

December 2023 Rowing Update

Dear Parent/ Carer,

It has been another tough month for the rowers. Constant storms have made water time a luxury. However, it has been great to see the rowers committing to dry land training. The hard sessions on the ERG, running and S&C are the foundation blocks of great performance at the regattas after Easter. Please find included in this update the timings for training sessions that will run over Christmas.

I have also included a provisional list of events looking forward in 2024. Please be aware that not all events are suitable for new year 9 rowers but we will make clear which events these are. For certain events rowers will be selected e.g. JIRR trials. We will discuss with the rowers their thoughts for events in the new year. It will be important that we can get rowers to commit to crews and attend training to be well prepared for the competition that we enter them for. To be able to compete your rower will have to complete a capsized drill which we are planning to hold early January.

Please be aware that we plan to increasingly use the Spond app to help with the process of checking for availability to compete at selected events and regattas. If you are still having issues with Spond please contact us and we will endeavour to sort the issue for you.

Regards

The Coaching Team.

Training Dates - Special Arrangements

Key dates coming up for the sessions running up to Christmas are as follows:

Tuesday 19th December - last indoor session at QEHS before Christmas

Thursday 21st December - No session

Saturday 23 December - Normal River Session

Sunday 24th December - No session

Monday 25th December - No session

Wednesday 27th December - No session

Saturday 30th December - Normal River Session

Sunday 31st December - Normal River Session

Monday 1st January - No session

Wednesday 3rd January - Normal River Session

Saturday 6th January - Normal River Session

Sunday 7th January - Normal River Session

Tuesday 9th January - Normal sessions at QEHS re-commence

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Event Reports

Durham Autumn Small Boats Head - 11th November

After many cancelled events QEHS rowers managed to have the opportunity to compete. A large team of rowers traveled to compete at Durham and take on the infamous Elvert bridge.

A range QEHS rowers performed well in this event. Proving that our dry land training is going well. We had five winning crews on the day. Hugh B's boat (Op 4+) won. Alex H (Op J15 4x+) boat won. James M's boat (Op J16 2x) won. Ania S boat (W J16 2x) won. Alex R boat (W J15 4x+) won. A special mention must also go to Tom D boat (Op J18 4x) who recorded the 10th quickest time of the day.

Well done to all QEHS competitors. There was a great buzz about the team on the day. It was great to hear the many stories of misses, near misses and collisions at the bridge.







Rutherford Head - 2 December 2023

No wind, some sun, but very, very, very cold

A small number of QEHS rowers competed at the Rutherford Head. The event organisers reported that both divisions went well on a shortened course, though getting crews boated and started and then landed to time was a bit of a struggle. They also congratulated all crews as they commented that they don't think it went above freezing all day, so a big warm virtual hug to all crews who braved the elements.

Well done to all QEHS crews who attended and put in strong performances on a cold day. It was great to be able to get back on the water and compete.

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Upcoming Events - Events will be confirmed.

Please be aware that rowers will be selected for certain races events.

Please ensure that if you want to compete at events that you make yourself available to the coaches on these specific dates below, ideally using Spond.

We will be contacting you regarding events that rowers want to compete after Christmas.

Please note - if we have an event on a Saturday we do not have a training session on the same day. Most events involve a lot of competitors and all our coaches are needed to help manage the event. We keep the Spond app up to date with session details and any cancelations.

Please contact me if you are having any issues with Spond.

Sat 20 Jan 24	Tyne United New Years Head	
Sat 3 Feb 24	Durham SBH	
Sat 17 Feb 24	Tyne Head	
Sat 9 Mar 24	Derwentwater Head	
<i>Sat 16 Mar 24</i>	<i>Northern JIRR trials</i>	<i>At Cambois RC</i>
Sat 23 Mar 24	Ponteland Head	
<i>Sat 30 Mar 24</i>		<u>The Boat Race</u>
<i>Sat 20 Apr 24</i>	<i>Chester-le-St Spring Regatta</i>	<i>CLS date to change due to JIRR</i>
<i>Sat 20 Apr 24</i>		<u>JIRR (NWSC)</u>
<i>Sat 4 May 24</i>	<i>Durham City Regatta day 1</i>	
<i>Sun 5 May 24</i>	<i>Durham City Regatta day 2</i>	
<i>Sat 11 May 24</i>	<i>Tees Regatta</i>	
<i>Sat 18 May 24</i>	<i>Wansbeck Regatta</i>	
<i>Sat 1 Jun 24</i>	<i>Hexham Regatta</i>	<i>1 & 2 Jun 24, <u>Metropolitan Regatta</u></i>
<i>Sat 8 Jun 24</i>	<i>Durham Regatta day 1</i>	
<i>Sun 9 Jun 24</i>	<i>Durham Regatta day 2</i>	
<i>Sat 6 Jul 24</i>	<i>Talkin Tarn Regatta</i>	
<i>19/20/21/22 Jul</i>		<u>BR Junior/Senior Champs</u> -

Please be aware that even if an event is cancelled due to bad weather we may still have to pay a small part of the entry cost to cover the admin fees for the organising club.

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Capsize Training

We are currently organising capsized training for early January; this will take place at Mowden Hall. The session will involve a swim test, tread water and floating on your back. We take a single scull boat with us for the session and you will be taught how to leave the

boat safely in the event of a capsize. You will be deliberately capsized to experience how to leave the boat safely. You will be supported by club captains and an adult in the water with you during the capsize. This is key safety training in preparation for you to be able to compete in the spring and summer events.

It is not a session to be afraid of. Listening to the laughter and watching the big smiles I think that this may have been a highlight session for these that attended last year.

We will be targeting the new Y9's and any new starters to the club. For those wanting to race it is essential that they complete the capsize drill as this is a British Rowing rule.

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Club Kit

Thank you to Sarah for running a 'Pop up Shop' this week for with our Pre-loved kit. This raised £337!

We will look to do this again, possibly at a school session for new rowers to see what we currently have in stock.

Please be aware we do have a limited amount of brand new all -in-ones that can be purchased. If you have any donations of Pre-loved kit to donate to the club please contact one of the coaching team. All donations will be gratefully accepted.

We will be back in contact with you regarding how to order club kit in preparation for the Spring events.

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Safe Guarding

Please be aware that the key staff that pupils need to be aware of for any safeguarding issues are as follows:

Mrs Currie - Designated Safeguarding Lead

Miss Albert - Deputy Safeguarding lead

Mr Brown - Deputy Safeguarding lead

Mrs K Stith is our club British Rowing Safeguarding designated person.

Your rower can also talk in confidence with Mr Gaines or any of the coaches in the club.

Enjoy your rowing, we do!

Pam, Kevin, Tom, Will, Ned and Mr Gaines