



WAGS NEWS



Welcome to the April 2010 newsletter. This edition looks back at the achievement of both clubs and individuals in the last 4 months as well as giving you information about coach education and volunteer training courses.

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.

To promote the activities in your club, e-mail articles and photos to sarah.harris@britishrowing.org
Deadline for the August 2010 edition is 31st July 2010.

A very Happy Easter to you all.

The WAGS regional plan is taking shape. Thanks go to Philippa Sondheimer for coordinating the consultation with clubs and penning the plan. The plan takes into account the developments and aspirations of each club, school, university and associated organisation. There will shortly be a visit from the British Rowing Facilities Manager and clubs involved will be contacted for their input.

In March WAGS said a fond farewell to Chantelle Hanley who has been Women's Coach at UWE and a coach educator in WAGS for more than 6 years. Chantelle returns to Canada to become Head Coach at Leander Boat Club, Hamilton, Ontario. We wish her and Geoff all the very best and thank them for all their work in the region and beyond its borders.

It just remains for me to say have a very successful competition season and I look forward to printing the results of all that winter training and all the other exciting things your clubs are taking part in over the summer.

Sarah Harris

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New rule changes for the 2010 season.

The following sections have seen changes which all rowers need to be aware of in whatever capacity that they participate in.

1.1.2 Purpose

The Purpose of the Rules of Rowing which are to provide a basis for safe, fair and equal racing.

This purpose has been extended to cover for safeguarding and protecting children. A Welfare Policy needs to be in place and will be checked by visiting Umpire Commissioners at events.

2.2.3 Safety Information and Circulation Patterns

A copy of these instructions shall be sent, no later than 3 days before the regatta, to each club whose responsibility it is to distribute them to the crews. These instructions shall also be distributed, in advance of the competition, to the Commissioner attending and officiating umpires.

In the past events had to send a copy of the safety information and circulation patterns to each competitor. It is now a copy to each club. Each club is then responsible for distribution of this information to their own crews.

2.3.8 Equipment Check

Heel Restraints All boats where "fitted shoes" are employed must have effective heel restraints. These must be properly adjusted (each heel should be prevented, separately, from rising higher than the lowest fixed point of the shoe) and in working order.

*The word "separately" has been added so that a loop of string between the heels is not acceptable. **Remember** it is the responsibility of the crew for the condition of their equipment, **not** the Control Commission umpire. Boats should not be failing!*

bow balls ..."the fixing must not itself present a hazard"...

Any fixing nuts bolt / pins must be removed, filed smooth, or covered so that in the case of an accident they do not cause further damage to equipment or people they come into contact with.

2.4.6 False Start

... "Official warning may be given by any umpire for a variety of infringements of the rules"...

It used to be a Key Race Official. Now any umpire of the regatta, even when "off-duty", can inform a key race official of an incident and a warning be given.

2.7.4 Unsportsmanlike behaviour

...Delay the Start without just cause..

A crew can no longer gain advantage by delaying the start. Also remember a crew has to be ready to race at the end of the roll call (naming crews) as the starter can ignore any raised hands after this. A starter wants fair and safe racing!

3.2.1 Senior Classification

d) Those winning at Henley will have their points topped up. If they are already at the level of points or more, then they shall be awarded one extra point.

3.3.4 Masters

No longer do we have Veterans, they are now called Masters. The age limit for becoming an "A" Master has dropped from 31 to 27 which now ties in with the FISA.

A 27	B 36
C 43	D 50
E 55	F 60
G 65	H 70
I 75	



National J16 Camp 2010



Katherine Shaw from City of Bristol and Molly Lynn Manuel from Avon County Rowing Club report on the National J16 Camp in Nottingham. April 2nd – 5th 2010.

On Good Friday, Molly and I walked into the National Water Sports Centre (Nottingham) for a J16 sculling camp. Loaded with bags of spare kit for the anticipated bad weather, we casually tried to assess the other rowers gathered in the foyer. After all they will be our direct competition for nationals and other major regattas.

These thoughts were interrupted by the realisation that we were about to be split up and put in bedrooms with complete strangers. This proved to be the start of pushing us right out of our comfort zones. During the weekend we faced lots of new challenges such as “Standing Rigger Dips” and “Going Around the World.”

After a bad weather forecast, the first day started sunny and dry. We eagerly boated and lined up for our first time trial, this was a grouping process to make sure we were with people of similar ability and speed, but to us it was a chance to show what we could do.

It was exciting to meet new coaches and see how they explained different aspects of rowing technique. However, whilst they did the explaining, we had to put it into practice – seemingly endless km of square blading, stretching and learning about technique, training and diet. The end result being everyone fired with enthusiasm to get home and put it into practice.

Anyone who's rowed at Nottingham will know or have heard about the unpredictable wind conditions, but on the last day it certainly proved to be more than I was expecting.

We had started our final time trial, which would assess if each individual had improved during the camp. After approximately four capsizes we were all called in to land as quick and safely as possible. Luckily all but one group got to finish their time trial but understandably everyone was just more pleased to be dry(ish) and out of the rigger topping waves.

We would like to say a big thank you to all the coaches, especially Jo Atkinson for organising such a fantastic camp and Oliv er for leading such intense warm ups numerous times a day.



WAGS REGIONAL ROWING COUNCIL, AVON COUNTY ROWING CLUB and WYCLIFFE WATERMEN HAVE THE FOLLOWING

ITEMS FOR HIRE



HQ CARAVAN

Suitable for use for finish judges, registration, race control etc
Needs to be collected and returned with suitable vehicle

LOCATION
TO BE CONFIRMED

DAILY HIRE
£75



2 PUBLIC ADDRESS SYSTEMS
Each with 2 speakers, a wired mic and radio mic

BUSSAGE NEAR STROUD

£50



14 RADIOS (1 frequency)
17 RADIOS (3 frequencies)

BUSSAGE NEAR STROUD
BUSSAGE NEAR STROUD

£8 each
£8 each



6 LOUD HAILERS
10 LOUD HAILERS

BUSSAGE NEAR STROUD
CHEW MAGNA near BRISTOL

£5 each
£5 each



3 10ft x 20ft MARQUEES

CHEW MAGNA near BRISTOL

£20 each

(Pictures are for illustration only and do not depict actual items)

- All items have to be collected from and returned to the above locations.
- The daily hire cost is for rowing associated events. For non rowing events add 25%.
- Any loss or damage is the responsibility of the hirer and must be paid for.

- To book and for further details contact:
- Phil Clements 01453 732035 or Robin Leach 01275 332465



WAGS NEWS



How to complete your UKCC Level 2 Coaching Qualification.

Following the face to face part of the Level 2 there are a number of tasks that must be completed before your assessor visits you to carry out your final assessment.

1. Risk Assessment.

Independently Assessed Written Task.

This risk assessment needs to be carried out at your home club and you will be questioned on a couple of the hazards and what you would do to manage the risk and reduce the likelihood of an incident occurring.

2. Candidate Coaching Logbook.

Independently Assessed Written Task.

Make sure you give yourself time to get all the information together that you are going to need to fulfil this task. **If your club does not have the policies and procedures in place to complete this page, please let Sarah Harris know as soon as possible.**

3. A Summary of your linked sessions.

This is a summary of the 6 linked sessions you are planning to undertake with your crew. You need to carry out 5 sessions and the 6th is the one you are assessed on.

Skill, Fitness and Athleticism are explained at the top of the page. The Evaluation method are such things as; video evaluation, visual evaluation etc.

Think about how the sessions are linked and what progress your crew or sculler makes during the sessions.

4. Individual Session Plan

You will need to photocopy or download 6 session plans from Row How. 5 plans must be completed, paying particular attending to completing the reflection section of the plan. The 6th plan should show the session you are going to perform for your final assessment and you will be asked to complete it once the session has been carried out.

In case of unforeseen circumstances on the day of your assessment, always have an alternative session planned in case you can not carry out your original plan.

5. Logging boat measurements. Please make sure you know and have recorded the measurements for the equipment you are using for your final assessment.

You may or may not be asked to demonstrate how you took the measurements but you will be asked how you would change the measurements if you had to. The tick sheet in your pack will give you a prompt as to the sort of questions you may be asked.

6. Discussion Log. Make sure you record any discussions you have with your mentor.

You have 2 years to complete your qualification but this has to allow 35 working days from submitting the paperwork to the certificate being issued. If you have missed this deadline it is possible to re-register for the qualification but there is a small cost attached.

If you are ready to be assessed, have any questions or wish to re-register then do not delay and contact Sarah Harris

(M) 07818 576 149

Email sarah.harris@britishrowing.org





WAGS NEWS



Team Manager – Penny Senior
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The 2010 WAGS and WALES Team

J14	Club	Coach	J16	Club	Coach
1x (Tom Worrall)	City of Bristol	Mike Murphy	1X (Matthew Hnatiw)	Cardiff City	Mike Hnatiw
W1x (Shannon Halliwell)	Avon County	Chris Hopper	W1x (Alicia Green)	Gloucester	Paul Crumpton
2x	Gloucester	Paul Crumpton	2x	City of Bristol	Mike Murphy
W2x	City of Bristol	Mike Murphy	W2x	City of Bristol	Mike Murphy
4X+	Monmouth School	Robin Fletcher	4X	Wycliffe College	Jonny Garrow
W4X+	City of Bristol	Mike Murphy	W4X	Avon County	Austin Bathe-Taylor
J15			4+	Cheltenham College	Patrick Weir
1x (Ieuan Parry)	City of Swansea	Sarah Hayward	W4+	Haberdashers Monmouth	Jonathan Cheesman
W1x (Kirsty Martin)	Avon County	Penny Senior	80	Monmouth School	Robin Fletcher
2x	Wycliffe College	Jonny Garrow	W80	Haberdashers Monmouth	Jonathan Cheesman
W2x	Gloucester	Paul Crumpton			
4x	Monmouth Comprehensive	Dan Cowton			
W4x	City of Bristol	Mike Murphy			
4+	Avon County	Penny Senior			
W4+	Haberdashers Monmouth	Jonathan Cheesman			

The 2010 Junior Inter-Regional Regatta takes place on Sunday 25th April at the National Water sports Centre, Holme Pierrepont, Nottingham.

The WAGS region wishes Penny and her WAGS and WALES team every success at the regatta.



News from Around the Region

City of Bristol Rowing Club



City of Bristol Men's 1st VIII coxed by Lizzie created club history in March by finishing 31st in the HRR despite losing a fin and missing their start position.

The club have also taken possession of 2 new junior boats thanks to donations from the Spielman Charitable Trust and Sport England after making a plea in the local press. All credit to Mike Murphy for his fund raising efforts.

Gloucester Rowing Club

Congratulations to Gloucester Rowing Club's Beth Rodford who finished in first place at the Women's Head of the River in a composite crew of Gloucester / Imperial College / Marlow / Reading University / Thames / UL.

Also to Ruth Wyman who finished 12th in the composite crew of Canford / Glasgow Academy / Gloucester / Latymer / Nottingham / Runcorn / Stratford.

On Saturday 17th April the club will be hosting a BBC Dropzone event, giving individuals the chance to try rowing. The event is advertised on the BBC Drop Zone website in the Thrill Seekers section and also on local radio.

University of Bristol Rowing Club.



Ben Bathurst progresses to GB Senior Trials in Belgium.

Minerva Bath Rowing Club



Ruth Coverdale held her nerve at the Henley Boat races to steer the Cambridge Men's Lightweight crew to a 2 feet win over Oxford in what has been

described as the most exciting race of the day.

On Saturday 10th April Minerva Bath officially named their new boat house the Arnold Cooke Boat House in recognition of the many years of work Arnold has put into the club. David Medlock also christened their newest boat the 'Victor Auvonae' or Champion of the Avon. The eight was purchased with a kind donation made by the 'Medlock Charitable Trust' and the aid of a 'Sport England' Sports Match Grant.

Vicky Thornley a member of both Bath University and Minerva has taken a step closer to the GB Team by finishing 4th in the pairs at GB Senior trials in Belgium. We wish Vicky success in the crew formation camp in April.



-  National Event
-  Coach Education
-  Regional Event

DIARY DATES

DATE	EVENT	VENUE	TIME	CONTACT
April 25	Junior Inter-Regional Regatta www.jirr.org	NWSC		Penny Senior penelope.senior@hp.com
May 1-3	BUCS Regatta	NWSC		www.bucs.org.uk/sport
May 5	A Club for All	Bath Uni Sports Village	6.30pm-9.30pm	Chris Leach 0117 3286250
May 8	Bristol Varsity Boat Race	Floating Harbour	11.15 - 16.00	www.thevarsity.co.uk
May 9	Ball Cup (South) www.ballcupregatta.org.uk	Dorney Closed Event		Phil Clements phil@marinex.co.uk
May 11	Safeguarding and Protecting Children	Bristol Uni	6.30pm-9.30pm	Chris Leach 0117 3286250
May 13	Equity in your Coaching	Beaversbrook Sports Facility	6.30pm Calne	Dominique Oughton 07917 030946
May 22	Bristol Avon Regatta regattaentries@avoncountyrowingclub.org.uk	Saltford		www.baregatta.org.uk
June 5	Great Western Regatta To be Confirmed	Cleveland Lakes		Philippa Sondheimer philippa@haringtonglass.co.uk
June 10	Safeguarding and Protecting Children	Bath Uni Sports Village	6.30pm-9.30pm	Chris Leach 0117 3286250
June 15	Safeguarding and Protecting Children	Uni of Gloucs Oxstalls Campus	6.30pm	Active Gloucestershire 01242 715204
June 25	Henley Royal Regatta Qualifying Races	Henley		www.hrr.co.uk
June 27	GB v France J16 Selection www.britishrowing.org/gb/trials	NWSC		jenny.hassell@gbrowing.org.uk
July 24	Home International Regatta	Cork		www.britishrowing.org