

TRAINING CHANGES DUE TO THE LOSS OF DAYLIGHT

These changes will be in place from MONDAY 10th November and last until the light improves in February:

W/J16 and W/J18

Fri pm: Gym session @ the Sports Hall with the rest of the club

W/J15

Mon pm: ergo work, run and from time to time, video review

Wed pm: school gym (not sports hall) for run/fun stuff!

W/J14

Mon pm: NO SESSION

Wed pm: NEW SESSION with W/J15s...school gym (not sports hall) for run/fun stuff!

Rest of the week as usual

Pangbourne Sculls

It is an early start for this event...full details on the website. As usual, we will leave you behind if you are late. We cannot be late to arrive and risk missing the first division.

W/J14 session on Saturday this week

The coaches will be at Pangbourne Sculls at the time of the normal training session, so the session is moved to Sunday 9th Nov at the same time. We have only 4 remaining sessions until the Wycliffe event and I want to ensure those who row will be as well prepared as possible, hence the re-arranged session. Crews for the Wycliffe event will be confirmed in the next two weeks. IF YOU CAN MAKE THIS SUNDAY SESSION, PLEASE E-MAIL ME.

New sculling boat

I am proud that fund raising by members over the past year has enabled me to purchase some further new equipment. This is a fast single sculling boat made by "Wintech" and it was collected these past few days. Prices for the boats have just gone up due to the dollar exchange rate, giving us a saving of some £450 on the price! The boat is to be used by athletes preparing to race in it at major events in the same way as the "Anna Woodman" double scull and the "David Every" quadruple scull. It will be raced at the Pangbourne Sculls event this weekend. The boat has yet to be named.

"Anna Woodman" double scull

This boat has now been fully refurbished at no cost to us and is back in the boathouse. It looks stunning! It will be raced first at the Wycliffe event in early December.

Blade designs

We currently use a plain white blade design, which helps visibility of crews from a distance on our home water. However, the coaches are keen that we now have a unique design to match our unique status as the only comprehensive rowing school. If white remains a major element (probably the background to a design), then the safety elements of visibility are retained.

I would like to receive ideas for a new blade design for the club. Key considerations are:

- We have over 60 individual blades. Even repainting each blade with white paint takes several full days, so the new design should be simple.
- A key benefit of a blade design is the ability to identify our blades at events, particularly when supporting our crews, so it should be clear and distinctive.
- For ease of reproducing the design, one colour on white is preferred. Other options are possible if the result would be worth the extra effort.

I would really like to have the new design created by a club member, so would like to receive hand/computer drawn (Paint would be fine) designs in the next week. To get you going with ideas, here is a website of many of the designs currently in use...

<http://www.oarspotter.com/>

Best regards

DC