

Race Training Group

1st November 2018

Item	Action
<p><u>Coaches/ Training Plan</u></p> <p>Eastern visit – Is there an opportunity to observe from shore/ boat 2-3 people to visit discuss training plan</p> <p>Broughty visit - last weekend in November</p> <p>EF to record teaching points Share with all coxes/ skippers</p> <p>Initial training session for coxes Roll out programme to all coxes/ skippers</p> <p>Instruction for new rowers</p> <p>John Howell has suggested Faithful to video rowers Analysis session in PEYC</p>	<p>Anne P to contact Trevor @ Eastern</p> <p>Approach the following to see if they would be interested in visiting Eastern Anne F Donal Mike B Louise</p> <p>Anne P to speak to John</p>
<p><u>Training Programmes</u></p> <p>Competent crew Cox Skipper (twice a year) - succession planning - how do you move from competent crew to cox - suggestion of finding a mentor to experience coxing before training - update club handbook to include progression pathways Formalise/ clearer pathway Terminology Communicate pathways to members</p> <p>New members contact</p> <p>Training Day - one day every quarter - Man overboard - Towing a boat - Knots - Pontoons</p>	<p>Anne F & Mel to draw up a year plan to outline training schedule</p> <p>New members pack to be updated – Marianne, Maria & Rebecca</p> <p>Anne F and others to be identified</p> <p>Mike to overview text for MOB</p> <p>Anne F to incorporate into year plan</p>

<ul style="list-style-type: none"> - Rafting up - set up the boat - Anchors - Year planner – shed and website <p>Checklist – renewal of skills (Every 2-3 years)</p> <p>Training page on web-site</p>	<p>Anne P to ask Barbara</p>
<p><u>Skiffie Worlds</u></p> <p>Information to club members about format, procedures, commitment required Add info to website</p>	<p>Anne F to organise</p>
<p><u>Information sharing</u></p> <p>Pilot Team App for managing calendars etc</p>	<p>Mel to set up TeamApp – pilot within training group</p>
<p><u>Boat modification</u></p> <p>Floorboards to be removed; new footrests –</p>	<p>Mike, Mark, Stevie, Anne F, Maria – willing to help</p>
<p><u>Oars</u></p> <p>Frank to build 2 new oars to replace broken clenshaws Discussion with Frank about re-working the new oars</p>	<p>Anne F</p>
<p><u>Next Date</u></p> <p>Sunday 2nd December @ 3pm_</p>	