

FALCON BOAT CLUB

Welcome and Introduction to Falcon Rowing, 2023/24 Season

Dear New Member,

I would like to welcome you to the club, summarise our current activities and flag up useful points. The club website holds a lot of information on the activities taking place on a regular basis and guidance on rules and procedures when using club equipment. It is important to give some time to studying this, especially the [FAQ](#) under the Rowing section. Just inside the club house is a poster “Seven Steps to Rowing Heaven” follow these and all should go well.

Club Sessions: The main focus for new members is the regular club sessions on Saturday and Sunday mornings; these are in the racing shells, at 9.45 am and run all year with additional sessions in summer on Tuesday and Thursday evenings, scheduled using [Squadlist](#), which you should have been registered with when you joined and received a self-registration email. All members can take part and crews are made up on the day to include all who have signed into the session online. They will be both sweep oar and sculling and nearly all our members have both skills. The sessions are an excellent way to meet other members and ask questions of the coaches about the club and current activities. Regular attendance is often the first step to forming into crews that go on to train independently. Learning new skills like coxing and bow steering is encouraged and supported at these sessions.

Touring: There are club Touring sessions on Saturday mornings at 9.30 am, the sign up is online with the other club sessions. Members are encouraged to do some of each of sculling in shells and touring boats and not to view them as mutually exclusive.

Development Squads : There is a mens and womens development squad, both of which run regular training sessions and outings, organised by their captains usually using Whatsapp groups rather than Squadlist. These target rowers with a good level of competency who wish to improve their skills and fitness and optionally attend competitive regattas. There is a strong social culture within these squads and is a great way to experience rowing but does require a fair degree of commitment.

Kit: Details of the suppliers of club rowing kit are given on our [Usefull Links : Club Kit](#) website page.

Self-Organised Crews: Many members, once they have sufficient experience, organise crews independently of the club sessions. In part crew choice may be determined by when people are available or willing to practise. Independently organised crews should be careful to avoid the times of adult club and Junior sessions (see website) when they have priority over boat use.

Boat Booking : All boats must be signed out in using the boat booking googlesheet before hand – these are issued in advance each week on Friday afternoon, in an email from the ViceCaptain. If you

are not getting these then it either means your email spam system is being too helpful, or you are not on the club emailer in which case please contact the membership secretary.

There is a table showing all the boats, their number, type, weight category and any special restrictions applying to their use. Please refer to this information when choosing which boat to use. The sheet also includes a help list of the links to the various tools we use to organise the club.

Coaching: You may wish to have private coaching, this is encouraged and other members will be able to suggest coaches. There are also volunteer coaches who coach some squads.

Indoor Training: Use of the ergs is encouraged and follows the same principle as water sessions with organised sessions taking priority. There are also circuit training sessions run on Wednesday evenings in the clubhouse, open the public, as well as sessions runs on other nights during the winter season. Please refer to the [clubhouse google calendar](#) for more information on what is happening and when.

Racing: Many of our members choose to enter races, some occasionally, others training throughout the year and racing regularly. At the weekends, racing crews can practice early on Saturday mornings and enter the practice Head Races on Sunday mornings (Captains' Permission required) but should be off the water before the club session starts as it then takes precedence over boat use. The main regattas targeted by the club are shown on the [Trailer&Regatta Planning Schedule](#) and other dates are added as trailers are organised by individuals. Please discuss any plans to race with me or the Vice-captain so we can give you more detailed guidance. The procedures to follow when making race entries are listed on the website under Rowing/racing.

Special Events: Throughout the year there are occasional special club activities including whole day Touring rows, a May Morning row, the annual Christmas Dinner, other socials, and special races e.g. against our neighbouring club City of Oxford (CORC)

Club Management: The Club is run entirely by volunteers and all members are expected to contribute. The general "house work" is shared with the Kayakers on a month on/month off basis. Your interests are represented by the officers of the club and discussed at meetings of the Falcon Rowing Committee (FRC) held regularly. The FRC reports to Falcon's General Management Committee (GMC) Details of the names of committee members are on the Website. Please feel free to discuss with members of the FRC any matters of concern or ideas that may arise. You can find a list of names and contacts for the RSC, including the squad captains [here](#).

I hope you enjoy being a member of Falcon Boat Club,

Kind Regards,

Jon Crooks, Captain of Rowing

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