

**Race Training group**  
**20<sup>th</sup> August 2018**

Item	Actions
<p><b><u>Coaches/ Training Plan</u></b></p> <p>Rory spoke to Trevor @ Eastern Happy to offer us support; what do we want?</p> <p>What do we want?  - explanation of terms  - modelling  - physical demonstration</p> <p>Speak to Gabriel, Broughty Ferry – what is their training plan; would he be willing to coach in Queensferry?</p> <p>Timescales? preferably soon</p> <p><b>Donna</b> contacted Scottish Rowing to seek advice re coaches</p> <p>Training to be open to whole club if possible but dependent on input to be given from prospective coaches</p>	<p><b>Rory will follow up</b></p>     <p><b>Anne P to contact Gabriel</b></p>   <p><b>Donna to share any feedback</b></p>
<p><b><u>Principal Training Skippers</u></b></p> <p>Coxes need to be brought to a basic consistent standard before looking for a core group</p>	<p>To be looked at once coaching has been received</p>
<p><b><u>Training crew recommendations</u></b></p> <p>Pools of crews, training together  Consistency of approach, technique, crews  Train for a longer time  Land exercises  Consistent cox for crews  Crew lists earlier – crews know who the cox is; coxes determined for categories i.e. woman for man’s crew; under 60 for 60+  People to commit to race coxing – become more confident</p> <p>SCRA race cox training availability  SCRA umpire training availability</p> <p>Videos of rowing – contact clubs to gather to any good practice videos</p>	<p><b>Mel to contact SCRA to query courses</b></p>        <p><b>Anne P to ask Gabe, Anne F to contact key clubs  Mel look on Youtube</b></p>

<p><b><u>Regattas</u></b></p> <p>attendance at least two training sessions; consecutive training within categories  Look for opportunities to get both boats together to create a racing feel  Need a good mix of local and weekend regattas to encourage new racers  Regatta selection group – who forms the group, how is it decided  Maid versus Lass for racing – seek opinion from club training group</p>	<p>Wider discussion with committee</p> <p>Maid agreed</p>
<p><b><u>Race training schedule</u></b></p> <p>Email to club to establish who would like to join training sessions  Age category  Would members be interested in fitness sessions  Availability – evening, daytime, weekends  Once feedback received, training categories to be compiled e.g. 50+, 40+ etc.  pools drawn up and scheduled  Possible survey monkey</p> <p>training rows – rows of 5-6km; longer time needed  set days and times according to feedback  90 minute row as a minimum  regular longer rows for stamina</p>	<p><b>Anne P to share with club committee before disseminating to club</b></p>
<p><b><u>Website</u></b></p> <p>Develop training section on website to allow members to access materials</p>	<p><b>Anne P/ Anne F to speak to Barbara</b></p>
<p><b><u>Training Weekend</u></b></p> <p>Info to be shared with committee and wider club</p>	<p><b>Rory to feedback at committee</b></p>
<p><b><u>Racing boat set up/ equipment</u></b></p> <p>Footrest group have met and narrowed down the options  Members taking a closer look at shortlisted boats over recent regattas  current favourite is Shieldaig  more analysis of NB this weekend</p> <p>volunteers needed to do the work  Anne F, Keith, Anne P, Maria willing to help  ask widely in club for skilled people to help  ask relevant club(s) for their footrest spec once decided</p> <p>recommend removal of flag – paint number; has been considered a hazard  need 2 sets of working oars – full clenshaws, 10 in total  is a replacement oar in hand?</p>	<p><b>Anne P to update committee</b></p> <p><b>Follow up with email to club</b></p> <p>Discussion at full committee</p>
<p><b><u>Race training fees</u></b></p> <p>pay what you can versus membership increase – remove the potential barrier</p>	<p>Discussion at full committee</p>
<p><b><u>Next meeting</u></b>  Wednesday 11<sup>th</sup> September 7pm Hawes Inn</p>	