athlete is allowed to wear wellies on the river as they can pull you down in the case of capsize, so they should be removed promptly upon getting into the boat. Coxes must have a separate pair of dry shoes to wear at this time.

Navigation/Steering

This has been improving this week. Thank you for your efforts. However, several of the W/J14 squad were very poor on occasion...you know who you are!

Hatch covers

I'm pleased to report that the hatch covers reported as missing last week have been found.

Easter Training Camp - Hazewinkel, Belgium

All 24 of the athletes who have applied to go on the trip have confirmed places based upon their current performance. The 2nd payment of £100 is due in the week after half term, but can be paid at any time. Cash (please hand to me at the beginning of the school day for safety) or cheque payable to "MCSBC" (preferred for safety) please. If there is likely to be a delay in payment, can you please let me know, I find it awkward chasing such payments.

Kit Order

This order has finally been placed. There was a delay as we needed to change supplier (the previous supplier required at least an order of 10 items of each piece of kit, which would have required us to use up valuable cashflow). The new supplier we had set up has just gone out of business! (we lost no money, just some time) Julia has worked hard to sort out a new order for our custom designed kit with a very long established supplier. This is due for delivery before Wycliffe Small Boats Head on Sun 6th December when I fully expect to see a number of less experienced athletes racing for the first time.

Best regards

DC