

Below: Racing at Tyne Regatta



PHOTO: AL JOHNSTON

COMPETITION UPDATE

The current points system is being replaced with a ranking (RI) index – so what progress has been made?

Over the past few months British Rowing has sent out regular email updates addressing some of the key questions that

After working on the technology to support these changes, a number of events can now pilot the new system over the coming months. This will provide

who wish to use the system. As British Rowing members, you will then be able to see how many ranking points you have accrued from affiliated events.

“OUR AIM IS TO LAUNCH THE NEW COMPETITION FRAMEWORK IN SPRING 2017”

you have asked us. If you missed these, they can be found on our website at www.britishrowing.org/events/competition-framework

independent feedback and will help us deliver a more robust system.

Our aim is to launch the new Competition Framework in spring 2017, for all events

Look out for regular email updates, and let us know if you have any questions by emailing competitionframework@britishrowing.org

STUDENT TIPS

As the new season gets underway, there's no better time to hop in a boat. But how to combine studying, socialising and rowing? **Bryony Grimes** has compiled six sure-fire tips for surviving the year!

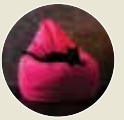
1 – Time management

Throw rowing into the mix and it gets trickier, but a clear action plan for the day / week will help get everything done. Write out your goals and keep them visible – a constant reminder on the tougher days.



2 – Rest days

Crucial for keeping motivation up but use them wisely – clear everything rowing-related from your mind and recover well. No erg chat allowed!



3 – Savvy sleep strategies

It's always tempting to crawl back into bed, but doing things twice is only reserved for breakfast. Apps that wake you in your lightest sleep phase will help you get the most out of your time.



4 – The working day

Mimic a 9-5 office working day; come 5pm anything academic is banned, and evening training becomes a priority.



5 – Stay ahead

Keep deadlines as ingrained as race dates. Complete essays early and you won't be caught out when your coach organises more last-minute water time!



6 – Support

Finally, a club is a support network, so get to know everyone inside out – their strengths, their favourite race-day snacks and their habits. These bonds are crucial during hard sessions – a close-knit boat can often be faster.

