

Last Friday's session

It was great to see almost our entire club training together last Friday. Well done to you all for such a great, hard working atmosphere.

Training this week

I am not in school on Wednesday, so there will be the following changes:

- W/J15 am outing moved to THURS am this week
- W/J15 & W/J14 pm session in the Gym will run as normal with Jon Beane
- W/J16/8 pm ergo session will be supervised by Julia (5k times to be collected this week)

Video Review - W/J14

The video taken of the very good W/J14 outing on Saturday morning will be reviewed with DC in room 77 on Fri instead of the session in the Sports Hall. This will be perfect preparation for next Saturday's outing.

Ergo Cleaning/Damage

There were dirty ergos and some small damage to the ergo rowing machines at the club this week. The ergo rail, handle and shoe area needs to be wiped down with paper towels from the toilets after every session. Any damage, however caused must be reports to a coach asap, so I can pass it onto the club. The ergos can thus be kept in top working order. As a club, we are not being blamed, but I know we can be better at this than we currently are. The ergos are very valuable to our progress and we cannot afford to lose access to them after a hard job getting access to the new ones!

Easter 2009 Training Camp to Belgium

The remaining 2nd deposit £100 cheques payable to "MCSBC" are now a little overdue. Please let me know if there is a known delay. I have yet to receive a cheque from:

Ed Stitt

Dan & Han James

Michael Sims

Sam Royston

Oliver Usher

Tom Scrivens

Molly Brett

Meghan Rigby

Boat repair update

Three of the single sculls (102, 103 & 105) which are being repaired should be back in use by mid-week once the repairs have had time for the paint to dry. "John Lewis" is out of commission until Christmas as the stern canvas has got very damp and needs to dry out fully, which is likely to take some weeks in the current weather. Unusually for our boats, this boat has a wooden infrastructure so damp is a major threat to its long term life.

As usual, boats out of commission are clearly marked with red/white tape, which MUST NOT be removed without my permission as the boat may well be unsafe to row.

Finally, there is wear and tear damage to the "Margaret Coates" and it will ONLY be used for Wycliffe to ensure it can perform at this event. I am trying to arrange for it to go for repair as soon after the event as possible so it can be back for the first event of the New Year.

Regards

DC