



WAGS NEWS



Happy New Year

Welcome to the January 2009 newsletter. This edition looks back at the achievement of both clubs and individuals in the last 3 months as well as giving you information about coach education and volunteer training courses.

Why keep your clubs successes and achievement to yourselves send them in the more news the better especially if you have a photo or two.

This newsletter is aimed at anyone with an interest in rowing throughout the WAGS Region. It aims to keep you up to date with activities and events going on within both the region and nationally that affect your local club.

Remember this is your region's newsletter therefore to make the most of it and promote the activities in your club e-mail them to rachael.wooldridge@ara-rowing.org

Gloucester Rowing club won the Victor Ludorum at Evesham

Eighteen crews competed from all sections of the boat club in the Evesham Senior Head race on Saturday, 29th November. Eleven wins were recorded including three course records. This was enough, when added to the successes at the Evesham Junior Head, for the club to win the Victor Ludorum prize of some 30 foot of Connect-a-dock landing staging this will no doubt help the club along with their planned new development site across the river, at Gloucester.



Debbie Flood inspires juniors at Kingshill School linked to the Cotswold Rowing project.

Spending time on an ergo is not everyone's favourite activity it has to be said... Not the case for students at Kingshill School, Cirencester...

Water Rower have recently provided the school with 3 shiny new machines and students are queuing up to use them!

Rowing is the latest addition to the school's already impressive list of PE activities and its popularity soared to even greater heights when Debbie Flood took to the stage at the recent Sports Awards Ceremony.

Not only did silver medallist Debbie give an incredibly inspiring and motivating talk (Can you believe Debbie was once told by an ex coach that she just wasn't a natural rower?) but she also demonstrated the perfect technique on a Water Rower.

In an intra-year competition, students attempted to emulate Debbie in a series of one minute races. Their performances were monitored and projected onto a huge screen so that the pain, sweat and determination could be witnessed by all the teachers, parents and guests assembled in the sports hall.

Kingshill School became a Specialist Sports College in September 2002. (Annie Januszewski ARA HSCT Coach)

WAGS Affiliated clubs/schools/universities: Avon & Somerset Police RC, Avon County RC, Bradford on Avon RC, Bristol Ariel RC, City of Bristol RC, Cotswold RC, Fuzzy Duck BC, Gloucester RC, Meles BC, Minerva Bath RC, Severn River Rowing Ass, Swindon RC, Bath University, Bristol University, Defence Academy RC, Gloucester University, West of England university, Cheltenham College BC, Cheltenham Ladies College BC, Clifton College BC, Monkton Bluefriars BC, Monkton Combe School BC, Wycliffe College Boat Club



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Spot light club:

This is a new page which with your help will each time to feature a different club.

Minerva Bath

Boat house opening

On Sunday 5th October the Mayor of Bath (Councillor Tim Ball), members of Minerva Bath Rowing Club and their guests from the ARZV Rowing Club of Bath's twin town, Alkmaar in Holland, braved the poor weather to officially open Minerva's new boat house. Other guests included representatives from Ralph Allen School who witnessed one of Minerva's new boats named after them.

The ceremony was a culmination of many years' hard work and determination to expand the club facilities for the benefit of the community and is testament to the dedication of many Minerva members past and present, particularly former Captain Vince Whetherly and Club President, Arnold Cooke. *(Not forgetting - Steph Bailey-Cooper, William Wadsworth, Andy Wallis and finally Chris Fry and Guy Whetherly. Many of the newer members will not remember the many late nights and lost summer holidays spent putting up the wood framed boat house in those very early days at Newbridge. "Never in the field of boat house construction was so much owed by so many to so few")*

Minerva shares its new facilities with the University of Bath, the World Class Start programme which identifies and develops potential future Olympians, pupils from Ralph Allen & Beechen Cliff Schools and charities such as Mentoring Plus, a youth crime prevention project, and Mencap who have recently started canoeing at the club.

Along with the opening ceremony the Mayor was asked to name several new boats which were bought through funding from Youth Bank, a UK-wide grant making initiative run by young people for young people, as a result of several months' hard work to secure the funding by Minerva Junior members Jake Tempo and Alex Wildy.



Minerva at Wycliffe small boats head

The morning of Saturday 6th December saw a crisp autumn morning in Bath with beautiful clear skies and a light dusting of frost! The day continued in the same way with blue sky all day but with a bit of a nip in the air and Arnold commented that they were some of the best racing conditions he'd seen at Wycliffe.

With the trailer overflowing (Arnold generously took two boats on his car) Minerva headed off to Wycliffe. With numerous singles, pairs and the occasional double, our onslaught on the medal table went quite well and by the end of the 3 divisions we came away with 7 Golds, 6 Silvers and 2 Bronzes making Minerva the most successful club at the event if organizing the medal table the way they do it at the Olympics!!!

In the process, Vicky notched up a new course record in WS1 1x, Lucy did the same in WS3 1x, Helen in WS4 1x and Vicky and Gemma in WS2 2-. Max and James finished just outside the medals in J15 2x and stepped up to the challenge well in S4 1x finishing 5th and 6th. Ruth and Katy battled their way down the course finishing 8th in their respective singles categories whilst Gary and Andy snatched Gold in S2 2- and 2nd in E2-.



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DOES YOUR CLUB RUN A HEAD OF THE RIVER RACE?

Please do read on whether the answer is yes or no! Would you like more volunteers who know what is required of them when helping on the day? Or would members of your club like to help another club run theirs?

Avon County RC are holding a training presentation followed by a 'hands on session for all volunteers who would like to know more about the roles required to enable them to assist in the running of an HOR, on the day, with confidence.

FULL DETAILS BELOW:

Rule 6.1.6 of the ARA Rules of Racing says: "It is the long term aim that the Chief Marshal and all Race Monitors should become licensed umpires, or that there should be developed an appropriate intermediate qualification for Race Monitors".

It is also generally expected that the whole course should be in sight of a Race Monitor, so most events will require more volunteers who know what is required of them.

The WM and WAGS Regional Umpires Commission has approved a training presentation for Monitors and agreed that anyone attending one should be awarded a certificate of attendance. (No examination is involved).

Avon County will be running a presentation on Sunday 25th January 2009 at the Riverside Restaurant (Just off the Shallows near Avon County RC in Saltford).

It will start at 9.30am prompt and last about 1½ hours. It will be followed by a time trial for local crews where those attending the presentation will be able to get some 'hands on' experience of the various roles. We expect to finish by 1pm at the latest.

The presentation covers all aspects of the jobs that anyone who volunteers to lend a hand on the day might be asked to do. (Checking boats, launching, marshalling, monitoring, timekeeping etc). It is very relevant for both experienced rowers and people with little experience of the sport. Parents of junior rowers who came last year felt it gave them the confidence to offer to help.

Safety regulations are now so prescriptive that many more helpers are required in order to undertake all the roles expected of the organisers when running a successful HOR, so please do encourage your members to come. A personal encouragement usually works best. Although there is no charge we do need to know the names of those intending to come so that we are prepared to accommodate them. Please would you let Robin Leach have the names by 8pm Thursday 22nd January, by phone on 01275 332465 or e-mail on rmcmd.leach@virgin.net. Avon County RC



EXCELLENCE IN SPORTS COACHING

UKCC Level 2 Rowing Coach Award

Hosted by: University of West England (UWE)

February 7th, 8th, 21st & 1st March (Timetable under development roughly 9AM -5PM ever day, full updated timetable will be send out once finalised.)

Cost: £291, please note this is a reduce rate as the ARA is subsidising the cost by £44 per person.
Cheques payable to: 'WAGS regional rowing council'

Closing date for applications: Monday 12th January 09
Application form: is also attached to original e-mail or can be downloaded from <http://www.ara-rowing.org/publication/ukcc-candidate-application-form>

Applications forms and cheques should be sent to:
Chantelle Hanley 53 Dunkerry road, Bristol, BS34LD

(Cheques payable to: 'WAGS regional rowing council')

MAX 12 candidates per course. The course will be filled on a first come first serve basis.

Subject covered include:

- Introduction to course
- Introduction to coaching
- Welfare and good practice
- Risk management & incident reporting
- Checking and setting up equipment
- Developing Skill
- Flexibility and core stability
- Developing technique
- Dynamic warm up, cooling down and stretching
- Capsize drill
- First Aid
- Planning, delivering and reviewing sessions
- Welfare, hypothermia and equipment tests
- Developing activity and fitness
- Outline of assessment process

For any further information about the course see www.ara-rowing.org Or E-mail: rachael.wooldridge@ara-rowing.org



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Pairs Head

Arnold Cooke of Minerva Bath RC, sculling with his long term partner Tim Lincoln of Henley RC, won the Vet G/H/I handicap in the Pairs Head on 11 October. They passed the Vet I crew in the first few strokes and the first Vet G crew, which included ex-international Dave Gramolt, within 30 strokes of the start. They then had a long steady row before overtaking the only other Vet G crew, with ex-international Dick Findlay, at the Crossing. The Henley/Minerva combination had only had four outings in the last 2 years, owing to illness, and it showed in the final two minutes but they clung on to win by a comfortable margin.

If the current Veteran Handicap reductions were applied to their time, they would apparently have won the race overall by some 40 seconds and would also have beaten all the other age categories of veteran easily. A new set of handicap times for longer distance races has been put forward for inclusion in next year's Almanack. These make substantial reductions in the handicaps allowed for age as further analysis of Head results has shown that the age deterioration is less pronounced the longer the distance. Applying these new handicaps would still say Lincoln and Cooke were fastest overall but only by 2 seconds and all the age category winners would be within 15 seconds of each other (on handicap), which is much more realistic.

Veterans Fours Head

Arnold and co also won the G/H 4- handicap in the Veterans Fours Head. The crew was a composite of Henley RC (Tim Lincoln and Mervyn Theaker) Sheffield RC (John Stoddart) and myself. Race conditions were reasonable. There was a strong tail wind to help us as far as Hammersmith but as we turned the bend beyond Harrods, it became a head wind but luckily not quite strong enough to cause sinking conditions. As far as the competition was concerned, we drew steadily away from the other boats in our category and passed a succession of F4+ crews. Using the handicap in the Almanack this year, we would have won the whole event by some way. A new set of veteran handicaps has been proposed for next season (see below). Applying these would have put us near the bottom, though all the age category winners would have been close.

The proposed new veteran handicaps (based on age) apply to the longer events (10 minutes and upwards). There have been a number of representations saying that, for these long races, the present ones favour older crews unduly. The present handicaps are based on the analyses of 1000m races, extrapolated linearly to the longer times, so that a 20 minute race would have 4x the handicap of the 1000m race. Harry Harvey has analysed a number of the big Heads and has concluded that, for races of 20 minutes in length, the present handicaps should be reduced by half. He has then worked out the handicaps for races greater and less in length by interpolation. The National Veterans Commission members have been asked to look at their local Head results, apply the new and present handicaps and feed back their opinions on which ones give the most realistic results. The results of the recent Pairs Head and Fours Head would indicate that the new handicaps will be endorsed by the Commission.

Arnold Cooke, Chairman, National Veterans Commission

New WAGS Regional Rowing Council committee 2009

Chairman:	Phil Clements
Deputy Chairman:	Julian Bewick
Secretary:	Clair Ponting
Water Safety Adviser :	Clive Pendry
Treasurer:	Robin Leach
Coaching Commission:	Jonathan Garrow
Junior Commission:	Penny Senior
Veteran Commission:	Deirdre Squire
Recreational Rowing:	Stephen Oxlade

Divisional Representative – Philippa Sondheimer

ARA Coaching and Development Officer: Rachael Wooldridge rachael.wooldridge@ara-rowing.org

Regional events coming up in WAGS

7 Feb 09 **WYCLIFFE BIG HEAD**

22 Feb 09 **BRISTOL, CITY OF, HEAD OF THE RIVER**

28 Feb 09 **AVON COUNTY HEAD OF THE RIVER**

08 Mar 09 **GLOUCESTER HEAD**