

June 2019

Dear J14 Rowers and Parents,

I hope you have enjoyed your first year of rowing. It has been a challenging season with so many fixtures cancelled and the recent flooding but you have all made good progress and I look forward to seeing you continue to excel next season.

Looking ahead to 2019-20, the Michaelmas Term rowing fixtures are already posted in the School Sports Calendar and also on the Rowing Pages:

<https://schoolweb.rgs.w.org.uk/sport/rowing/rowing-fixtures-and-crew-lists>

Please check the dates early and follow the Sports Absence procedure if you have any clashes with important family events. We set crews at least one month in advance of a fixture so please let us know of absences as soon as possible.

Two key dates to note:

Saturday 7 September

Start-of-Season Rowing Assessments 9am Perrins Hall

All rowers are expected to attend, and parents are also invited to the Start-of-Season Talk 9-10am in Perrins Hall. I will outline the new season, training expectations, rowing kit updates, safety, nutrition and clean sport advice. Refreshments are provided and members of the coaching team will be pleased to answer any queries you may have about the new season.

Afterwards we move to the Fitness Suite for the rowing assessments. Please note that all rowers are expected to complete an ergo test as well as tests of core strength and power. These form our baseline measurements so that we can monitor your progress throughout the year. We expect to finish around 2pm – please bring healthy snacks and a packed lunch with you.

The Start-of-Season Assessments are regarded as a fixture and the sports absence policy applies. Please note: those boys moving back to rugby next term will do their assessments in January.

Thursday 3 October – Rowing Awards Evening

Please 'Save the Date' for this event which is a whole-club celebration of the previous season. We serve a buffet supper followed by the awards and I hope that rowers and their families will join us for this popular event.

Rowing kit

In your J15 year you are required to purchase the official RGS Worcester rowing kit for competitions (this kit is registered with British Rowing and race umpires will check if you are wearing the correct kit). Details of kit requirements are on the rowing pages: <https://schoolweb.rgs.worcester.ac.uk/sport/rowing/rowing-kit>

We will have samples at the Rowing Assessments for you to try before you place your orders online with our supplier, Stitch Rowing.

Pre-season training sessions

Looking ahead to the new season, we have two pre-season training sessions for current J14s. These sessions are Wednesday 28 August and Thursday 29 August 10am to 12pm.

You will need to sign up via the Doodle Poll link on the Rowing Pages: <https://schoolweb.rgs.worcester.ac.uk/sport/rowing> Please make sure you have signed up in advance as spaces are limited for safety reasons.

Staying fit over the summer

To build on the progress you have made this year, I hope that you will stay fit over the summer holidays! To help you out we have posted some training ideas on your squad pages.

The boys' J14-15 squad pages are here:
<https://schoolweb.rgs.worcester.ac.uk/sport/rowing/j14-j15-boys>

The girls' J14-15 squad pages are here:
<https://schoolweb.rgs.worcester.ac.uk/sport/rowing/j14-j15-girls>

Summer Holiday Club: Rowing

NEW for this summer, the Holiday Club is running two weeks of Rowing Camp (29 July to 2 August, and 12-16 August). Miss Tuckwood and Mrs Crone are the lead coaches for these Camps, which are open to boys and girls aged 11-15. You don't have to be an RGS pupil to sign up – the camps are open to all. Please check out the details here: <https://rgsw.bookinglive.com/>

And finally, I wish you all a happy and healthy summer holiday and look forward to seeing you in the new academic year.

Mrs Jane Sullivan
Head of Rowing