

**Race Training group
11th September 2018**

Item	Actions
<p><u>Coaches/ Training Plan</u></p> <p>Rory made further contact with Trevor @ Eastern seeking clarification of training plan Can incorporate elements of training/ technique into social rows Compiling a training pack to be sent out to clubs who have requested support Alison Carlyle, heads up training committee will get in touch to support with pack Row with Eastern – see techniques/ expectations at first hand Eastern can join us – get in our boat to advise Trevor happy to talk about</p> <p>Donna received contact from Scottish Rowing – directing us to SCRA/ Eastern in the first instance Donna has called Scottish Rowing again to ascertain what help might be available Donna awaiting reply from Ali Grant, RowPorty</p> <p>Gabriel will come and help with training techniques & advise on boat modification</p> <p>Who for? When? What? Ask Gabriel what is the best format for him? How many people could he coach? How long should the session be? How many sessions? Classroom/ water? Saturday/ Sunday – both?</p> <p>Offer expenses/ payment for time</p>	<p>Await contact from Alison re training pack</p> <p>Rory to approach Eastern with a view to organising a row</p> <p>Anne P to approach Gabriel regards to an October/ November date</p>
<p><u>Principal Training Skippers</u></p> <p>In the interim, existing coxes, if confident enough, in training sessions try to follow aspects of 'rowing techniques' guidance Initially focus on</p> <ol style="list-style-type: none"> a. quality of movement b. posture c. stroke <p>lamine key points for coxes/ crew to refer to in shed/boat as wanted</p>	<p>Principal training coxes to identified following input from Broughty/ Eastern</p> <p>Rory to send out development briefing to all coxes</p> <p>Rory to compile list of existing coxes</p>

<p>SCRA umpire/ race cox course – Friday 26th October Trainees would be used for Freshwater Sprints</p> <p>Mel checked youtube – limited quality Eastern page is useful John has video of Woudrichem/ Queensferry</p>	<p>Ask Peter to forward any email re training Encourage club members to attend</p> <p>Videos Video other clubs at Castle to Crane – 50+ team Anne to ask Gabe re videos Rory to ask Eastern Contact Len re recent videos Email to club re volunteer for videos Maria to source videos (inc Shieldaig)</p>
<p><u>Race training schedule</u></p> <p>Survey to club members carried forward</p>	<p>Anne F Anne P</p>
<p><u>Website</u></p> <p>Contact Barbara re training tab on the website</p>	<p>Anne P</p> <p>Mel to check out team/ training apps/sites</p>
<p><u>Racing boat set up/ equipment</u></p> <p>Agreement to remove number, remove footrests Rachel has purchased stickers</p> <p>Oars – Anne F and Maria visited Frank; willing to assist with additional oars; review of all oars</p>	<p>Final review of boats at C2C – esp yellow Woudrichem boat</p> <p>Frank to visit QRC to review all oars- Maria, Anne F</p>
<p><u>Race training fees</u></p> <p>Agreement to raise membership fees</p>	
<p><u>Next Meeting</u></p> <p>Thursday 1st November 6.30pm Hawes Inn</p>	