

THE OTRC SPIRIT

OFFICAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

**TAKE
A
LOOK**



December 2018 Edition

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CONGRATULATIONS

To Jon Heaney for achieving a Bronze Medal in the British Indoor Rowing Championships on Saturday, 8th December.

He achieved a very creditable time of 7:01 in the Lightweight Men's competition.



Boathouse....we're nearly there:

We have sorted out the committee structure ...now all we need is a final push on the boat house project....there will be a meeting for all interested parties [in getting the boathouse project over the line] at Oundle Primary School on the Cotterstock Road at **7pm** on the 7th January 2019.

By interested party we mean anyone who has knowledge / skills in :

- project management skills,
- building
- knowledge of the building trade
- knowledge of building regulations
- contacts for various elements of the project

Rowing experience is not needed so you might know a person who does!

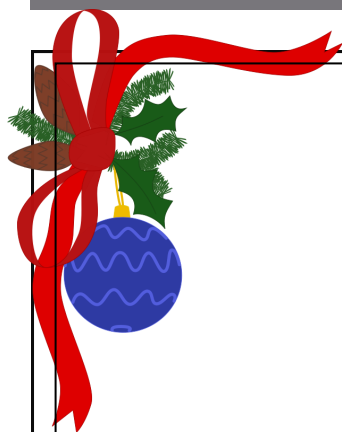
However little time you can spare, it will all be helpful. Anything will help. If you are just interested in knowing more do come along

Meeting to be held at Oundle Primary School [in the Year 6 blue zone at the back of the school] , **7pm on the 7th January**

Attendance at the meeting does not commit you to anything you don't want to do. But come and listen, question and share your wisdom.

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Rowing Captain's Report - By Angela Hook



Christmas is coming and the goose is getting fat. Or rather the river is getting getting cold. Remember to wear more layers! Coaches are also coming up with plans for Christmas such as the possibility of a 'mulled wine cup' on Boxing Day and a break for the coaches, which will mean some unsupervised sessions and, unfortunately, no junior rowing, but everyone needs a rest and a chance to re-energise.

A group of members held a very constructive meeting a couple of weeks ago and we had a detailed discussion about the committee structure and division of labour within the club. As you will have seen from Alan's previous message, we now have a smaller committee, which will work to ensure that the club remains compliant with any legislation, BR standards and the OTRC ethos/plan. Those with specific roles will report up to those individuals who will bring those reports to committee. Many people are continuing with their roles (and please contact them directly for any queries and issues around their area of expertise. I'm now the Rowing Captain and not Club Captain, with fewer day-to-day duties. Any queries, please ask.

Jennie Dodworth (still sounds strange to me, but very nice) will be co-ordinating racing events for us, ensuring we all know about events coming up and that we take the right kit and the right people to events. Emma Stratton has volunteered to take on Junior Coordination and will hopefully bring a fresh, younger and more 'hip' view to things. (I bet you the word 'hip' isn't hip any more). Emma has also offered to coordinate coaches' meetings and communications.

Anyone who feels they can contribute to the club in some way (e.g blade painting) - don't be shy. The club dies without volunteers.

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Instagram

On Instagram?

Join in

@oundletownrowingclub

Our followers are growing by the day - spreading the love about OTRC photo by photo.



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What has been achieved this quarter:

The head season has started again, where we attended two events at Bedford. Some good performances and a smattering of wins, as detailed in the match reports. Well done to the winners! Saturday Training sessions seem to be bedding in and everyone is up and down to the island twice, which equates to 8k of rowing at least. Feel good about it! If someone ran 8k, they would be congratulated.

The Coaches are in the throes of planning events for 2019 and we will let you know as soon as possible of the resulting plan. Then you can get the dates into your diaries, along with the details of Christmas activities.

We now have 2 sets of stairs to the clubhouse, moving us closer to Building and fire regulations compliance. Thanks to all involved for their hard work.

We continue to slowly get boats repaired and Swiftly On's hull has been repaired. Being personally interested in this, I can tell you, it's lovely.

Merry Christmas to everyone. I hope you all have a very lovely time with Family and Friends, and a Happy New Year. Could I suggest a NY Resolution? Possibly controversial? Think hard before you 'Reply All' to club emails. Only send the coaches and others what they really need to know. Don't drown them in emails. They only wear life jackets when on a launch!

Have a good Christmas.

Angela x



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Lonely clothes corner!

Hello all rowers, coxes, launch people etc.....Do you recognise any of these items?

Here are pictures of clothing that has been left in the boat house over the last few months. If any of these items are yours, please retrieve it / them by the middle of Jan ... any item not claimed by then will be used in the emergency clothing cap-size bag or sent to Oxfam (washed of course!)



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Give these clothes
a home

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Dates for the diary

7th January 2019 - Clubhouse meeting at Oundle Primary School at 7pm. All welcome. All needed.

2nd March - An invitation event at Hollowell Scullers (<http://hollowellscullers.com/>), currently entitled 'Hollowell Round the Lake Chase'. It's an invitation event involving both seniors and juniors, but that's all I know at the moment. No BR points at stake and it's meant to be fun. Will tell you

19th January 2019 - Northampton Head of the River. An all club event. Get your entries in NOW, in the usual way.

9th February - South Yorkshire Head at Doncaster. For adult crews only.

10th March - Cambridge Champs Junior Sculling Head. For juniors only.

16th March - the ladies eight will be taking part in the Women's Head of the River on the Thames.

23rd March - OTRC Club Head race. Members only. More details to follow.

31st March - the Men's Eight May be participating in the Vet's Head of the River race (Thames).

Christmas at OTRC:

26th Dec - traditional Mulled Wine Cup (adults). Informal. Turn up by 9:30am. Scratch crews will be allocated on the day. All adults welcome. Races will be held. Mulled wine will be drunk. Wanted - a mulled wine maker, please. Contact Emma if you can help.

29th Dec - Coaches' Xmas holiday. No launches, so no junior rowing. If adult crews wish to go out in their usual session, please book the boat on the website.

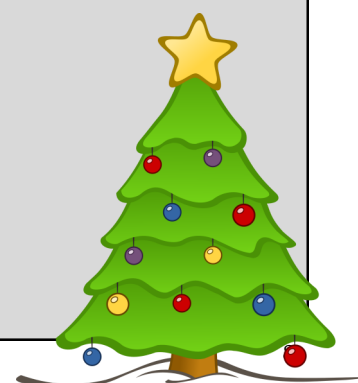
5th January 2019 - back to normal. Preparation for Northampton.



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Extension of the launch pad in the summer





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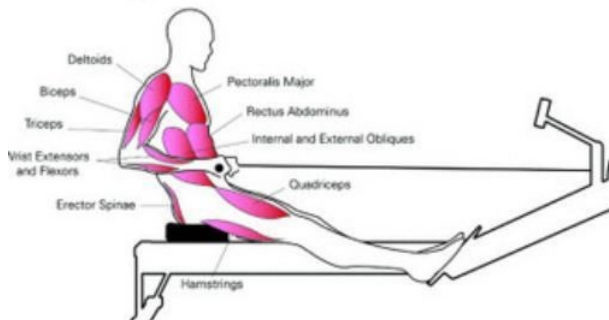
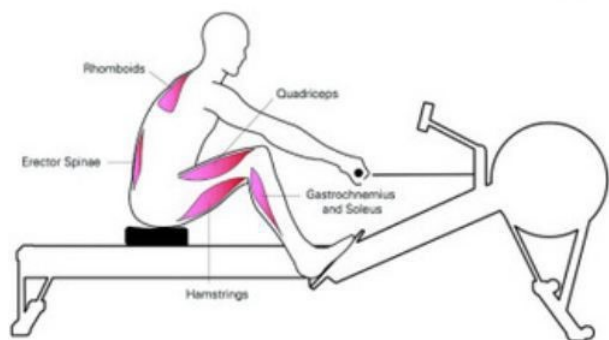
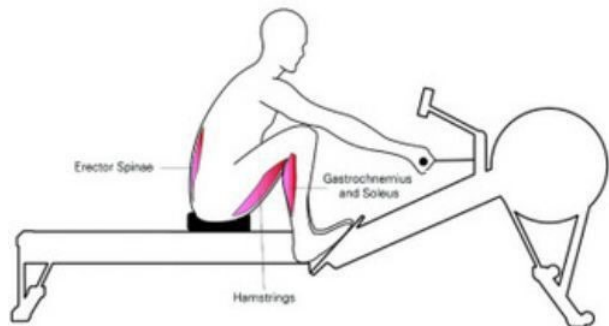
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Remember:

The sequence is key: Legs, body, arms,
arms, body, legs.

Focus on your legs – 60% of the power is
from the legs, 30% body, 10% arms.

Maintain good core stability.



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The following is an extract from a British Rowing Safety Alert about Head Races, but most of the advice can also be applied to winter training sessions...

Safety Alert - Not Getting Cold at Heads

'Tis the season for head races, but this need not mean that it is the season to wait on the water for the start getting colder and colder. There is a lot that you and others can do to avoid this.

Rowers can help themselves by:

Getting to the start in time for their division, not too early and not too late

Wearing the right clothes at the right time



Remember the

acronym C O L D...

C - Keep clothing Clean; clean clothing functions as intended

O - Avoid Overheating (if you sweat, you will make your base layers damp)

L - Wear clothes Loose and in Layers

D - Keep clothing Dry (damp base layers conduct heat away from your body)

If it is wet then wear a waterproof (preferably breathable) outer layer

Carry a waterproof bag for the kit that you are not wearing to keep it dry for when you need it

Do not wear all your clothing as you paddle to the start, (avoid overheating) keep some for the time when you will be waiting

Wear a hat and gloves while you are waiting

Put your extra kit back on at the end of the race, especially if you have to wait again to get off the water

Don't forget your legs get cold too; there are no medals awarded for wearing shorts when it's snowing

Rowers can help themselves and each other by:

Being aware of the symptoms of mild hypothermia

Behavioural Symptoms - complains of feeling cold and tired, poor comprehension, and concentration, disorientation, irrational behaviour, violent outbursts, and confusion

Physical symptoms - shivering, pale, blue lips and nails, rapid breathing, wheezing and coughing, fast pulse and slurred speech

Checking for these symptoms in yourself and your crew -mates

Start some mild exercise and offer spare clothing, if you notice these symptoms in others

Remember - rowing is supposed to be enjoyable - look after yourself and your friends!

[An archive of British Rowing's past Safety Alerts can be found on the BR website]



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WISHING ALL OTRC MEMBERS



& A Successful
2019