

Captains Report – 12th Feb 2017 – Georgina Brown

We've had a great start to our 2017 rowing year, 6 new people came out with us in January and three people who had previously rowed with us occasionally are now coming along far more frequently. We have been operating with one boat and limited hours of daylight, but the weather has been pretty kind to us so we had managed to get out every weekend until this one. 26 different people have been out in the boat since the New Year.

Early on in January I intended to post one training row every weekend but as the number of new rowers increased and it also became clear that the new members were signing up for more rowing sessions than many of our existing members I decided to leave all the sessions open in order to keep everything a bit more flexible. David and myself keep an eye on the rowing sessions to make sure that one of our coxes has signed up for each session.

We did one rowing training session in early January, trying out exercises based on some documents from gig rowing clubs and training that we received from RowPorty early on. These training sessions will have to be perfected and added to as we go along so lots of feedback is really useful. David and Veronica have used the exercises since when they've been out coxing at other times in the boat.

There are things that we can do in order to be able to take brand new rowers out and also keep the sessions reasonably long such as taking six people out when we have a new rower on board allowing them to have a rest (and admire the view). It's been pretty cold so it isn't possible to ask people to be a passenger or a cox for long periods of time. Swapping around in the boat is, in any case, a good way of getting people used to rowing in all the different seats, and coxing.

I am very keen to get new people to have a go at rowing stroke and coxing quite soon after they start so that these jobs don't take on some air of mystery. The lack of coxes is one of the main limiting factors that we have in our club at the moment. No one will be asked to cox in choppy seas or to take the boat in or out of the harbour when they aren't confident but there is lots of space around Fisherrow in which to learn coxing skills so everyone should be encouraged.

As the days get longer and we have a bit more daylight to play with it will be easier to organise different types of sessions. Both boats will hopefully be back in the water by April. We can flag one or two sessions each weekend as longer rows, possibly the second row of each day, and put 2 hours of tide time to these sessions in order to let people go further afield. We will also be able to do some regular training sessions and start getting race fit!

The training ideas can be added into the cox's training evenings which will be re-run in late Feb and March, all welcome!

Thanks

George