

March 2023 Rowing Update

Hi Rowers and Parents,

Welcome to the March rowing update.

It is great to see the lighter nights appearing. We are hoping that the lighter nights are going to bring better river conditions. I am not holding my breath. The weather always seems to take a downturn during the lambing!

Please be aware that we are changing our midweek rowing nights. Going forward, **ALL** rowing sessions will be back at the river. Unfortunately, this will involve a change of midweek nights; we will now row on Monday and a Wednesday and not Tuesday/Thursday as previously. We are keen to have all rowers on the river with a focus on JIRR and the British Champs. We have missed a lot of river time, so we are keen to make the most of the light nights.

Please be aware that some event dates have changed. I have updated the event information below.

I have a proposed date for capsizing training - Sunday 19th March. This will take place on the afternoon after the morning river session. I will be updating you with confirmed details in the next week.

Please can you give consideration to the request for volunteers. We will definitely require extra adult supervision on the two overnight stays.

I look forward to an exciting spring racing season.

Enjoy your rowing -we do!

Event Results

Results for the TARC Tyne Head on Saturday 11 Feb can be viewed by clicking [here](#).

Payment of Club Fees

I am receiving a good number of standing order forms, thank you for this. Louise Sewell has also started chasing people for these forms. Please can you update your standing order to reflect the new club fees, if you have not done this already. I have plenty of forms that can go home. Or alternatively, I can email you a copy to print off and return.

Rowing Sessions - This Term

After discussions with Pam and other coaches, we **ARE** reverting back to our Monday and Wednesday night slots, starting from Monday 27th February. I have updated Spond to reflect this. Spond should now be showing training session till Easter. I am sorry for the swap of nights. The change is due to historical river access nights. QEHS are timetabled to a Monday and a Wednesday, while Hexham Rowing Club are timetabled to a Tuesday and Thursday night. I realise that this can cause issues with childcare. However, these nights should now not change again till October.

We are keen to be back onto the river to help prepare the rowers ready to compete at JIRR and the Champs races later this year. The weather and river heights have delayed us in our preparations for these key events. Our focus will be identifying our best crew combinations, technique focus for 1600m and 2000m events.

Pam, Nicole and Kevin are keen to see everyone attending sessions as we move forward. We are looking to put our strongest crews together for these events. It is vital that all rowers make the commitment to training consistently over the next 10 weeks. Consistency is the key to performing well later in the summer.

Weekend sessions will operate as normal. Please be aware that if we are attending regattas and other competitions there will not be a session at Tyne Green on that date.

Please continue to use the attending button on Spond to indicate your attendance for each individual session. That way we can cancel any dates that we do not have sufficient people to either row or volunteer.

Key Dates Going Forward

Please keep an eye on Spond for more detailed information for these events.

Please also be aware that you may not be able to attend some events. This may be due to the event being for specific age groups or for selected crews to race due to their experience. If that is the case, you may not be able to see the specific event information on your Spond timeline.

Mid-week and weekend training sessions are open to all club members. These sessions should be visible to you on the Spond timeline. If they are not, please let me know and I will check and or update your Spond settings. **Please be aware, if there is an event on either a Saturday or a Sunday then there will NOT be a session at Tyne Green.** We will look to use Spond to keep you informed of dates when this will happen.

Information below is taken from the Northern Rowing Council website: <http://www.nerowing.com/calendar.html>

NOW NOT ATTENDING

Sat 04 March - Derwentwater Head - Pam, Mr Gaines, Nicole and Katrine involved with a coaching award on this date.

Sat 11 March - JIRR trials - KEY EVENT

Cambois Rowing Club

<http://www.nerowing.com/jirrtrials23.html>

Sat 18 March- Ponteland Head- PLEASE NOTE CHANGE OF DATE

http://www.tynerowingclub.org/pages/ponteland_junior_head_153682.cfm

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[Ponteland Junior Head - tynerowingclub.org](http://www.tynerowingclub.org)

Esme Russell, Zara Holtham, Ben Ryrie and Christian Ryan, junior captains at QEHS BC The Victor Ludorum winner was confirmed as Queen Elizabeth High School BC. They will hold the rose bowl trophy for a year and received a pennant.

www.tynerowingclub.org

Fri 21 April + Sat 22 April- JIRR

For crews selected from the NE regional round. National Watersports Centre, Nottingham

Sun 07 May- Mon 08 May (now a Bank Holiday) Durham City Regatta- PLEASE NOTE DATE CHANGE DUE TO CORONATION

<https://www.durham-arc.org.uk/durham-city-regatta/>

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[Durham City Regatta – Durham Amateur Rowing Club](http://www.durham-arc.org.uk)

Durham Amateur Rowing Club 1860 Limited Registered Office: City Boathouse, Green Lane, Old Elvet, Durham, England, DH13JU. Registered Company No. 12532589

www.durham-arc.org.uk

Sat 13 May- Tees Regatta

Event page is only showing 2022 details

https://www.teesrowingclub.co.uk/index.php?option=com_content&view=article&id=124&Itemid=214

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[Tees Rowing Club - Tees Regatta](#)

Tees Regatta takes place on our four-lane fully buoyed 850 m course on the Barrage straight, immediately upstream from the Tees Barrage with the finishing line outside the River Tees Watersports Centre. We offer a wide range of events in three divisions, offering competitors the chance for a full and varied day of racing.

www.teesrowingclub.co.uk

Sat 20 May- Wansbeck Regatta

Event page is only showing 2022 details

<https://www.camboisrowing.club/wansbeck-regatta/>

[Wansbeck Regatta - Cambois Rowing Club](#)

Here is the final draw for Saturday, we look forward to seeing you all then :

www.camboisrowing.club

NOW NOT ATTENDING 26th - 28 May - National School Regatta -
Details Unavailable at the present

Sat 03 June- Hexham Regatta

Event page is only showing 2022 details

<https://www.hexhamrc.co.uk/hexham-regatta>

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[Hexham Regatta | hexhamrowingclub](#)

Hexham Regatta has always been a major event in the North East. It is Christmas Handicap was a significant competition in the professional calendar in the early part of the 20th Century and attracted competitors from all over the British Isles. Even in the 1980's when the club was unable to provide volunteers to run the event, Tyne Green water-sports

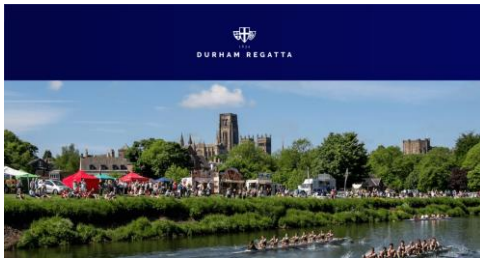
Association was created partly to keep the ...

www.hexhamrc.co.uk

10th - 11th June- Durham Regatta

<https://durham-regatta.org.uk/>

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[Durham Regatta](https://durham-regatta.org.uk/)

The 190th Durham Regatta. 10th & 11th June 2023 Join us for a spectacular weekend of racing and bank-side entertainment

durham-regatta.org.uk

Sun 25 June- GB/France Trials

Selected crews only

Sat 21 July- Talkin Tarn Regatta

Event page is only showing 2022 details

<https://www.talkintarnarc.co.uk/regatta-2022>

[Regatta 2022 - Talkin Tarn Amateur Rowing Club](https://www.talkintarnarc.co.uk/regatta-2022)

Please find below links to the essential information required to take part in the regatta.

www.talkintarnarc.co.uk

13th - 16th July British Rowing Championships- KEY EVENT

Event page is only showing 2022 details

<https://www.britishrowing.org/events/events-calendar/british-rowing-junior-championships/>

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[British Rowing Junior Championships 2022 - British Rowing](#)

The GB Rowing Team is the high performance arm of British Rowing. Rowing is the nation's most continuously successful Olympic sport, having won a gold medal in every Olympic Games since 1984, and has won six Paralympic golds since the sport was introduced to the Paralympic Games programme in 2008.

www.britishrowing.org

Volunteering to Support the Club

We are constantly looking to recruit people to help us keep the club running successfully. Volunteering is not a job to be fearful of. The rowers are well trained and need only light supervision most of the time. Key areas of a training session that need a special focus are helping with boating at the beginning and the end of training sessions. If you would like to come and watch a session before committing to helping that would be a good first step. Please contact Pam or me if you would like to come to observe at a river session.

A key area for the club is building up a bank of minibus drivers. We currently rely on five drivers. We have had three more parents qualify to drive a minibus. I currently have three names that are willing to attend training. If we could find one more volunteer, then we could run another course in the next few weeks. Please contact me if you are unsure about the commitment. I am happy to discuss training process with you.

Looking forward we will have a busy Spring and Summer of events. We will have at least two Events where an overnight stay will be required. Please could you consider if you would be able to help on either of these two events. Please note that we will need to travel on the Thursday, this would mean that you may need to take two days as annual leave! Please let Pam or me know if you are able to help.

Please beware that all volunteers we will be required to undertake a DBS and complete the QEHS volunteer training. If you think you can help, it would be good to start this induction process sooner rather than later.

The two events are:

Fri 21 April + Sat 22 April - JIRR

For crews selected from the NE regional round. National Watersports Centre, Nottingham

and

13th - 16th July British Rowing Championships
Strathclyde Park, Glasgow.

Capsize Training- Wentworth Leisure Centre

I have a proposed date for capsize training - Sunday 19th March - Wentworth Leisure Centre

This will take place on the afternoon after the morning river session. I will be updating you with confirmed details in the next week.

Items needed:

- Swimming costume
- T-shirt to swim in
- Shorts to swim in
- Towel

Packed lunch for between the finish of rowing and the start of the session at WLC.

An Update from the Asset Management Team

The asset team is finally getting to grips with historic maintenance issues which will free up time to concentrate on setting the boats up to ensure the crews can go as fast as possible.

Top tips to help us going forwards are:

- Please do not put the boat strap buckles near or on the metal frame on the boat trailers. Boats have been tied down loose and this delays us leaving for events and returning from them. The buckle should be orientated so that pulling downwards there is about a three finger width gap between the buckle and the trailer cross member and the buckle is not in contact with the boat. Not sure, then ask one of the asset team.
- Too many people have been seen with blisters, abrasions and damage to their hands. Let's address the issue. Please let the team know which blades are causing the issue and why and then we can rectify. There is nothing worse than trying to row with damaged hands.
- There have been instances when boats have literally started to work loose during a water session. It is the crew's responsibility to double-check everything is tight and assembled as it should be, before they go onto the water. We will be introducing a card system soon where a crew member will have to sign the boat in and out, stating they have checked the condition of all equipment and it is safe to use.

- If you notice any damage/wear to a boat, seat, erg or blade please let one of the asset team know and we will add it to the list to get fixed/maintained at the next available opportunity. Please do not hide the issue, we understand accidents happen.

Thank you for keeping the repairs to a minimum this month, don't forget it is your membership fee that has to pay for repairs. So, if you want new or better equipment look after what you have first.

Safeguarding

If you feel that you need to talk to anyone regarding issues within the club your key people to talk to are:

Mrs H Curry	Designated Safeguarding Lead for QEHS.
Mr P Gaines	Member of Staff - Lead Teacher for Rowing
Mrs Kerry Stith	Parent Volunteer - British Rowing Safeguarding Trained.

Remember, you can also talk to your form tutor.

I am keen to develop the content of this email. Please let me know any feedback on what else you would find useful to know about.

We hope to meet you down at the river.

Kind Regards

Mr P Gaines and Pamela Walton
pwalton@qehs.net