

Minutes from FBC RSC : 12 Sept 2023 : Draft

1. Apologies from LF, KC, IV, MHB, RW, DH

Attendees : Jon Crooks, Jeff Bethray, Olivia Ward Jacobs (+Leon as JVC), NickKB(G), Sam Jenks(G), Elisabet Traveria, Claire Parker, John Hill, Charlotte King

2. Welcome (JC)

3. Date and Location of next Meeting

Item Next Meeting Agreed : Wed 13th Dec, 730pm

4. Minutes of the previous FRC Meeting (JC)

Approved

5. Matters Arising from Minutes (JC)

None

6. Reports given in meeting

a. [Club Kit – GeorgiaD –\[report in appendix\]](#)

RSC voted in favour of new kit from stitch, using ThamesBlock down the sides, Shadow Falcon wrap around, Falcon Rowing Crest on the front, Blue ring at bottom of legs. Update of Falcon crest to be discussed with Trustees.

b. [Outreach Coordinator \(TB\) \[report in appendix\]](#)

- *Matt R. - interested in working with Falcon, he is already working with schools around the country.*
- *Trust that can double the funds for repairing junior's boats (up to £2000). The project has to be written by a junior.*
- *Rock the boat conference: about schools engagement into rowing. Tim will be there virtually. It's open and free for anyone. October.*

c. [Captain's Report \(JC\) \[report in appendix\]](#)

Changes within the committee: Georgia and Elisabet stepping down. Olivia as Junior's Captain and Leon as Vice-captain to represent juniors in the committee. JH comments that the whole committee is in favour of having juniors as part of the committee.

. Regattas: good year.

. Racking: no more private double racking being offered, any racks being freed from now onwards will go back to club usage. Racking for singles to follow same policy.

. Captain's election in September: there's still time for possible candidates to step forward. JC will send an email reminding dates. Voting by email. Who can vote: 16 yo and + who has been a member for at least one year.

. Election of the committee: now the members are appointed by the captain, not voted. Something to work during the next year? From now on, when someone steps down, the post will be advertised to all members and see if there are any volunteers for the post.

. Working on a new edge for the pontoon, Nick K. Cord in use to try stop the geese.

. Thoughts about a small fridge in the social area – pending of approval from the Facilities Committee. If approved, there'll be strict rules regarding its usage. Right now the crockery used by the Cafe is single use but it's recyclable. Cleaning rota to start soon, with one month rowers and one month kayakers.

. Juniors: Simon as Junior Coordinator. Boat bookings discussed. Transition from juniors to adults: there's a system in place that seems adequate but probably could be improved, still work in progress.

. Regatta calendar.

. Boats permission: some boats will change. New boats to go under Captain's permission and some will move to general use. Tim has analyzed the usage of the boats for the last year (too much time consuming to go further back).

. Memberships: in process to make things easier, specially payments.

. Regatta in Calcutta in November – email with more info to be sent shortly.

Comments: Claire P mentions using ClubHub to manage membership / Simon asks about vacant post for CWO and EV says she won't leave until new person found and handover done / Simon says he is happy for his contact details to be shared with club members.

d. ~~Vice Captain's Report~~ (MHB): [report in appendix]

- e. [Social Secretaries' Report \(CK\) \[report in appendix\]](#)

Next Quiz Night: 3/11/23 open to all club members.

Bowls: due to availability and shorter days, postponed until April.

Christmas party: difficult to do it at the club. Different options available. Teddy Hall available but on a different date. This year it's open to Juniors, Olivia mentions that she thinks the juniors will prefer to do something of their own – it is open to juniors to make it more inclusive but the committee is happy for them to organize their own party. Approved by committee: Teddy Hall on 4/12/23.

- f. [Junior Captain's Report \(OWC\) \[report in appendix\]](#)

They are very happy with coach. They want to increase the time spend on the water, session earlier in the afternoon before Winter Time. Considering Wednesdays and Fridays but not clear what time would be possible to start – under discussion.

Coaching course: 12 people needed, there are around 6 juniors interested. BR looking for venues to organize courses and trustees agreed to offer the boathouse. 16 yo are asking for more sessions and wondering if they can do this on their own. No under 18's can be at the club on their own.

Looks like there'll be around 50 juniors for the year's course.

Older juniors would like to be seen as "more adults / responsables" - discussed if they could be 'signed off' for some things, like it's done with adults and bowsteering... not clear their demand.

Agreed that Olivia will put in writing what juniors would like from the club so that it can all be discussed.

- g. [Treasurer's Report \(JB\) – \[report in appendix\]](#)

~~h. [Membership Secretary's Report \(LF\) - NO REPORT](#)~~

~~i. [Touring Report \(RW\) \[report in appendix\]](#)~~

- j. [Talent Development Coach \(JH\) \[report in appendix\]](#)

Not sure if there'll be enough human resources to offer another course in Autumn.
There are people interested.

k. [Water Safety Advisors' Report \(CP\)](#) [report in appendix]

Safety handbook finished.

Safety poster: to print copies for the different notice boards, to contact Gerri for this.

Nick KB mentions that he will inform OURC about Falcon Marshalls on the towpath, to make everyone aware that they are there for everyone's safety and that other boats should take into account their advice/directions.

Discussion in meeting about BR reports mostly relating to incidents in the Gut –
action on Jon to discussion with the Isis River captains to remind members to take appropriate precautions.

l. [Boatman's Report \(JB/FM\)](#) [report in appendix]

New boats from Nelo in Azure blue. A quad/four and a double/pair.

Lights for Winter: JC to appoint someone to take care of this as it's an important safety issue.

m. ~~Publicity Officer's Report~~ (DH) NO REPORT

n. ~~Independent Racing Coordinator's Report~~ (IV) [report in appendix]

o. [Development Rowing \(LF/JH/SL\)](#) **Laura / SebLange** [report in appendix]

[Seb Lange]

2 new members.

Thanks given to JH and AM for all their time and coaching.

They are planning land training and moving to 1st Heads soon.

Seb apologises for the entries to regattas, it was his first year and feels he didn't do very well. Now has had a handover from Jacob and hopes to do things better.

p. **Welfare Officer's Report** (ET) NO REPORT

7. **AOB**

a. **Captains Election**

b. 3yr Captains Term Approval

WRITTEN REPORTS SUBMITTED PRIOR TO MEETING AS BELOW

Club Kit – GeorgiaD



[EMAIL FROM GEORGIA SENT 25AUG] As you know I have been taking on the task of sourcing a new supplier for our racing kit. Over the last month or so, I have taken the opportunity to source feedback and opinions from around the club and committee and presented a couple of designs. The key pieces of feedback:

1. Move away from Godfrey (the #1 objective)
2. Be more visible on the water
3. Be more modern with our fabrics for fit, comfort and durability
4. Make the cost of entry achievable for everyone

With this in mind, I propose the attached design for a new AIO (All In One). Key features:



- Split colour with azure for the top half and black legs: a gold stripe will feature down the sides
- Pantone matched for azure and gold
- Centralised logo on the front
- Possibility of adding our more modern (circular) falcon on the back as a small but recognisable logo on the neck at the rear
- Likelihood is rather than stitched materials, we will use a sublimation process (akin to the luminous Falcon tops/the 150 year t-shirts) so that we can achieve the exact colour matches. Fewer seams, lighter material!

Use of existing kit

People will still be able to use their existing black kit, as long as it is used within the British Rowing rules of racing. Essentially:

- All crew (bar the cox) must wear club colours (both new and old outfits fulfil this requirements!)
- All crew (bar the cox) *within a boat* must wear the same/similar top half (for heads racing) and same/similar full kit for some regattas.

Lowering the cost of entry

AIOs by their nature are not the cheapest piece of kit: indicative prices are from £53.00 to £85.00.

To enable low entry cost to those who have only just purchased a black AIO/still testing the sport out/juniors who get through kit in a season due to growth etc, we will also offer a vest top and possibly a t-shirt. These will match the design of the top half of AIO i.e. azure with gold stripe, motif (if used) and logo. Indicative pricing is that these would be less than £20 per top – even as single purchase. These will be able to be worn with black shorts, or over/with a black AIO.

Providers

I have shortlisted two providers to get prices and proposed designs: Mizuno and Stitch. Both have indicated they can provide the pantones, design. Lead times are practicable (4 weeks) and we are not enforced to put through bulk orders.

Next steps

We need approval from the Committee in order to progress, finalise the design and commit to a provider. Kit, colours and designs are always going to be a thing of personal choice – we will never keep everyone happy. I do thank everyone for their feedback and opinions in getting us this far.

Outreach Coordinator (TB)

- The My Vision event for Visually Impaired people in July went off very well, but sadly it has not been possible to schedule a follow-up for the Autumn. We will return to this in the New Year.
- I'm trying to get the Parasol relationship back off the ground on a more stable footing, but currently no response from their management.
- I've been doing a lot of research over the summer, including reviewing more case studies and building background knowledge on the local community and schools. However, the first priority remains getting some funding in place.
- I've created a generic 'case for funding' which can be used in applications, and a database of potential funding sources. However, we have something of a 'Catch 22': you really need a project to apply for funding for, but you can't really plan a project until you know you have funding!
- So I've also had some preliminary conversations about establishing internal fund-raising from members and, potentially, alumni to create a 'seed' fund to get projects off the ground.
- Other funding news:
 - o Still nothing from OSC (not even an acknowledgement!) so I guess we'll have to give up on that: maybe next year.
 - o I'm coordinating an application to Rowing Foundation for refurbishment of boats used by juniors.
- A note for your diaries: Henley Royal Regatta are running their third 'Rocking the Boat' conference on 6th October. This year it will focus on school programmes, getting clubs and schools working together and encouraging school leaders to become involved. It's online and free, details here: <https://www.hrr.co.uk/charitable-trust/rock-the-boat-conference/>
- I have now confirmed that I will be away for the rest of the year, but will be back for a week at the end of October and will be scheduling a meeting of those interested in getting involved in Outreach, to discuss ideas and – hopefully – get some more volunteers!

- And I'm looking forward to moving back to my newly re-furnished house Oxford in January (as long as the builders are finished!) and really getting down to work on building an Outreach programme for Falcon. Meanwhile, I'm enjoying plenty of rowing in the sunshine on the Rhone:



Captain's Report (JC)

- Committee changes - Georgia, Elisabet, Olivia
- Year to date - regattas, finances, new boats, club events
- Captains election in September
- Captains 3yr term - vote in September
- Concern that committee is appointed and not open to all - action to take
- Fac-Comm update -rowing deck improvements, fridge in social space, members cleaning rota to start soon
- Junior programme for 23/24 is launched on a solid financial basis thanks to success of JSC's
- Junior Administrator / Co-ordinator - Simon Ross
- Closer integration between Junior and Adult sections underway, objective is to respect each others needs and ensure a fair distribution of resources
- Membership joining process now documented
- Some concerns raised over boat usage esp. but not only in Summer23 have been discussed and plan is being put in place to improve
- 3 juniors are migrating to adult membership status in September and this raises questions about how we do this
- 23/24 Winter training programme under discussion
- 23/24 Regatta schedule proposals expected/arrived
- Committee to approve new boats (some churn since last approval), new 'bright' kit (Georgia)
- Next step is to review boat assignments factoring in impact of the new boats
- Tim has completed analysis of boat usage over last 5 years - this will help inform the next 3 year boat investment plan
- key objective for 23/24 year is to improve membership management tools and payments - membership, annual coaching, holiday courses, regatta payments.

- India regatta in late November

Vice Captain's Report (MHB) – Report

Membership Enquiries and outcomes since previous FRC meeting 17 July 2023 upto 1 September 2023:

11 enquires about joining Falcon rowing
5 Introductory taster sessions given & 1 in planning
1 joined, 2 intending to, 1 undecided = 3 or 4 new members

Upcoming regatta entries received:

Isis Sculls 17 adult crews entered

Pairs Head 1 crew entered

Club Sculling Blades – Racking and settings

There are two issues to discuss but the racking needs to be addressed immediately whereas defining what the best club settings (gearings) should be, needs further discussion.

1) Racking – the club sculling blades have become very mixed up in the way they are being racked. Part of the cause has been the change in labelling from sets of letters to individual pairs. The start of the new rowing year would be a good time to reestablish order and discipline in the way sculls are returned to the racks and in their general handling. Jeff will put labelling on the racks to indicate “zones” for each of the three gearings (yellow, white, Blue). The main points I would propose we ask coaches and crew “leaders” to reinforce at each outing are:

A) there are 3 makes of blades – Concept, Croaker, Dreher, and each make has a separate set of racks.

B) the meaning and implications of gearing indicated by the coloured tape (yellow, white, Blue) usually placed somewhere on the loom between the collar and the handle. The meaning of the different coloured handles of the Croakers. Also, to note that the number pairing matters in the Croakers as some of these differ in the shape of their spoons.

C) that blades are easily damaged and should be handled with care and not be dropped, allowed to fall ie not placing them vertically against the boat house, etc. The point being that damage may occur which is not visible externally but can lead to sudden failure of the blade – reference what happened to a junior racing crew.

2) New setting(s) for the club blades – Currently many of the sculling blades have been changed from their original settings making it difficult for members to find true pairs of sculls and to know what they are actually using. Earlier in the year I invited the club coaches to suggest if there was a better

set of gears we could use. The two replies I received both suggest there should be one single gear and one added that clams could be used to adjust this setting if required. I would like Jon and I to be able to decide what setting(s) to use by the end of October. Once decided the proposal is to permanently mark the blades so that it is immediately visible if the setting has been altered and where it should be returned to.

Social Secretaries' Report (CK)

In advance of this evening's meeting the Social Secretary report is as follows:-

The Bowls evening scheduled for Friday 15th will now be postponed until next season. The Bowls Club is not in a position to host us at this time.

Quiz Night is on Friday November 3rd, whole club, in the Clubhouse, as before. Poster on its way.

Christmas Dinner, 7th December. The idea of a catered dinner in the clubhouse is proving difficult. Caterers are already booked up and taking bookings for Christmas 2024! A cold buffet is a possibility if we want to be on site.

St Edmund Hall in Queen Street, just off the High Street, can cater for us but only have availability on Monday 4th or 11th December. Their offer is for a three course dinner, sparkling wine on arrival and two glasses of wine at dinner for £60 per head, including service and vat.

All for discussion and consideration at the meeting.

Junior Captain's Report (OJW)

Positives:

Coaching is good and we're enjoying time spent on the water.

The juniors are connecting well as a team.

Things to work on:

Not lose any water time this winter (don't split sessions into novice/advanced and make sure we go out at the weekend)

More independence for older juniors at the club, online safety courses/ in person assessments can be done.

Next steps:

Book a level 2 coaching course which 16+ can go on.

Discuss junior social nights with Nick.

Treasurer's Report (JB)

Treasurer's report 31st August 2023

General Account - We started the year with £31.16 B/fwd and a Dividend of £15,833 from the Club

We had various donations that allowed the purchase of new boats and ergs, see Boatman's Report.

We have paid out for Boat Licenses and EA registration fees

£511 in coach training costs including First Aid

£8,510 on repairs, see boatman's report.

We have had a further donation towards two new boats now on order. That will cost £31,000

At the end of the year we had £33,321

So after boat purchase we have £2,329 Plus the club dividend 23/24 expected to be about £16,000

Proposed that membership fees remain the same.

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Junior coaching Funds

They started the year with £5,714, received a grant of £2,500 and had £35,053 of coaching income.

They spent £34,563 on coaches and other expenses.

After a successful summer course they have £8,704.34 in their account, there is a further £1,300 to be added giving them £10,004 in addition to their Coaching fee for 23-24

There are also a small number of late summer course payments

It is proposed that the Junior membership fee be left at £125

Coaching fees will increase by £50 to £125 Sept & £225 in Feb,

We are currently looking at Junior Boat refurbishment for which there is a 50% grant available.

Membership Secretary's Report (LF) NO REPORT

Touring Report (RW)

- good take up from Falcon for summer residential tours and our own jaunt down to Goring

- overdue an update out to the core group. Hoping to do that in the next couple of days to tee up a longer outing on Sat 23rd

- good to gauge committee interest in a Sunday trip up to Portmeadow as last year. If we do it this year we must leave Falcon later so we don't crossover with the schoolchildren at Teddies. Maybe an 11:30 departure?

Talent Development Coach (JH)

Andy Munro has completed his online course and needs to arrange assessment from BR representatives (who are in short supply and great demand).

Seb, Mel and Kez have spent time helping out with the L2R sessions as coaches and coxes. More formal development would be better and being mentored by / shadowing more experienced coaches could be better organised.

Learn to Row (JH)

The current course has about 14 attendees still active. The course is scheduled to end around the end of September with most indicating a wish to continue rowing and a couple looking to move straight into development squads.

A payment to FBC of over £600 is due for F23-1 (the first course this year). A further payment of a similar amount should be expected for the current course when accounts close. Both of these are net of hire costs and coaching fees.

Gym Inductions (JH)

Inductions have been run for 14 people. Only six more people have indicated an interest in having inductions and submitted their consent forms. This number should increase (probably sharply), as winter training kicks in.

The content of the induction process has developed from early experience and some ideas will be implemented such as offering short videos demonstrating suitable exercises for rowing, using each piece of the equipment available in the gym.

I'd like to request that anchor points (for stretch bands etc) and wall bars be installed in the Bay 4 area to extend the training options available downstairs, providing a further style of speed weights circuits, for example.

Water Safety Advisors' Report (CP)

Completed (still to do)

1. **Club wide safety and activity handbook – completed.** On website. Nick will email all members next week
<https://falconboatclub.org.uk/sites/default/files/page/Falcon%20Club%20Activity%20%26%20Safety%20Handbook%20V1.9%20final%20Clean.pdf>
2. **Emergency Action Plan A1 size acrylic version next to Defibrillator - installed.**
Laminated printed versions to be placed on safety noticeboards inside.
3. Laminated A6 emergency Action plan pocket version cost about £1.50 (minimum 25)
NKB finalising text

ACTION : Claire to discuss with Geri if she can help produce these.

4. Capsize drill – all to complete / confirm have done before end Sept. So far 80+ have replied. Future member renewals to include question re capsized drill completion – sent to Laura for inclusion. CP to email members who have not completed/sent confirmation. Once next OURC capsized drill date is issued.

5. 1st aiders – club wide poster – Georgia plus Elisabet but need kayakers names. Further training in Autumn with Kayakers.
6. EA emailed re sunken boat at Longbridges also missing Response from EA. Towpath is available to temporary mooring. Sunken boats are being lifted – not much money but solutions being sought. – Looks like most lifted now 2 left. There should not be a No Mooring sign on towpath side near Folly Bridge....
7. BR safety alert – Launch checks, JC - we are compliant.
8. Junior course guidelines written by NKB, not yet published. to be added to junior handbook (and add to main club hand book in next release).

ACTION Claire to check with Laura if the membership form has been updated to include the requirement to do a capsize drill

6 Incidents reported to BR since last meeting. Plus 1 not reported.

20/7/2023 junior rowing course:

The incident was caused by a bike crash on the towpath between a j15 volunteer coach and a civilian. This happened due to the size of the path and poor communication between the two. This collision caused the civilians glasses to cut just above his eyes. The j15 volunteer was unharmed and did not show any significant injury.

Measures taken: We have decided that for this section of the towpath only a limited amount of coaches cycling there to avoid congestion of bikes. As well tell the coaches cyclist to be more aware about civilians whilst coaching crews on the water.

16/7/23. Harrier hawk collided with tree (underwater branch) during 2nd heads when overtaking 2 singles **in the gut**. No injuries. Boat repair required. **Singles should have given way according to Sunday heads rules...**

1/8/23 St Peters college 8 on wrong side of river doing a piece **in the gut** hit a FBC single sculler – blades hit the back of the sculler and she was shunted several meters. Reported by SPC to BR and ourcs. No injury or equipment damage, but sculler was very shaken. Message from SPC president: This morning's cox will not be coxing for our club until they undergo a safety review, and we will be creating a presentation for our club to outline what happened this morning, what should have happened and how it can be prevented in the future.

1/8/23 Single sculler capsize near boathouse island, whilst overtaking a double landing on pontoon. No injury or damage to equipment.

4/8/23 Falcon double (2 coaches on the junior course) doing a piece took bend **in the gut** too wide and collided with Falcon single near to the tree sticking out in gut..Damage to double repaired. No injuries. **Issue re membership status and bow steer permission not granted prior. ? from CP should all club coaches be Falcon members?**



20/8/23 Oxford City Royal Regatta. **In the gut.** Putney town double misunderstood instructions from umpire and crossed to wrong side. Falcon sculler on correct side of river. Slow collision, but sculler had broken sculling blade £400 – to be paid by other PTRC. No injuries.

20/8/23 – NOT REPORTED TO BR. Oxford City Royal Regatta. J15 double that raced on Sunday went into a barge on the way to the start. Backstay bent. No capsize. No injuries.

Boatman's Report (JB/FM)

We have over the year replaced most of the Older training singles with Four new units
As they are predominantly used by the Junior they chose the names
We have also purchased Four RP3 erg machines
All purchases covered by a donation

We have carried out the following expenditure on boat refurbishment:

Sparrow Hawk £1,374

Harris Hawk £774

Auila Eagle £655

Falcon £1818

Seoul £158

And added 2 pairs of smaller trestles £206

We have received funding for a new Quad/4- and a Double/Pair, delivery in a couple of months

We need names for both boats

For the Quad the only big Raptor (not an Eagle) is the Condor.

For the Double, Hawk names from following:

Coopers	Common
Swainson's	Hawaiian
Rough Legged	Ridgeway's
Gray	Ferruginous
Roadside	Crane

We need to think about Lights for Winter period (and someone to take responsibility for organising)

Publicity Officer's Report (DH) NO REPORT

Independent Racing Coordinator's Report (IV) NO REPORT

Over the summer members of the AIR had attended HTV, CORC and Great Ouse marathon.

- HTV: 9 AIR crews attended.
 - Four second positions in the final from Op.MasB, W.MasE.2x, W.MasD2x and W.1x open band B
 - One win for the W. MAS.E 4x
- City of Oxford: nine crews took part at city of oxford over the two days.
 - A couple of wins
- Great Ouse: Three crews took part at the great Ouse.

Development Rowing (LF/JH/SL)

Womens Dev:

We have now incorporated some new members coming from different backgrounds and we have now about 22 active and less active members.

We had a start of the season meeting that was open to the wider club and this is the summary of the meeting.

The future of the Women's Development Squad (WDS) was discussed at an open meeting on Thu 24th at the clubhouse. It was recognised that this year has seen considerable improvement in the standard of women's rowing at the club with many of the current WDS getting their first experience of open regattas. It was decided that this foundation should be built upon with higher expectations for the outcomes in 2024.

The main form and content of the 2023-24 WDS will be as follows:

- from the beginning of October, a weekly programme will be offered running through to the Women's Head of the River (WeHoRR), including (at least) three land based training sessions and up to three weekend water sessions

- active members of the WDS will be expected to complete at least two of the land training sessions and to attend an average of two weekend water sessions (N.B there will probably be a double outing on one or other of the weekend days)

- there will be incremental erg metrics every month which will influence, rather than determine, selection for crews (improved fitness => more likely selection), although technical ability will always be a major factor

- a list of targeted events (approximately one per month - see below) has been proposed (subject to other Falcon squads' involvement etc), to include both sweep (probably 8o) and sculling (probably 4x-)

- crews for general outings will be selected based on the next event in the schedule (which means people should be available for these practice outings, if they wish to be in event crews)



- the WDS will be open to people who are not able to fulfil the expected training programme consistently but these people should not expect the WDS to provide them with regular rowing opportunities except when they are supplementing event-based crews - a role which will be greatly appreciated
- given suitable availabilities and commitment, the WDS is aiming to qualify a representative crew for Women's Henley 2024.

Targeted Events

- 29/10/23 - Upper Thames Autumn Head (UTAH) - 3000m
- 26/11/23 - Wallingford Head - 4000m
- 14/1/24 - Star Head (Bedford) - 2000m
- 3/2/24 - Wycliffe Head - 4000m?
- 18/2/24 - Hammersmith Head - 4000m
- 9/3/24 - WeHoRR - 6000m

Local events such as the OURC IWL time trials will be used, along with Sunday Heads, to help develop further crews and provide racing experience for those in the earlier stages of their development.

At the moment we are getting ready for Isis sculls and we have entered a coxed and a coxless quad.

Mens Dev:

The MDS is better than ever not only because of two new members, Adrien and Andrew, who already bring a lot of experience to the table.

Through the summer we managed to get nearly everyone out in a single as this was highly requested and a few signed off to now be able to work on their technique independently.

This will increase the flexibility of crew selections and support the development of technique on the water.

Everyone in the mens squad has done the capsized drill as required.

We will still focus on a competitive quad and aim to enter as many head races as possible just to gain more experience to then be prepared for the next regatta season.

The mentality of the squad is absolutely brilliant, being super friendly and supportive with a glimpse of healthy competition.

We are looking forward to work on strength and fitness over the winter and planing with the help of John Hill and Andy to offer 1-2 training plan options depending on availability.

All these positive developments are leading to the decision for us to give 1st heads a go from this (or maybe next) Sunday on.

Again, even though we sound like a broken record player we really appreciate the support and incredible help and time commitment from JH and AM as our coaches.



Welfare Officer's Report (ET) : NO REPORT

Summary of Actions

ACTION 13/9-1 : Claire to discuss with Geri if she can help produce these A6 laminated water safety docs. (from WSA report)

ACTION 13/9-2 : Claire to check with Laura if the membership form has been updated to include the requirement to do a capsize drill. (from WSA report)

ACTION 13/9-3 Jon to discuss with the Isis River captains to remind members to take appropriate precautions in the Gut (from WSA report)