

## **It's COLD!!!**

Today's W/J14 outing saw several athletes getting cold despite a vigorous workout being programmed. On Monday's the Senior Squad will be rowing temperatures *below* zero!

It is very important that you are well prepared for these sessions so the sessions remain safe and enjoyable. You **MUST** have the following items or you will not be allowed to row in these conditions:

- Tracksuit trousers
- Several top layers (it is best to have a good quality long sleeved thermal base layer such as these items from Milletts (<http://www.milletts.co.uk/SearchList.aspx?q=baselayer&refine=BLG%20Tee%20and%20Baselayer%20Type|Baselayer%20top|String> ). Plain white, black or dark blue is best as it can be easily used for racing.
- A hat (I don't care whether it messes up your hair!!!)
- Wellies to keep your feet dry when boating.
- A FULL change of kit (including underwear) in case you get wet.
- Optional but very useful (and a great Christmas present) are Pogies (special rowing gloves). The seniors use them a lot and strongly recommend them ([http://www.oarsport.co.uk/products/acc\\_pogies.php](http://www.oarsport.co.uk/products/acc_pogies.php) make sure you buy sculling pogies)

## **Wycliffe Small Boats Head**

We are taking a coach to Wycliffe so there will be loads of space to take LOADS of kit. It is an outdoor event, with only minimal indoor shelter. If you get cold, it is not easy to warm up again and you will not enjoy the day. In addition to the items shown above, I also **STRONGLY** recommend the following:

- A flask of hot drink (soup is ideal)
- Plenty of good quality food (not too heavy on the snacks). The catering facilities vary from year from very good to very poor.
- Handwarmers (<http://www.milletts.co.uk/SearchList.aspx?q=handwarmers> the reusable ones are best, I have had mine for years)
- A warm, weatherproof (wind & rain) coat.

Full details of times are on the website including directions. Parents are very welcome to attend, but athletes are expected to travel to and from the event with the squad for reasons which I ma happy to clarify if asked.

Boats will be de-rigged after appropriate outings this week and a small team will load the boats with a few of the coaches on Friday.

## **Quiz Night & Friends of MCSBC AGM – Saturday 31<sup>st</sup> January starting at 6.30pm**

There are 80 places for the quiz event (no limit for the AGM), which will again be held at Monmouth Rugby Club, due to the greater venue size and the assurance it won't be affected by flooding at that time of year. The event includes dinner on a Mexican theme.

Full details with ticket information will be circulated early in the New Year.

### **Boat naming**

The formal naming of our new single sculling boat will take place on Wednesday 17<sup>th</sup> December at 1.30pm near the reception area of the school. Stephen Moore will be naming the boat. He is the Chairman of the Friends of MCSBC and a Governor of the school. He has been at the heart of the Friends since its inception three years ago and I am delighted to be able to recognise his contribution by naming a boat after him. All Year 9 and Year 10 rowers are expected to attend (Year 11 will be unable to do so and 6<sup>th</sup> form may also have timetable problems) and any parents who are free at this time would be very welcome. The event will be photographed for the Beacon by their photographer.

### **Half Marathon to Henley 2009 - Saturday 14th March**

This vital fundraising event is the single largest source of support for MCSBC. Sponsor forms will be issued after the Wycliffe event along with preliminary details. It is expected that all members will participate, whether running, walking or a mixture of both!

### **Ergo Cleaning**

Thank you getting into the new cleaning routine so quickly.

### **Easter 2009 Training Camp to Belgium**

I have now received all the 2<sup>nd</sup> deposit cheques, thank you. The remaining cheque, estimated at £200 (but depending upon the prevalent exchange rate) is due in late February.

### **Boat repair update**

All the single sculls are currently in operation except the "John Lewis", which is out of commission until Christmas as previously advised. The green launch has another problem. A part has been ordered. We are using a town launch in the meantime. The two coxless quads are going to be repaired immediately after Wycliffe and are due back early in the New Year. 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.

### **And finally...rowing on the last day of term**

It has become traditional to take advantage of the last day of term being a half day to have good long day time row, often in a mix of crews. This will start immediately after school finished at 12pm and it expected to run until 3pm. Everyone is welcome, but there is a limit on numbers for safety reasons, so please sign up with me by e-mail well in advance.

Regards

DC