

# GRAVESEND ROWING CLUB NEWSLETTER 4

## COMMITTEE NEWS

**Your new Committee Members are:-**

### Officers

Chair:- Sandy Johnson  
Treasurer:- Bronwen McGarrity  
Captain:- Carole Trowbridge  
Vice-Captain:- Graham Mitchel-Hill  
Temporary Secretary:- Nicole Fellows  
Joint Bar Secretary:- Steve Webb/Michelle Brady  
Safety Advisor:- Des Hobbs  
Child Welfare Officer:- Pippa Mester  
Junior Rep:- Patrick Anderson

### General Committee

Shaun Martin    Charlie Willson  
Sue Beecham    Steve Cason  
Anna Willson    Allan Rickwood

The club has purchased, from Paul Hewitt, another sculling boat. Sculls have also been purchased, please ensure you use the correct blades for the correct boat.

### THANKS!!

Go to Alan Rickwood for donating the new sit-up bench and Steve Cason for the cycle trainer. These can be used on circuit training nights.

## HEALTH & SAFETY

If you have any concerns about any aspect of Health and Safety in the club, please see Des Hobbs  
Please remember:-

- 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 the appropriate clothing for the weather conditions. Plenty of layers in the cold weather.
- Check ALL your equipment, before **AND** after each outing. (See more Health and Safety section).

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

### Capsize Drill

The next capsize drill will be held at Cobham Hall School again on Monday 24th April 2006. Full details will be posted up on the noticeboard shortly.

We may do a Swimming Gala/Regatta at some point too.

## CAPTAIN'S BIT!

Well, that's it, you voted me in as Captain so you're stuck with me now for a year. And I'm the one who's always said, "I don't do committees!"...weird huh? What I really hate, I guess, is anything that smacks of bureaucracy, hidden agendas, petty politics and power struggles. But, from my time as Vice Captain last year, I've discovered that what it's really all about at Gravesend is a bunch of people who love their sport, doing the best they can to make the club a success.

## CHAIRMAN'S REPORT

The New Year is full of promise for Gravesend Rowing Club and I feel that the committee have made tremendous achievements on your behalf during 2005. Unfortunately, these are not always obvious, however they have given the club a new lease of life and hopefully we will give our members even greater opportunities to enjoy rowing. The ladies, I feel, have led the way in showing what can be achieved and I hope the men will follow in their example.

The club coaches are endeavouring to introduce a more structured approach to developing competitive crews; giving members, new and old, the opportunities to represent the club at Regattas rather than the ad hock system of the past few years, where crews are formed a week before the event at the pub! Also more structure in the way new members are introduced to rowing will be put into place.

Let's make 2006 a year we can be proud of being a member of Gravesend Rowing Club.

Happy rowing for 2006!

Sandy

## ERGO AND INDOOR TRAINING LOGS

If you use the ergo and haven't yet set up a records page in the white log-book, please do so. Apart from being a benefit to your own training, it's also useful for others to see how club members perform on the indoor rowing machines. We're also planning to start a leader's board, so that members can compete for the best times over set distances.

There is now a dedicated log-book for recording attendance at indoor training sessions (circuits etc.). This is great way to see how well the facilities are being used, and also for tracking membership, so please fill it in **every time** you train at the club (even if pop down for an impromptu session during the day). It's fantastic to see so many members using the club on Tuesdays and Thursdays on these dark winter evenings... and remember, the more sessions you do, the fitter you get!

### Children on training nights

**On a safety note**, please can everyone whose children come with them on training nights ensure that they are **NOT** using the equipment. Some of the exercises and weights are simply not suitable for young children and **in the event of an accident they would not be covered by our insurance.**

## MORE HEALTH & SAFETY

### Pre-post outing boat checks

In the interests of safety please remember to check your boat thoroughly, both before taking it on the water and before putting it away. If you discover anything amiss (rigging adjustments, damage etc.) and you can sort it out yourself, then do so - don't just leave it for the next person to find. If you can't deal with it yourself (and can't find anyone else who can) you should record it clearly in the log-book so that we are aware of what needs to be done, and also attach a note to the boat so that others know what the problem is. Whenever repairs etc. are made, please write it in the log-book so we've got a record of who's done what and when.

Thank you.

## MEMBERSHIP

**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.**

## HYPOTHERMIA

Hypothermia occurs when the body loses more heat than it can generate and the core temperature drops. At this time of year it is a real risk and should be taken seriously, both on and off the water. Make sure you are appropriately

## SECURITY AND PERSONAL BELONGINGS

Occasional theft continues to be a problem. **Be vigilant** and make sure any valuables are kept out of view, and preferably locked away somewhere. If we can't eliminate the thief, let's at least remove the opportunity.

The club is looking into providing some lockers, with a key purchase idea being considered. Costs are being investigated.

## E-MAIL CONTACT LIST

We are trying hard to get our e-mail list fully up-dated so we can bring club members all the latest news as swiftly as possible. If you are not receiving bulletins this way, and you have an e-mail address, please let me know and I'll add you to the mailing list.

Sue Beecham

Falling in the water at this time of year is not funny - it will lead to hypothermia within a few minutes, making the person confused and helpless. Never row alone and make sure you know what to do in the event of an emergency.

## RACE PLANS

Our aim this year is for Gravesend to be represented at more races throughout the year - head races in the winter and regattas during the summer. Graham is putting together a race diary for us, so we'll keep you posted. Trailing is always a problem so we'll be aiming to share with Medway Towns RC as often as we can. In the meantime, if you have any thoughts/comments about possible crews, please let Graham and myself know. Once crews are formed, we can focus more clearly on coaching and training.

The **women's** eight is now training hard for their second Head of the River race on March 11th. They

## TROPHY WINNERS!!

**Well done to all those who won trophies/certificates at the Annual Christmas Dinner.**

Shaun Martin - Men's Rowing Mileage (435.64 miles)

## GRC HOSTS SERRC CONFERENCE

On Sunday January 15th Gravesend hosted the South East Regional Rowing Council EGM, followed by a conference on Water Safety. Bron provided the food and Michelle and Pip manned the bar, ensuring that everyone who attended received a warm welcome. Carole and Sandy represented Gravesend's interests at the meeting, and were joined by Matthew for the conference. Events like this are good networking and help raise the profile of our club.

Many thanks to everyone involved.

Shaun Martin - Men's Sculling Mileage

**We need to ensure that ALL our trophies are used in this coming year. So come on everyone, think of ideas to compete for the unused trophies.**

## MAINTENANCE

**The Committee hopes to look at improving the following areas this year.**

- The men's changing rooms
  - The snug area
- The cooler in the kitchen needs looking at as it takes up a lot of space.

We want to make our club as inviting as possible but will need help with painting etc. If you notice things like blown light bulbs, please make a note in the log book for attention at the next committee meeting.

**REMEMBER THAT THE MORE MEMBERS AND THEIR FRIENDS/FAMILY WHO ATTEND, THE MORE FUNDS WILL BE RAISED FOR PURCHASING NEW EQUIPMENT AND MAINTENANCE ON THE CLUB**

## **MORE RESULTS!**

### **Maidstone Head 4th December 2005**

#### **Novice Single Scull**

Shaun Martin 11mins 26secs  
Graham Mitchel-Hill 12mins 23secs

#### **J15 Double Scull**

Luke and Matthew 12mins 17secs

#### **Mixed Senior Fours (Cox - Medway)**

Shaun, Pip, Mick and Sue 11mins 32secs

#### **Women's Novice Fours (Cox - Sandy)**

Pip, Nicole, Deb C and Rachel 12mins 27secs

#### **Veteran's Fours (Cox - Patrick)**

Chris, Graham, Shaun McG and Alan  
12mins 34secs

#### **Women's Senior4 Fours (Cox - Medway)**

Carole, Sandy, Nicole and Sue 13mins 17secs

**Well Done everyone, a very good turn out!!**

## **RESULTS**

### **Greenwich Head 19th February 2006**

#### **Women's Novice Fours (Cox - Luke)**

Pip, Carole, Nicole and Deb C 17mins 54secs

#### **Women's Senior4 Fours (Cox - Steve C)**

Deb J, Bev, Sandy and Sue 19 mins 17secs

**This was another first for the Ladies and proved a good training exercise. A big Thank You to Steve Cason for pulling the trailer and to his boss Les for lending us his jeep.**

### **Medway Fours Head 5th March 2006**

#### **Veteran's Fours (Cox - Patrick)**

Graham, Des, Nigel and Nick 13mins 59secs

#### **Women's Senior4 Fours (Cox - Luke)**

Sandy, Nicole, Pip and Deb C 16mins 10secs

#### **J15 Single Scull**

Luke Richardson 16mins 38secs

**Well Done to everyone taking part!!**

## **IDEAS FOR NEXT ISSUE**

This is **YOUR** Newsletter and to keep it interesting I need your input. E-mail or give me your anecdotes and ideas.

Sue Beecham  
Editor