



17th November 2017

Hello everyone,

Welcome to your latest Captains' Update.

Recent Events:



October – Pride of place goes to Jen Titterington who won her category Women's Club 2x in the Pairs Head on 14th October rowing with Beverley Goodchild from Ipswich Rowing Club.

Norfolk Long Distance Sculls on 28th October brought challenges as usual, mainly weather-related on this particular occasion. There were wins for Amelia Moule and Amelia Maskell in their W.J17.2x and Martha Bullen in W.1x (!). The following day our Mas.C4+ of Lee Adams, Tim Hysom, Stephen Nichols and Paul Adams coxed by Helen Sharp won their category at Huntingdon Head. In addition Mike Arnott won Mas.G1x.

Saturday sessions and coaching:

Thank you to all members who responded to the ideas I circulated about our Saturday sessions in my last update. Members who expressed their views at the AGM and in e-mails to myself were not in favour of the specific ideas I had come up with, albeit that there was general agreement that the Club needed to do more to make coaching and instruction more widely available and should be looking to facilitate what has been termed social rowing. No one came up with a magic answer as to how to achieve these goals.

We shall be sticking with the present structure for Saturday morning outings. Tracy and myself will seek to ensure, through careful timing of outings for crews, that appropriate crews are sharing the water whilst everyone gets the sessions they want. Trying to please everyone all of the time is probably an impossible task. All I ask members is to respect that this is what we are trying to do.

The committee has also asked me to remind members that with some simple courtesy on the river we can all help each other. If you are in a boat on the water, moving slower than an approaching crew and can see that there is room for that crew to overtake safely, do remember to shout "Come by" to that crew. Tony Moule tells me this happens all the time on the River Cam when it is crowded with all the Cambridge crews.

I have been asked to clarify what is meant by outing times when these are listed on outing plans. This is important if we are to provide appropriate opportunities for all. Times listed on all outing plans should be regarded as **ON THE WATER TIMES**. In practice this means members generally need to turn up **15 minutes** before the time listed for their session. For now we do not intend to stipulate finishing times for outings. If we get the start times right with the appropriate crews I think this aspect will look after itself. It is important that members do pay attention to the times listed for their outings on the plan.

Most of our regular coaches on Saturday mornings are primarily interested in coaching established crews, particularly in the first session. As crews are established Tracy and I let the coaches know and we will look to allocate crews to coaches where possible. When coaches see a crew is down they will ask if the crew wants some coaching (as happened last Saturday). However don't necessarily wait to be asked. A crew can ask for coaching and I am sure that if the coaches are not already committed to other crews for the whole of a session they will try and assist.

Tracy and I also want those more experienced members of the Club, not necessarily just those with coaching qualifications, to assist established coaches in providing instruction and coaching support to



anyone taking part in the second session on Saturdays. We want to encourage less experienced members to develop their skills with this support. This was one of the ideas I put forward in my last update and some members have already indicated they would be happy to assist in this way. Our challenge is to ensure such support is in place every week. We need to work out a system for achieving this.

Forthcoming Events:

There are only a few events left for 2017. Eight senior and junior boats will be taking part in the Cambridge Winter Head on Saturday 18th November 2017 and three scullers from the Club are taking on the Challenge of the Scullers Head on Saturday 2nd December 2017. Good luck to all those taking part.

The British Rowing Indoor Championships will take place at the Lee Valley VeloPark on Saturday 9th December 2017. This is an event open to all comers. Some of the Junior Squad will be attending. It's a short walk from Stratford rail station as I'm sure we all know. If you want to take part you need to apply individually on line. Here is the link to the website:

<http://indoorchamps.britishrowing.org/>

Looking ahead into 2018 I've looked through 'regional' events in the head racing season and list below some which may be of interest to members with an indication of the nature of each event. Some of the events will be ones I anticipate we will attend as a Club and have indicated where this is so. Others are events that smaller groups of members may be interested in attending, although they would need to sort out transportation logistics themselves.

Sunday 14th January 2018 – Star New Year Head. A head race on the familiar Ouse course through Bedford. This event has a bit of a reputation of being cancelled due to weather conditions as often as it takes place, but it is an early opportunity for racing in the New Year and tends to attract smaller boats not in great numbers, which can be a good thing!

Saturday 27th January 2018 – Cambridge Head to Head. An out and back head race on the Cam in 2 x 2000m sections involving racing out to the A14, spinning and coming back. It has the advantage of not being too far to go to for any crews wanting some longer distance work in January.

Saturday 27th January 2018 – Quintin Head. Same date as Cambridge but a straight head race from Chiswick to Harrods, probably of a similar overall distance. Further to travel to with boating permission to be organised, but a chance to row on HERR water.

Sunday 28th January 2018 – Head of the Taff, Cardiff. OK so I'm pushing it to call this regional! This is one Teresa and I have fancied doing since we saw it take place last year. It's a 3200m head race on the River Taff starting just above the Principality (Millennium) Stadium and rowing right past it down to Cardiff Bay. There are two divisions, morning and afternoon, with all boat categories. The difficulty of course is getting there and accommodation on Saturday night. Not a problem if your father in law lives just outside and your son is at Uni there, but I would say it is before the Six Nations and there is accommodation available in the area at that time which is not too expensive. If anyone fancies the weekend away (and can tow a trailer!) please get in touch with me.

Sunday 11th February 2018 – Bedford 4s and 8s. This is likely to be an event the Club will be attending. It's the usual 2500m course on the Ouse. Octuples and quads are also welcome, although some of the scenes when junior octuples approach the finish on mass need to be seen to be believed – some very hairy situations!

Sunday 18th February 2018 – Greenwich Head. The Club nearly went to this event earlier this year. It's a 3.5 mile course from Wapping Pier to Poplar so it's the right side of London for travel purposes. Fours, quads, eights and 'coastal' crews are welcome. It is an alternative to consider to Norwich and much praised by Andrew Blit to name but one.

Saturday 24th February 2018 – Norwich Head. 2000m and 5000m courses both morning and afternoon with inevitably some interesting decision making. All sizes of boats are accommodated and when this



event was used for junior regional trials this year it led to chaos as a large number of 1x and 2x boats tried to boat at very limited boating areas. We gave feedback to Norwich after this year's event and I was assured they would be addressing our concerns. This is probably still an event the Club will be attending, but that needs to be reviewed before a decision is taken.

Sunday 4th March 2018 – Maidstone Head. An event for boats up to fours and quads over a 2500m course. Maidstone Invicta are great supporters of our regatta and it would be good to return the compliment. With the event's proximity to the HERR races on the Thames it has perhaps been overlooked in recent years as our focus has been on eights. It might however be a good option to consider for a four or quad crew not involved in HERR races.

In addition or as alternatives to the above events I am hoping to look at the possibilities of a coaching day at Ardleigh Reservoir with Essex Uni and an internal Head to Head race day at our Club (with very possibly an invite to Essex Uni to join us).

Finally, we have the HERR races, which this year are as follows:

Saturday 10th March 2018 – Women's Head of the River Race

Sunday 11th March 2018 – Head of the River Race

Monday 12th March 2018 – School's Head of the River Race

Sunday 25th March 2018 – Vet's Head of the River Race

I want to say a little about HERR races for next year. It was great to get six boats involved this year including the boys four. It enabled a large number of members who had never experienced the event to take part. However, as indeed as happened in the past, crews broke up fairly quickly after the events. This year I am hoping that as a Club we will look slightly further ahead so that we have more sustainable crews working throughout the year, with a few changes in personnel as and when required. I want to achieve greater continuity.

With this in mind the focus of attention up to the end of January will be fours, quads and doubles. We have one established four already in the men's squad. A senior men's masters four is emerging and I would like another men's four alongside those boats. Tracy has asked all ladies in the women's squad to express their interest in working towards HERR and will be encouraging those interested to form fours to work on over the next eight weeks or so. When we get to February, we will see what boats have developed and then look at possible combinations into men's, women's or mixed eights for the March races. We would hope however that any fours that develop would be looking to continue racing as such into the regatta season.

Washing Boats:

I asked in my last update that we all make sure we all wash boats down after our outings. There is an orange bucket and sponges by the hose outside the boathouse to make this easier. Can we all please make sure we are doing this.

Training

Mondays Low rate (UT2) erg sessions organised by Lee Adams. Please check with Lee for availability.

Tuesdays Circuit training at Thomas Gainsborough School Gt Cornard between 18.30 and 20.00 hours. Adults: £3.00, Juniors: £1.50 per session. Attendance levels have dropped off considerably in recent weeks and we need to reverse this to ensure the Club is covering

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its costs. The strength and conditioning delivered by a good circuits session followed by stretches is not something that can be replicated through water sessions or on ergs. It compliments all those other activities. I strongly encourage members to build circuits into their regular training plans. Thanks once again to Tony Moule and family for their dedication in running these sessions.

Wednesday Run with the Captain. Most Wednesday evenings I do a run of around 5k around the streets of Sudbury at 6.30pm whilst Junior training takes place. Thanks to Tim Boyes and Stephen Nichols for keeping me company in recent weeks! I can provide a head torch to anyone who wants to join me.

Thursday Technical erg sessions with Tony Hogsbjerg. We are running 2 sessions 18.00- 18.45 and 18.45-19.30. The first session is usually full and there are seats available in the second session. Seats are to be booked with me on a weekly basis and cannot be booked weeks in advance, so that we avoid wasted seats through 'no shows'.

Happy Rowing!

Sean

Captain - Sudbury Rowing Club

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