

GRAVESEND ROWING CLUB NEWSLETTER 1

Welcome to the first ever Gravesend Rowing Club Newsletter

Your new Committee Members are: -

Officers

Chair: - Sandy Johnson
Treasurer: - Bronwen McGarrity
Captain - Charlie Willson
Vice-Captain - Carole Trowbridge
Secretary - Josephine Payne
Bar Treasurer - Steve Webb
Safety Advisor - Andy Ray

General Committee

Paul Hart
Nicole Fellows
Pippa Mester
Stephen Cason
Sue Beecham

Membership is now due

Please ensure that you have either paid your membership fees in full OR that you have set up your monthly standing order from your bank.

Social Membership entitles you to use the bar and toilet facilities but NOT the boats or training equipment.

Health & Safety

Your new Safety Advisor for
the club is Andy Ray.

Over the course of the next few months Andy will be looking at our club from the **SAFETY** point of view. He will be drawing up a risk assessment and logging any areas that will need action. In the meantime, some points, which should be observed immediately, are as follows: -

- Every rower **MUST** bring a full change of clothes to the club if they intend going out in a boat.
- Please ensure that you wear sufficient clothing for the weather conditions. Lots of thin layers are better than a few thick ones in the cold.
- Check your equipment

Bung In

Check underside of boat for holes scratches

Check the canvas on top of the boat for holes splits

Rudder strings attached properly

Check slides and clean

Check seat runs smoothly

Check the riggers and gates

Check shoes and clogs

Check the fin of the boat

Check blades are in good condition

- **REMEMBER TO WRITE YOUR OUTING ON THE WHITEBOARD**

Capsize Drill

Sandy and Carole will be organising a capsize drill and it is hoped that **ALL** club members will attend this important session. It will be held at Cobham Hall School swimming pool, date to be decided.

CLUB FUNCTION

St George's Night
Saturday 23rd April 2005

Following the success of our Burn's Night, we have decided to celebrate St George's Day by holding a fund-raising night at the club. It is hoped that all club members will be able to come and that you invite your friends and family to join us.

We shall be posting details of the evening on the Club noticeboard nearer to the event, but in the meantime, note your calendar!

Volunteers will be needed to help run this event. Please see Charlie or Steve Webb.

ROWING

As our new Club Captain and Vice Captain, Charlie and Carole will be working hard to include as many of you as possible to enter races over the next few months.

It has been an encouraging start that nearly every one has joined the ARA and a list of your ARA numbers needs to be kept up to date to ensure easiness in completing races forms. Please advise Charlie or Carole when your number changes after renewal.

It was disappointing that both the Greenwich and Medway Heads were cancelled due to bad weather. We had a men's crew entered for Greenwich and a fantastic six crews for Medway. However, our Women's Head of the River Race, as Gravesend's first eight, took place, so look out for the results on the board!! Thanks to Steve W, Stan and Brian for helping us to get there!

Finally, the club would like to put crews in for both Bedford and Lea, so see Charlie and Carole as soon as possible to get yourself in a crew.

Henley Regatta Trip

We would also like to attend Henley, not as rowers but visitors. It would be great if we could get a couple of mini-buses and go up to the regatta to watch the racing. We could take picnics and make a whole day of it. If you are interested see Charlie and he'll check out cost etc.

SUNDAY LUNCHES

Dates for your calendar: -

Sunday March 13th

Sunday April 3rd

Sunday May 1st

Sunday June 5th

Sunday July 3rd



Members £7 Non-members £8
(After 5 meals non-members will become affiliated members and will then pay the member price of £7.00)

To book a place, call Bronwen McGarrity on 01474 745768.



Club Welfare Officer

Pippa Mester has kindly agreed to be our Club Welfare Officer. She will shortly be undergoing a 'police check' and will then be available to monitor any concerns our junior members may have.

Changes to Licensing Act

New Licence due on 18th April 2005

Steve Webb has agreed to be our named licensee and this will be included in our application to cover the new Licensing laws.

Sandy Johnson, Steve Webb and Bronwen McGarrity have all agreed to consolidate a licence proposal. Andy Ray will provide a full risk assessment.

If anyone, who perhaps works in this area (a club or pub), has any ideas how we can best incorporate the new Licensing laws into the running of our club, could they speak to one of the above please.

Well Done to our New Coaches

Carole Trowbridge and Sandy Johnson

Congratulations go to both Carole and Sandy who have passed their Instructors Course. They both attended sessions at Bewl Water and after practical and theory tests are now fully qualified coaches.

They have lots of ideas that they will be passing on to the rest of us.....so be prepared.

Our other coaches in the club are Steve Webb and Tony Simmons.

LAND TRAINING

The amount of members we have seen attending Tuesday and Thursday land training has been fantastic. Thanks go to Charlie, who has been involved in running most of the sessions. Thanks also go to Anna who has started some aerobics and Trevor who introduced us to some yoga stretches.

However, we need to remember to maintain our training equipment as well as rowing equipment. So can we all ensure that the slides of the ergos are wiped clean after each session. The handles should be left loosely and not secured in handle holders.

Also if there is a function at the weekend, we must ensure that the hall is cleared of all equipment and the floor at least swept.

IT IS EVERYONE'S RESPONSIBILITY TO DO THIS PLEASE.

CHILDREN

Whilst we wouldn't ask you not to bring your children to the club with you on training nights, it is important that they are kept safe.

We have a lot of dangerous and expensive equipment in the club. To ensure that your children do not suffer an accident, please can we ask that they DO NOT use the training equipment. Not all the exercises we do are suitable for young children and to best address this, it is easier if we ask that you provide an activity for them to do in the snug area. Again, to avoid accidents, please do not allow your children into the boathouse area, as there are just so many dangers and hazards out there.

SAFE TRAINING!!

Club Accounts

There should be a copy of the latest club accounts on the notice board.

Please see Bronwen if you would like a copy.

SCRATCH RACING 2005

Please arrive at 10.00am prompt for a 10.30am start.

Sunday 20th March
Sunday 24th April
Sunday 22nd May
Sunday 19th June
Saturday 16th July*
Sunday 21st August
Sunday 25th September
Sunday 16th October
Sunday 13th November

Please support this club event. There will be a trophy for the winner, which will be presented at the Club Dinner.

*This race will be 4.00pm for a 4.30pm start and there will be a Bar-B-Q afterwards.

IDEAS FOR NEXT ISSUE

If you have anything that you would like to see in the next issue, please let me know as soon as possible.

Sue Beecham
Editor