



10<sup>th</sup> February 2017

Hello everyone,

This Captain's Update comes to you about two weeks after I had hoped! It's been a busy couple of weeks what with Winter training in full swing, crew selection for March's Head of the River Races on the Tideway and organising both recent and forthcoming events. We've also had the fun of learning how and how not to break ice in the Cut. Top prize here to David Wasse, Chief Icebreaker!

## Recent Events:

**SRC Pudding Races - 17<sup>th</sup> December 2016** - now a distant memory, but it was another successful morning of fun with what we believe was a record turnout of participants at 48.

**Star Head - 15<sup>th</sup> January 2017** SRC was represented at the first 'local' head of the year at Star Club. No wins to report, but all those who turned out on such a cold and miserable Sunday to row deserve a medal of some sort.

**Head racing with Essex University - Saturday 4<sup>th</sup> February 2017** By kind invitation of Essex



University Rowing Club, a large number of members were given the opportunity to row at Ardleigh Reservoir offering 2.5k of unbroken rowing. Whilst I know the HERR is not the be all and end all, the day provided a great opportunity to work on crews for the HERR and sharing some time with our friends at Essex

who really appreciate the links they have with SRC. Everyone speaking to me afterwards said what an enjoyable and worthwhile session it was. We ran three head to head divisions on what turned out to be remarkably calm water and the sun even came out by the end of the morning. Thanks to everyone who helped organise the day, especially Tony Moule and Mike Arnott. We will be welcome back and maybe when that happens we can use the opportunity for more focus on coaching?



With the advent of the New Year we have tried to focus on training and coaching for as many members of the Club as possible. Technical erg sessions have continued with Tony Hogsberg and continue to be popular with a number of members showing firm commitment to these sessions. Thank you Tony. I am very grateful to Terry Gosling and Bob Howard for commencing a series of coaching talks to members during our Saturday morning sessions, which are continuing into February. The object is to get as many members of the Club as possible (preferably all!) to row in the same way, whether for racing or pleasure, by breaking down the stroke into its constituent elements. In this way it will be easier to mix and match members into crews in a way that will lead to a more positive rowing experience for all at SRC. More on this below.

## Forthcoming events:

**Sunday 12<sup>th</sup> February 2017** - Bedford 8's and 4's

Always popular with SRC and this year is no exception. We will have crews racing in most divisions from both the Senior and Junior Squads.

**Saturday 25<sup>th</sup> February 2017** - Norwich Head

We will probably be taking two trailers to Norwich Head as it is a key event for SRC. The head is serving as the junior regional trials for the East of England and SRC will have a number of our Junior Squad racing in the morning division as part of the trials. The **FIVE** HERR eights that will be representing SRC on The Tideway in March will also be taking part in what will be a key part of their preparations.

**Saturday 11<sup>th</sup> March 2017** - Women's Head of River Race

SRC will be represented by two crews which is excellent news



### **Thursday 23<sup>rd</sup> March 2017** – School's Head

Junior Squad plans for this event are not finalised yet, but I know Tracy/Tony are keen for SRC to be represented by both the boys and girls. A boys four and a girls quad are the likely crews.

### **Sunday 26<sup>th</sup> March 2017** – Vesta Vet's Head of River Race

Is it just me that thinks of disgusting ready meals of the 1970s when I see "Vesta"? SRC shall be fielding two men's crews and a ladies crew for this event that will mark the pinnacle of the head racing season.

### **Forthcoming events – beyond HERR and into the regatta season:**

Now is the time for members to start thinking about what sort of rowing they want to be involved in as we go into the Spring (remember that?). Here are some dates of events that might start the thinking process:

### **Sunday 9<sup>th</sup> April 2017** – Bedford Spring 4's and Small Boats Head

### **Sunday 7<sup>th</sup> May 2017** – Ball Cup South, Eton Dorney – a key event for Junior Squad members

### **Friday 26<sup>th</sup> to Sunday 28<sup>th</sup> May 2017** – National Schools regatta

### **Saturday 3<sup>rd</sup> & Sunday 4<sup>th</sup> June 2017** – Peterborough Spring Sprint regatta – always popular with SRC

### **Saturday 10<sup>th</sup> & Sunday 11<sup>th</sup> June 2017** – BR Masters National Championships – Nottingham

### **Friday 16<sup>th</sup> to Sunday 18<sup>th</sup> June 2017** – Henley Women's Regatta – the premier rowing regatta for ladies and Sophie Brown has already told me this one is in her sights.

### **Saturday 17<sup>th</sup> June 2017** – St Ives Regatta – SRC attended this for the first time in a while in 2016 and came back with a host of 'pots'

### **Wednesday 28<sup>th</sup> June to Sunday 2<sup>nd</sup> July 2017** – Henley Royal Regatta – sadly but realistically only listed for spectator purposes!

### **Friday 8<sup>th</sup> and Saturday 9<sup>th</sup> July 2017** – Henley Masters Regatta – a chance for Masters crews to compete over 1000 metres on the famous Henley reach.

### **Saturday 22<sup>nd</sup> and Sunday 23<sup>rd</sup> July 2017** – St Neots Regatta

### **Saturday 5<sup>th</sup> August 2017** – THE BIG ONE – Sudbury Regatta

This list is not exhaustive and those who are really keen and/or maybe want to travel further should consult the Calendar of Events on the British Rowing website.

### **Training:**

**Coaching the rowing stroke** - Talks given at the Club so far by our coaches in between Saturday sessions have covered the finish and posture. Taking the catch and the drive are due to follow tomorrow morning at 10.00am. The idea of our coaches is that breaking the stroke down into its constituent elements will help give everyone an understanding of the fundamentals of the British Rowing stroke. Here is a reminder of Terry's talk on the finish:

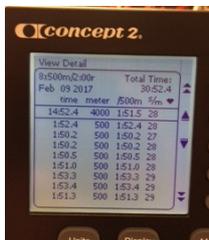
*Move the hands away at the same speed that they were drawn in* (Rowing magazine December 2016 issue)

"This is where we start. If you can do this at, say, 22-24 rating you will learn to control your blade from the body, which means it will not be banging about in the oarlock. It means you will not be rushing up the slide following your hands, and it means there is a good chance you will be finishing the stroke by drawing the blade into the body (at 24's) and pushing the blade away at that speed. It means you will



have more control on the slide so allowing you control on front stops. Finish the stroke and there will be more run on the boat etc.”

Personally what I take from this is **control** at all times – nothing frantic or aggressive!



**Technical Ergs** – Tony Hogsberg continues to run sessions on Tuesdays and Thursdays. However as crews have commenced evening rowing, attendances are sometimes being compromised. We are still also getting evenings where members can't make it, but don't let Tracy Muir (or myself) know sufficiently in advance to re-allocate their places. It is *very* important that those of you who have an erg 'slot' do let us know if you are not going to be able to make it as much in advance as possible. Last night was a case in point where three sessions could have been run in two and your Captain felt honour bound to do a second session so that one member was not

left doing an erg on his own. Your Captain does however feel quite smug of having completed 14 x 500m reps!

Technical ergs are important in putting the various aspects of the stroke on which we are coached into practice. We all know this is sometimes easier to do on an erg rather than in a boat that won't balance on an outing! Tony gives very generously of his time and we must not take that for granted. The coaching he gives reinforces what the other coaches are trying to achieve: straight arms away from the finish and control on the slide recovery for example. How many times in recent weeks have I heard Tony's dulcet tones urging me to “GLIDE” on the recovery up to front stops! There may be differences in emphasis but the basics are always the same. Personally I regretted the fact that last year, once regular evening rowing got going, members seemed to regard technical ergs were no longer necessary. I don't think that is correct.

## Other training opportunities –

**Mondays** 18:30 to 20:00 Circuits - Thomas Gainsborough School Gt Cornard. Adults: £3.00, juniors £1.50 per session. Attendance levels have continued to be healthy + 20 members being the norm. Thanks once again to Tony Moule for his dedication in running these sessions.

**Tuesday** 14:00-16:00 Afternoon sculling sessions organised by Mike Arnott.

**Wednesday** 18:00 – 20:00 Juniors land training.

18:30 – 19:00 Run with your Captain. We reached a peak a few weeks back with three ladies running with me. Since then I've tended to be “Billy No Mates”. I'm still turning up regularly at 18.30 for anyone who wants to join me.

**Thursday** 10:00- 12:00 Morning sculling sessions organised by Mike Arnott.

## On the river

We are seeing heightened levels of activity on our river on Saturdays particularly during second sessions. It is important that we all try to make sure everyone taking part can do so safely and without feeling in peril. This means be aware of others at all times. If you are being approached by a faster boat do not hesitate to shout “Come by” to indicate you want to be passed. Please avoid stopping or spinning on the bend at the end of the Meadow unless you are confident you are not going to impede boats from either direction and if you are being overtaken, please don't accelerate!

With the cold weather still very much with us can I remind everyone of the importance of making sure you have enough layers of clothing on when venturing out onto the river. Layers, not padded jackets are the order of the day!



### Oars and Sculling Blades

The main sets of sweep oar blades are now fully labelled as are the racks to indicate in which slots they should be placed. Please pay attention to this when putting blades away:

Mens 1	A	Women's 1	B
Mens 2	C	Women's 2	D
Mens 3	E		

The new sculling blades rack is also now in place. Tony Moule tells me he has a plan for setting the sculling blades out in the rack, so I expect I'll be doing some more labelling in the near future!

If you have any queries or matters you would like to raise please speak to me or your VC.

Happy Rowing!

Sean

Captain - Sudbury Rowing Club

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