

# THE ROWING REPORT





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## U P C O M I N G | E V E N T S

EVENT	DATE
Rock Up To Row	Saturday 27 <sup>th</sup> August
Taster sessions	Monday 29 <sup>th</sup> August
Learn to Row	Saturday 3 <sup>rd</sup> September
Milton Keynes Open Regatta	Saturday 17 <sup>th</sup> September



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## CAPTAINS | COLUMN

The days are getting warmer, and we're now well into the swing of regatta season. Over the past few months we've had successful taster sessions, a Learn to Row course, a renewed Development squad, our very own Explore Rowing event, a great Training Camp for the whole club, three different regattas, and of course 10 gold medals!

This summer we are well organised, with a Training Plan all the way through the season and a well-planned racing calendar that I'm sure you've all had in your diary for months. I would really encourage you to keep following Nick's training plan. It will work for however much time you have available to train, and it will really help you to keep your fitness up throughout the summer. All of the different types of sessions (water, ergs, and weights) have been designed with regatta season in mind, with workouts being generally shorter and more intense than over the winter season. Also let's keep up our excellent use of the Odometer – I know it's weird but for me somehow getting all my work recorded and recognised makes it all seem much more worthwhile!

Looking ahead, we have more fun summer regattas coming up, many of which involve the traditional BBQ, beer and camping. And a little further ahead we will be starting to see the first fruits of our boat shed project to massively improve our facilities, and in September we will for the first time have our very own official British Rowing-affiliated regatta. Definitely something to look forward to.

CHRIS



AIMING HIGH



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## VIEW FROM THE LAUNCH

### Handle-end Path Description

Spoon depth ONLY

The Extraction

The Drive

Feathering Action Using Inside Hand ONLY

The Catch

Tapping Down

Squaring Action Using Inside Hand

The Recovery

Pivot from hips

Forward Pivot

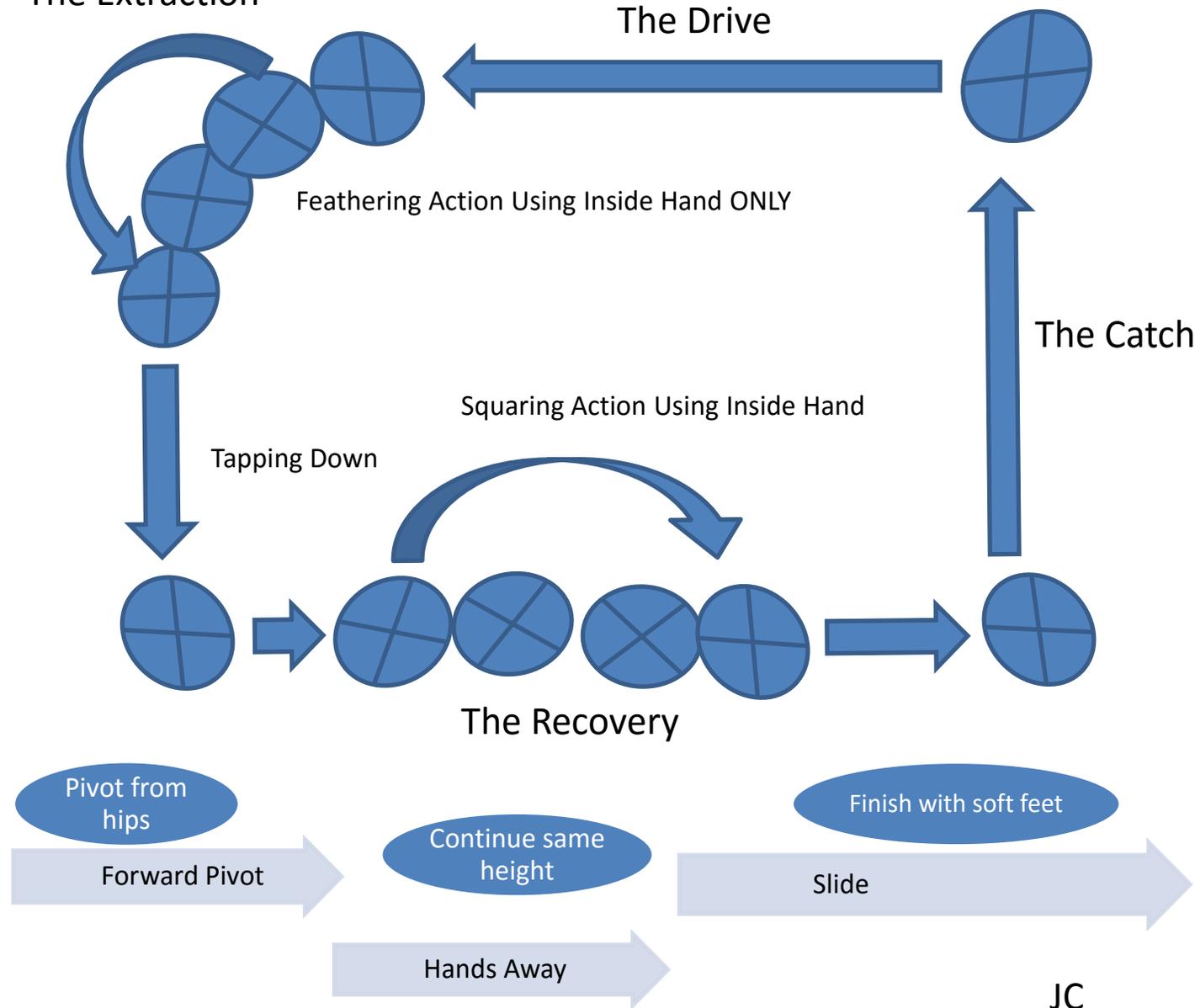
Continue same height

Hands Away

Finish with soft feet

Slide

JC





# THE ROWING REPORT

## FITNESS | GOALS

### Nutrition

When it comes to nutrition, there is a lot of conflicting information out there. However it doesn't have to be so complicated. Here is some information for those concerned with post workout nutrition.

### Balanced and varied

The amount of food you eat should reflect the amount of exercise you do. If you start additional exercise sessions, your body will need more nutrients to fuel it. A balanced and varied diet will ensure you are getting all the nutrients you need. Try different foods to make your meal more colourful, and this will help ensure you getting plenty of your essential nutritional requirements. It is important to not cut out or increase a particular food category as some foods that are thought to be high in one nutritional component may also have significant amounts of others. For example, bread is high in carbohydrates (energy) but it also has a significant proportion of protein (growth and repair).

### Protein supplements

Post workout drinks and protein shakes are a great way of getting your nutrition quickly. However, you may not need the additional supplements if you are eating a varied and balanced meal after you exercise. A healthy meal will have plenty of nutrients and can be better for you.

N.B. your body can only digest 15 - 20 grams of protein in one sitting. So check before adding that second scoop to your protein shake!]

DAN



# THE ROWING REPORT

## H E A L T H   A N D   S A F E T Y   N O T E

MKRC follows the British Rowing code of practice for water safety. Risk assessments have been done and procedures put in place to minimise the likelihood of anyone being injured or worse. Part of these procedures is to perform boat and equipment checks prior to boating, followed by completing the sign-out sheet on the bay door. After the outing, the equipment should be checked over for any damage and this should be recorded and the Maintenance Lead and Captains informed of any issues. At the moment, only a small percentage of crews are performing boat checks prior to boating, and many crews are failing to sign-out. The tick boxes on the sign-out sheets are not being completed.

I realise the recording system we have isn't working, and so would like your feedback as to how we can improve it. I would be grateful if you would consider the following points and let me have your thoughts:

What is the best prompt for you to perform boat checks prior to your outing?

Would you like a list of items as a reminder on the bay door?

Should we modify the sign-out sheets just to record the basics of the outing and put some forms in a folder for you to record boat issues, or do you like the tick boxes?

How can we prompt you to check the boat at the end of the outing?

Please just reply to me rather than the whole club. I will collate your responses and feedback to you all when this is complete. Meantime, I can't stress enough how important boat checks are and that it is imperative you complete these and the current sign-out sheet before boating.

LIZ



MKRC  
IN THE PRESS

# THE ROWING REPORT

## H E N L E Y

A spectacular performance from the women's four saw MK Rowing Club come home from Henley Masters Regatta with gold around their necks.

The quartet of Heidi Towse, Louise Rivett, Jayne Skeith, Paula Heywood and their cox Charlotte Watts dominated the final to win the race by four boat lengths over Ardingly.

"We are so happy to have raced at Henley Masters as it is such an amazing feeling just to row along the famous course," said Louise. "Winning against Ardingly and getting a gold medal was the icing on the cake!"

Earlier in the weekend, Rod Bennett and Steve Lawson battled hard against a Dutch crew in the quarter-finals of the Men's E Pairs category, chasing them down to the line but sadly missing out on making it through to the next round.

Helen Marshall and Jenny Searle have had great success this season, winning a number of competitive local regattas in their pair, with Helen recently also claiming victory in her single at British Masters Championships. They too made it to the quarter-final of their Women's B Double category but were beaten by an impressive Greenback Falmouth RC crew.

The Women's C Eight of Heidi Towse, Louise Rivett, Jayne Skeith, Cath Keeling, Helen Smith, Karen Wilson, Paula Heywood and cox Charlotte Watts were unable to overcome the strong headwind and host club of Upper Thames RC in the final, missing out on a medal by two boat lengths.





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## BOATHOUSE PROJECT

Milton Keynes Rowing Club is embarking on an ambitious project to build a boathouse at the Caldecotte Lake based club. The 100-member club is looking for businesses who would be interested in getting involved in return for sponsorship of this project.

The build is seen as an essential requirement to store the boats and other equipment under cover as this will extend the life of the boats and allow the club to purchase more. This will enable the club to grow and increase the number of people joining the sport. The club has already raised an impressive £38,000 towards its £50,000 target through support from MK Council, MK Community Foundation and other fundraising initiatives. Louise Rivett, chairman of the club, said: "The project which has the support of MK Council, LEAP, our County Sports Partnership, and British Rowing, has been the focus of our club for the last few years.

"The need follows the success and popularity of the club and its increasing membership which is reflected in our achievements in local, regional and international competitions.

"We are proud to have been awarded 'Club of the Year' for the second time by Sport MK and this has attracted more people to our club. "Now we need to find a storage solution to allow us to grow our fleet of boats and to turn our current storage area in to a space for training equipment."

The club, which is renowned for its fundraising initiatives, such as rowing the English Channel, a 24 hour Rowathon, and running the MK Half Marathon while carrying a boat, is hosting a free 'Rock up and Row' event from 11.30am until 2pm on August 27 at the Watersports Centre on South Caldecotte Lake.

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Many Thanks to all our Augusts contributors..

Photography courtesy of Claire, Steve and Rob.