



AVON COUNTY ROWING CLUB

MINUTES

Committee meeting held via Zoom

Monday 26 September 2022, 7.45pm

Present: Jim Dawson (JDw), Jane Day (JDy), Emily Forsyth (EF), Jon Garner (JG), Will Gray (WG), Katherine Greenhead (KG), Tim Grice (TG), Poppy Kearney (PK), Patsy Lamb (PL), Marian Lovell (ML), Kim Pennelegion (KP), Angie Scott (AS), Penny Senior (PSen) Philippa Sondheimer (PSon), Julian Sondheimer (JSon)

Apologies: Antony Constantinidi (AC), Clair Ponting (CP), Gudrun Wiesenthal-Saunders (GWS)

Welcome by JG to the new committee, especially to the representation by BSU and a thank you to PSen for her captaincy.

1. Minutes of last meeting –
Approved and adopted

2. Update on Action list –

ACTIONS pre 21/3/22 meeting	STATUS
BMC Secretary role – Jdy no longer has capacity for this, having taken over Women's Co-ordinator role.	<p>K Weaver has offered to take on the role of BMC Secretary, JDy to hand over this responsibility.</p> <p>Discussions have taken place regarding this role being expanded to include club house management (the role will incorporate all aspects of the club house – booking, cleaning, keys etc). KW will become the point of contact for any queries relating to the club house.</p> <p>Update following meeting: <i>JG has confirmed that KW will not be required to attend committee meetings, although she will be welcome to attend either regularly or ad hoc.</i></p> <p><i>AC to provide KW with a copy of the Boathouse Management Agreement so that she has the background information regarding the original activities of the 3 clubs on site.</i></p>
ACTIONS FROM 9/5/22 MEETING	STATUS
<p>Boat damage 'Vicky Land' and 'Andy Mason' – AM to be returned to Janousek for repair, VL may also need to be returned. Will need Janousek to look at both boats before we know about potential insurance claims.</p>	<p>Andy Mason & Vicky Land are back, Antony is currently at Janousek although uncertainty about how long it will take to repair.</p>
<p>Finances Shoes – we need to place a big shoe order, need to think about our requirements as sizing and quality differs with manufacturers.</p>	<p>Shoes have arrived, PSen/JDy have been replacing on boats as required. 2 stretchers are missing from Philippa, they are distinctive and it will be good to keep them all together.</p>
ACTIONS FROM 25/7/22 MEETING	STATUS



AVON COUNTY ROWING CLUB

<p>Capsize drill - PSen to organise for late September</p>	<p>Capsize drill took place on 25 September, thanks to Penny for organising. PSen confirmed that she maintains the records for who has completed the drill and is happy to retain this as she needs to keep records for the Juniors.</p>
<p>Boathouse Management Committee Illegal mooring</p>	<p>AC met with Duchy in August. AC to update on progress at next meeting. Action: AC to update at next meeting</p>
<p>Balcony floor – parts of the balcony are rotten and need to be replaced</p>	<p>Our balcony floor – part rotten. AC progressing with somebody who is able to fix this; AC to provide update at next meeting. Action: AC to update at next meeting</p>
<p>Site insurance – ongoing discussions regarding rebuild costs and associated insurances. AC to recost insurance rebuild calculations</p>	<p>Insurance for the site has been renewed (August), Json has sorted out all of the issues relating to rebuild costs.</p>
<p>Avon Bluefriars – JDw to liaise with J Berwick re purchasing VHF radios</p>	<p>Purchase has gone through. Club paid £750 for 25+ VHF sets. Normally we hire them £250 per event so will be cost effective in 3-4 events. A Watson has them in safe keeping.</p>
<p>Boat purchasing plan – PSen has started to look at the boat purchasing plan. To forward to JG.</p>	<p>This is something we need to come back to in the next couple of committee meetings; squad co-ordinators to think about where the gaps are, PSen to forward boat list & wish list to JG. Action: PSen to forward boat list & wish list to JG</p>
<p>Learn to Row tuition options - PSen to explore private LTR tuition options further</p>	<p>Private tuition options/details have now been updated on the club website. PSen has confirmed that we have a group of coaches who are happy to be approached for private coaching. JG noted that we need to ensure that we capture them as members as soon as they contact any of the coaches. Coaches to then double check re membership and forward details to PSen. Action: JG to liaise with coaches</p>
<p>- JG to check with JSon re launch insurances if Monkton launches are used for private coaching sessions</p>	<p>Monkton launches have now been added to our insurance. JSon provided clarification re the insurance cover: 1 Monkton launch has been insured, although it doesn't matter which one is used. We can take any of them from the Monkton boathouse and use for our purposes although only one at any one time. PSen queried the type of insurance cover in place – the insurance covers the individual who is driving the launch (public liability). Further clarification has been provided following the committee meeting: <i>The insurance broker has confirmed that the issue is who is driving the launch at the time of the incident. If we are driving the launch and are responsible for the incident, we will claim on our insurance for any damage. If we have borrowed the launch for one of our events but a Monkton person is driving, the claim will be against our policy in the first instance.</i></p>
<p>To carry forward to September 2022 meeting:</p>	



AVON COUNTY ROWING CLUB

<p>Welfare – ML to organise some overview training to ensure everyone is up-to-date with current guidance</p>	<p>ML confirmed that there are a number of appropriate online courses available; those working with the Junior members should participate in these courses. ML to progress. Action: ML to progress</p>
<p>Noticeboards Out of date and need to be updated</p>	<p>KP currently working on the revised Committee boards. Agreed that mobile phone numbers would be included unless individuals specifically request for these details to be removed.</p> <p>KP also working on the First Aiders and the Launch Drivers list. Work in progress. Action: KP to progress <i>Update since meeting: All boards updated</i></p>

** Actions highlighted in grey have been completed*

3. Reports

Captains – Report circulated prior to the meeting, see below

Nothing to add

Men – Report circulated prior to the meeting, see below

(Aspects of the report are covered later in discussions.)

Women – Report circulated prior to the meeting, see below

Nothing to add

Social rowing – Report circulated prior to the meeting, see below

Nothing to add.

Beginners (Adults) – JG confirmed that CP very much wants to run the LTR programme again. CP is working towards a timeline of November-December to sort out course dates for 2023. JG to progress with CP to set dates for 2023 courses so these can be published.

Action: JG to progress with CP to set dates for 2023 so these can be published

Development – Report circulated prior to the meeting, see below

This 1st cohort has been an interesting trial and provides a good base to learn from. Priority now is to transition the remaining Development squad members into the main squads asap.

There have been numerous questions from the Development Squad about licences, memberships etc. PSen confirmed that currently once a new member has completed the Google form (on the club website) and invited to pay via GoCardless, they are then added to PSen’s membership list/added to RNs distribution list. PSen confirmed that as part of the LTR programme, as a club we sign them up to British Rowing with



AVON COUNTY ROWING CLUB

Row membership. If they subsequently wish to race in any events, the individual will be responsible for updating their membership.

Juniors –

Discussion surrounding the retention of junior members and concern that the benefits of rowing for mental health in particular may be being outweighed by the financial commitment. PSen felt strongly that as a club we need to make sure we are not losing members due to the current financial situation; it was noted that within the club's constitution, the Captain has the discretion to reduce or cancel subscriptions to ease the financial burden. Cttee and squad co-ordinators to be aware that it is an option if it will help in certain circumstances. ML raised that one individual had talked to her about this issue, ML to have a conversation with the member and agree with JG/PSon. It was agreed that a note would be added to RNs to make it more widely known across our club membership.

**Action: ML to progress with individual and liaise with JG/PSon
Statement to be added to RNs (Update: added to RNs 27/9/22)**

Volunteer co-ordinator – nothing to report

Discussion surrounding this role; ideally, as a club we need to engage with those members who, when leaving, wish to retain a connection with the club and help where possible. It would be helpful to send them a list of events so that they have forewarning of dates that they can commit to.

**Action: PSen to send out list of dates for future events
Future dates of events to be included in RNs (Update: added to RNs 27/9/22)**

Go Row Indoor – Report circulated prior to the meeting, see below

Json queried the renewal of the club's accreditation for Go Row. PSen has confirmed with British Rowing that we will be renewing, hopefully in October (in line with the start of the Go Row programme). The cost for the renewal includes 1 training session to become an instructor which is useful.

GWS has created the posters which PSen has seen and is very impressed by. A sign will be put up by the gate, hopefully this will generate interest as the road has a lot of passing traffic. Although it was felt that advertising will be by word-of-mouth, Keynsham and Saltford News magazines were discussed as a potential opportunity. PK believes that advertising will be possible through the Student Union, as well as PK/EF engaging with new students through freshers fairs. ML confirmed that she is happy to be involved with the Go Row programme.

Action: PSen/JDy to explore the Keynsham News and Saltford News advertising options

**PK/EF to engage with new students through Freshers Fairs
PK to explore advertising opportunities through the SU**

BSU Student Co-ordinator - EF has tried to contact all BSU students who rowed last year; not all are back for the start of term so will continue with this once they have returned. Taster sessions have been planned for 6, 7 and 12th October. No Fresher or Activity Fairs have taken place yet so EF not able to confirm numbers. EF estimating 15 BSU members, will know more in the coming few weeks.



AVON COUNTY ROWING CLUB

4. Boathouse Management Committee

AC is sending dates to UBBC for a meeting to discuss the fire safety report that they commissioned

C&RT workboat will be assisting on Thursday 6 October to remove the big trees in the river at the top and bottom of the straight. Volunteers will be needed to help. JG to ask for volunteers in RNs.

Action: RNs request for volunteers to help on 6 October. (Update: added to RNs 27/9/22)

The track has been restoned since the last meeting.

We have been experiencing a lot of issues with the on site alarm – this is being serviced on 29 September so hopefully these issues will be resolved.

Signage: For the top field - Go Row signage plus 5mph signs. For the main site - signage to encourage visitors to keep off the pontoons and keep to the path. Strongly doubtful that this will have any success.

5. Welfare

Nothing to report

6. Safety Report – Circulated, see below

There have been a few incidents, mainly training/falling out of boats. Still experiencing issues with poor lookouts (however this is a problem country-wide and not just at ACRC). The HRSA report does not highlight any other ideas that we have not yet thought of.

Boats of all sizes – mainly bow steered boats – continue to hit things. We need to keep reinforcing the message through all levels of the club, from beginners to all members of the squads.

The HRSA report made reference to a rower who had suffered an epileptic fit whilst out on the water. This prompted a lengthy discussion around our club processes and how we deal with similar issues. Noted that we are reliant on members/parents of juniors disclosing medical information. PSen ensures that junior members with health conditions have appropriate precautions in place to ensure their safety and wellbeing whilst on site/on the water.

Whilst this information is requested at the start of an individual's membership with the club, we need to ensure that we have procedure in place for updating this information whenever there are changes (this includes health conditions, changes of address, changes of 'in case of emergency' details).

Agreed that ML will draft information for RNs to include the role of the Welfare Officer and the need to update her on any changes that make any of the members vulnerable.

Action: ML to draft information for RNs re role of Welfare Officer, to include process for updates to health and wellbeing



AVON COUNTY ROWING CLUB

PL suggested that RNs includes a Safety heading which has a different focus each time. Agreed that we would include this in RNs.

Action: JG to include Safety in RNs (Update: added to RNs 27/9/22)

'In case of Emergency' information was discussed and how we store and access this when needed. For data protection, using the Google form is more secure and more readily available from mobile phones. PSON is currently working on the paper option, PSON to complete this and then look at transferring data onto Google. PSON to ensure BSU are included in this list. Agreed that the committee members are the right distribution group for this sensitive data, there is no need to expand this as generally at least one committee member is around on site during any sessions.

Action: PSON to complete the 'in case of emergency' information; to add this to Google forms, to include BSU members

Safety audit – will be handed over to PK and PSON. JG will forward link to PSON.

Action: JG to forward Safety Audit link to PSON/PK

Noted that with the darker mornings/evening, high viz tops now need to be worn, especially by those at bow.

Noted that we are all responsible for assessing what kit we need to take out with us on any outing – which includes mobile phones in waterproof bag if that is felt necessary.

7. Events

Avon Bluefriars – small boats head, 8 Oct. So far, 116 entries, with more to come. This compares with about 132 from last time. We are very short of helpers signed up, currently we have ½ the number we need to run the event. JDW has asked Bluefriars if they are able to help, Julian Bewick will put a note out to their members. PK confirmed that Bristol Uni have a potential small group of volunteers (who are launch and safety boat qualified drivers). Bradford on Avon have a number of individuals who have volunteered. No support offered, as yet, from Minerva. Obviously if any club members are racing, they are expected to volunteer.

KP suggested that in future we may be able to seek volunteers from local schools who are completing their DofE qualification. The volunteering element for all 3 awards has a minimum set number of Volunteering hours that need to be completed, there could be potential to have individuals helping across all of our events to make up these hours. KP to explore further.

Action: KP to explore DofE volunteering option

AS confirmed that she has contacted Bathampton Anglers, there are no matches planned for this date.

JDW to contact the police and provide dates for our events.

Catering – PSON confirmed that a lot has been ordered and has a contact to ask regarding being in charge of this aspect for the event. A cake appeal to be made via RNs.



AVON COUNTY ROWING CLUB

**Action: PSON to progress enquiries for catering (a person in charge)
Cake appeal to be made via RNs (Update: added to RNs 27/9/22)**

The Canoe Club have an event on site on 9 October, they have asked that we keep the river clear of rowers from 11-4pm. They have also asked if they can use toilets etc.

Autumn Head - nothing to report

Spring Head – nothing to report
Waiting to see what date is fixed for coronation

Social events –

Afternoon tea 12 November – Jdy will send info through for RNs

Action: JDy to advertise Afternoon Tea 12/11 via RNs (Update: added to RNs 27/9/22)

JDy is looking at possible dates for a brunch also Christmas party options.

8. Finances, Joiners and Leavers

Finances – Report circulated prior to the meeting, see below

Not very eventful since last meeting from a financial point of view, funds in the bank has remained stable and there has been little change to o/s dosh.

Subs & Memberships: Report circulated prior to the meeting, see below

Membership – Report circulated prior to the meeting, see below

New members & Leavers – Report circulated prior to meeting, see below
There have been quite a number of leavers recently, new joiners are very important to replace those leavers. The Membership and Subs report has an accurate number of members.

BSU membership was discussed and how to ensure that these members pay in the way that is most beneficial to them. Noted that it is really important that all BSU members fill in the Google form so that we have details of their emergency contacts. Currently BSU members pay BSU Union and as a club, we invoice the student union for the 8-month membership (this makes it very difficult to have accurate details of BSU/ACRC members). EF/PK were asked whether it would be more beneficial for BSU to become regular student members of the club and pay via GoCardless? EF will have a conversation with the Student Unions to determine what is feasible, however from PK's understanding, BSU need to be members of the union due to insurance, trailers/drivers (for BUCS) etc. The SU has a separate insurance as it is a University club.

**Action: EF/PK to explore BSU Student Union vs ACRC student membership options
EF to encourage all BSU members to complete the Google form (membership form is available from: <https://avoncountyrowingclub.org.uk/learn-and-join/>)**



AVON COUNTY ROWING CLUB

9. AOB

Actions from AGM:

Appointment of External Examiner [following Chris Levan stepping down]
Susan Comber has volunteered to take on this role. Discussion regarding her level of qualification (MAAT) being suitable. The Club constitution was referred to – it states that the appointment of the External Examiner needs to be agreed at the AGM. Suggested that the AGM is reconvened for 15 minutes prior to the next committee meeting (31 October 2022).

Action: KP to organise 'notice' for this meeting and draft the proposal for consideration

Appointment of 3rd Trustee

The Club constitution states that the President is able to make this appointment. JDw is happy to discuss what is entailed in this role (and confirmed that it is not an onerous obligation) with anyone expressing an interest. JG to liaise with AC regarding a short summary of what is expected within this role, this information will then be circulated via RNs.

Action: JG to liaise with AC re Trustee summary, to advertise role via RNs

Paid coaching review

Noted that this is *not* a review of the coaching provided by PK over the past 2-3 months (which has received very positive feedback to date), the discussion surrounded what requirements we have for coaching in the coming months. The continuation of paid coaching as a resource will be subject to availability/which squad can most usefully benefit.

We need to recognise that there are a lot of individuals who give up their time to provide unpaid coaching and we need to look at the criteria for paid/unpaid coaching. JG clarified that we need to determine a. whether we want continued coaching and b. who is a paid coach.

Men's squad: TG very keen for this to continue moving forward. The squad need to be supported by paid coaching and TG does not want to interrupt what has been put in place so far. There has been a clear benefit for all. It was felt that the men do not benefit to the same level of coaching as the women squad (without doubt their technical level has improved that has led to an increase in standards). TG keen to make a commitment that the men's squad have coaching in place over the winter season with a target for the Head season. In order to change the culture within the squad, coaching is needed although TG appreciates that there are financial implications for this. This cannot be achieved with short-term coaching provision.

Women's squad: JDy acknowledged that as a squad, there is a high level of commitment from women squad members who are willing to give up their time to support all, in addition the squad has benefited from consistent coaching by JG. JDy is keen to make the squad more self-sufficient and the squad are aware of an expectation to engage with coxing to ensure that all members of the squad have equal time on the water.

Social rowing squad: Have not received coaching, this would be beneficial to the squad.



AVON COUNTY ROWING CLUB

JG keen to all squads to have access to the same level of coaching; discussions to continue.

Action: JG to present proposal for next committee

PSen confirmed that she has been in contact with M Arnold/Minerva about potential coxing training.

PSen is looking at Session and Club Coaching courses – these will not happen before the springtime and will probably take place in Bristol.

MailChimp (for centralised contacts list)

There are a number of contact lists of people held by different committee members, KP/PSon/JG/PSen will try and collate into 1 secure and manageable.

Action: KP to liaise with PSon/JG/PSen and progress

Boat booking system

Jdy confirmed that the boat booking system nearly ready, logins and passwords Logons will be sorted out and rolled out in the next few weeks. Jdy/EF to meet to ensure BSU are included.

Date of next meeting: 31 October 2022, 7.45pm



AVON COUNTY ROWING CLUB

CAPTAIN'S REPORT

Welcome to our new committee members and welcome back to everyone else. Thank you all for standing for 2022/23. There's a few changes and a few new faces. We can do introductions quickly tonight.

It's been quite a busy week, starting with a very successful Autumn Madness on the 17th Sept. Thanks to Penny for organising this. I'd certainly like to continue these in house events, both regatta style and head races over the year as the diary allows.

Janousek delivered back Andy M & Vicki L. Antony C has gone away for repair. We'll put Keith T back to a pair but also keep Get Smart & Marcus as pairs too, and hopefully more will try pairing (& see the light!) We've also had a large supply of new shoes arrive which Penny & Jane are working through to replace the worn ones.

There was a successful capsized drill on Saturday with a number of juniors & development squad attending. Again thanks to Penny for organising & Andy for helping. Unfortunately Errol came off the worse & is out of action till the hole in the bow is repaired.

Looking ahead, we still need entries and helpers for ABH22 and that's going to be the focus of the next couple of weeks.

Finally I'd like to add my thanks to Penny for all her years as Captain and most recently for her support in handing over to me. Penny's left me with some very big shoes to fill, but she hands over with the club in good shape & with a very strong committee team. Thanks Penny.

JUNIOR CO-ORDINATOR REPORT

WOMEN'S SQUAD REPORT

Regattas

A slightly better end to the regatta season for the women's squad with crews racing and some wins at Stourport and Gloucester.

Stourport

Mixed MasD 8+ : Jane, Patsy, Ange E, Ange S, Robin, Chris R, Andy D and Jon G coxed by Abbie

Mixed MasE 4X- : Ange S, Patsy, Jon G, Russell

Gloucester

WMasC 8+ : Hannah T, Chloe P, Kath, Katherine, Patsy, Kayleigh, Abbie and Jane coxed by Ange S

WMasC 4x- : Hannah T, Chloe P, Hannah L and Kayleigh coxed by Kath F

WMasA 4+ : Sal, Hannah L, Ange S and Kath

Mixed MasE 8+ : Jane, Patsy, Katherine, Ange S, Russell, Jon, Peter and Robin coxed by Penny

Abbie also won her first heat in her WMasB2x

Great fun was also had by many squad members racing in crews at Autumn Madness, a really good end to regatta season – thanks Penny!



AVON COUNTY ROWING CLUB

Head Season

We are now looking forward to Head season with some entries being put in for Avon Bluefriars.

Women squad members have met and confirmed that we are committed to training over the winter season with a view to sending crews to WEHARR and Vesta in March 2023. Many will be doing double outings on Saturdays to keep up the amount of time on the water with some Sunday outings when there are enough people available to make up a crew. To support this, it does mean that everyone who will be training in 4s and 8s will be asked to take turns coxing as well to increase the coxing experience across the squad and recognise that it can't always be the same people who cox at weekends or at races.

Jane Day
Women's Squad Coordinator

MEN'S SQUAD REPORT

Regattas

There was a continuing dearth of men's crews from Avon County at local regattas (see annual report) but David Atkin achieved a win in the Bewdley Sprint 1x Low CRI and Robin, Chris, Jon G, Peter, Andy D and Russell were able to team up with the women's squad and win in mixed crews at Stourport and Gloucester (details in Jane's report).

Darrel and Steve competed in the 2x Mas D competition at the World Masters and achieved an excellent result relative to comparable crews.

The squad was represented by various crews at Autumn Madness and had a good time. Thanks from me too, Penny.

Squad members

We have welcomed 5 new members into the Men's Squad from LTR/Development – Michele (Mike) Iodice, Xavier Alonso, Ali Sertin, Danny Davis and Jon Dean. This is promising.

The Head Season

We held a squad meeting on 11th September 2022. It is intended as a squad to target a number of specific events through the winter culminating in HARR/Vesta Vets next March. To this end it is planned to try to move away from a culture based on self-selected crews operating independently of each other and/or scratch crews for events as they arise and to establish a centralised squad system with crew selection based on merit and compatibility.

In the short term we plan an entry of about 7 boats (20 people) to Avon Bluefriars.

Coaching

We have had the benefit of coaching from Poppy Kearney on Sunday mornings. This is on a paid basis. Additionally a number of men's crews have engaged her services directly. The feedback is positive. It is intended that the plan referred to under The Head Season should be implemented and supported via continue coaching and this process has started. My proposal is that the present arrangement continue at least over the winter. At that stage it can be reviewed again if people so wish.

I am aware that the whole coaching situation is up for discussion in committee and I'll leave further comment until then (either in writing or in person). I attach below a very brief report from Poppy.

Any further developments on a Session Coaches course?

Tim Grice (Men's Squad Co-ordinator)



AVON COUNTY ROWING CLUB

Men's Coaching Report:

Initial thoughts

1. Previously there has been very little focus during the sessions, and the most beneficial coached sessions have had a straightforward program of events that can be implemented by the coxswain and supported technically by the coach.
2. There has been no previous focus on drills to improve technique; as a result, an explanation the night before the session was beneficial, as well as a further explanation on water and answering the question 'why?' helped to solidify change. However, drills are only helpful if done over long periods. We were unable to focus on just one drill for an entire session. Instead, we looked at one part of the technique during a session and did various drills to the same effect. For example, when working on the catch, drills included chops, gunwale dips, catch sequence and reverse pick, all working on the same area without making the session repetitive and dull.
3. Drills and different coxing styles were initially quite confusing and, in the beginning, negatively affected the efficiency of the session. Still, after some ground rules and universal instructions were implemented, the sessions started to run smoother, and the squad seemed to enjoy it.
4. Video Feedback has been the most popular part of the Sunday sessions, with the squad being able to see their rowing has made progress that little bit more achievable. It also has created easy development for session plans by highlighting key points and seeing weekly progress.

Suggested next steps:

1. Stretching exercises should be done regularly, both before and after each session. Before beginning planned work, ten per cent of the session should be allocated to the warm-up, including dynamic stretches, erg warm-up and/or paddling should be completed. A more specialised warm-up should be used before intense training to ensure the body is adequately prepared. After exercise, ten per cent of the session should be allocated to cool down, which could be done through paddling and dynamic stretches. Some members have various physical considerations, so extra time should be given to warm up or cool down appropriately to avoid unnecessary strain. Gentle muscle contractions assist the body in clearing waste materials collected in the bloodstream because of intense activity; therefore, it is essential to consider adding this to future and current session plans.
2. When it comes to numbers on a Sunday morning, there are a few regulars, but in comparison to the whole men's squad, it is relatively sparse, however, increasing. The new program the man's coordinator is implementing should encourage participation.
3. Continue to provide video feedback and analysis every week and explain drills before the session to avoid confusion.
4. As stated in the new plan the Men's Coordinator created, producing some target races and preparing crews well in advance is essential.

BEGINNERS REPORT

-



AVON COUNTY ROWING CLUB

DEVELOPMENT SQUAD REPORT

The Aims and JD for the co-ordinator role were as follows:

Aim:

- To get those from L2R up to a level where they can join the main squads
- To get them into good habits – warming up and cooling down properly, following an outing plan
- Introduce the ergo as a fitness as well as a technical tool
- Improve their understanding of the stroke they are aiming to achieve
- Aware of the areas that they need to improve on in order to achieve a good stroke and know how to improve those areas e.g. hamstring flexibility, hamstring stretches
- To move individuals into the main squads at the right time for them
- Brief report after each session to keep coordinators aware of progress
- Criterion required to move to main squads
- Know which equipment is suitable for them (taking conditions into account)
- Able to boat with minimal help (i.e., help carrying boat/getting in if single, but not adjusting)
- Able to scull in a fine double or single or four with fluency. If in a coxless boat, stick to the correct side of the river, warn others if reqd.

Job Description

- Keep tabs on progress of dev squad members – liaise with coach.
- Know who is expected at each session and which boats they plan to use, arrange coxes if required.
- Ensure a 'development buddy' is available to help them boat if req/help sort out issues

Summary

In July the LTR cohort was handed over by Clair Ponting. Poppy Kearney was appointed as a paid coach for Thursday eve outings.

20 rowers were handed over from LTR. One woman from a previous LTR remained in this cohort also making 21. Sessions ran initially from 6pm however the feedback from the cohort was that they were unable to make it on time therefore pushed back to 6.15pm.

This had a knock-on effect on the coaching plans created to include warm up and session planning due to late stragglers and delays getting into boats. Boat handling skills were noted as needing a lot of support with minimal understanding from the crew of how to hold and carry a boat. At times it took 30-40 mins to push off from the pontoon. This improved with some crew members but not all and ate into overall rowing time.

Rowers presented with a range of ability and confidence. Boats were initially allocated fairly blind initially with Poppy coaching from the launch. Subsequent sessions were adapted as the sessions progressed with volunteers rowing within crews where possible to demonstrate and support from within the boats. On the whole availability has been good enough to get at least two boats out weekly and when unable on the weekends the development crews have joined forces with the social rowing group.



AVON COUNTY ROWING CLUB

The focus has become more towards boating on time and adapting crews to ability levels sometimes at the last minute, and less so on the other aspects of rowing. I am pleased to say no one has capsized and no tears have been shed.

A review between co-ordinator, coach and other interested parties is planned and will be needed when/if the development squad runs after the next LTR cohort to establish criteria of suitability to progress into a development squad and achieve the aims outlined in this report.

Racing

We are fortunate to have a core number of rowers who progressed and wanted to race at Autumn madness. A women's 4x+ went out thanks to Philippa giving up her seat and Ali doubled with Steve M. They enjoyed the experience and are wanting to race at Blue Friars whilst another rower is keen to mix with the Social Rowing group.

Moving on:

Men in the development squad have been welcomed into the main men's squad. The forward plan is they will continue rowing/ subbing for development squad crews when available and are open to mixed crews. I will work with Tim and Jane on this for Saturdays at 10am and Sundays at 10am also.

Women from the development squad will continue to be supported by me and with co-ordination with Jane will work on work a mutually agreeable plan of succession based on ability, commitment and opportunity. They will be included in all comms but not assumed to be part of the larger squad at this point, feeding gradually into the squad when the time is right.

Social- Philippa has been open to welcoming those available on Sundays and Thursday mornings, some have taken this up which has been much appreciated. The integration of development crew rowers hopes to be supported by coaching where possible.

Volunteers and Helpers (Jon G, Jane D, Katherine G, Will G, Mark P, Tim G, David A, Patsy L, Charlotte H, Nick D, Marion L, Philippa S, Coach - Poppy K)

We have relied on volunteers which have been a hugely appreciated support and I would like to extend my thanks to all that have helped and given up their time this summer.

Leavers & Remainers

Total Leavers =6

- 2 left due to City of Bristol being closer, and other for various other commitments
- 2 assumed left, drop off in contact
- 1 left as was a 'handholder' partner
- 1 left due to other things-plans to return next year

We have gained an additional rower who has not yet reached a level of confidence to integrate into other boats but seems to enjoy the sport none the less.

- 1 rower is happy to go solo and single
- 1 is yet to fully integrate due to injury (may drop out) – not paying (AH)
- 1 is a parent of a junior and I haven't met him yet. (N Sparey)

Total Remainers = 11 + 1 additional = 12

- 5 men
- 7 women



AVON COUNTY ROWING CLUB

Coach's comments :

My initial plan when creating an 8-week program was to encourage independent development; the program aimed to focus on smaller boats for those comfortable and to ensure an even development between sweep and sculling. This purpose aimed to ensure all of the development squad had a well-rounded foundation to enter into the men's and women's squads, respectively. However, this plan was too ambitious due to vastly different skill and confidence within the squad and limited boat handling skills that pushed back on water time.

After altering the initial program to work with the squad's ability, there has been some vast improvement across all the members, with most having been in doubles and some learning singles. Those that were available to race and wanted to have done and enjoyed it subsequently have had some interest in future races and progressing into the men's and women's squads. We have tried to vary the sessions with different boats and types of rowing, but due to various influences, most of the training has been in 4x+ and 4+s with volunteers coxing and rowing. My suggestion for future sessions would be to start teaching members how to steer or cox to further encourage independence on the water and rely less on larger groups of volunteers. Many members are now integrating with other squads, including the social rowing which includes the development squad with the rest of the club, which is extremely positive and vastly improving the versatility of their rowing.

The sessions were well organised with Angela doing a fantastic job coordinating the squad and the volunteers. All members have subsequently improved regardless of the different jumping-off points with individual members. Overall, the last eight weeks have been very positive, with everyone improving and enjoying the sessions.

Angela Scott – Development Squad Co-Ordinator

Poppy Kearney – Development Squad Coach – comments attached within report.

SOCIAL ROWING REPORT

Outings

Back in action after Sondheimers' holiday – really need to get this squad more self-sufficient

A couple of awful outings in a 4x+ in August so we agreed we needed a new start.

Arranged a virus-based session for 25th Aug but all of a sudden everyone had a prior engagement.

On Sunday 28 August - Philippa, Theresa, Susan and Julian in Victor - just in time before they re-rigged it on Tuesday 30th, and then we had various 4x+ outings till.....

Sunday 11th – red letter day

We arrived at 09:00 to re-rig Penny. She was missing a foot plate at stroke and a seat at 3 so had clearly not been in everyday use but Philippa, Dawn, Theresa, Zsolt, Xavi, Cai, Miranda and Bev had a nice outing in the oct at last coxed by Julian.

A few ladies have left so no longer getting an oct on Thursdays but people are happy to double in Claudio.

Going forward.....

- Hoping to keep the oct as long as possible, especially as it is good for mixed ability rowing



AVON COUNTY ROWING CLUB

- Social rowing is being offered as an “extra” for the dev squad at 10:00 on Sundays
- Would be very nice to have even 30 mins' worth of coaching on a Sunday if possible
- Philippa's worthy attempt to become the WAGS representative for recreational rowing seems to have come to nothing so far

INDOOR ROWING/GO ROW REPORT

we hope to run 2 classes but there is no starting date for them at present. Hoping for an October start date.

One class will be on a Friday at 5pm and will be run by Marian.

The other will be run by a go row indoor coach from Bristol Ariel club on a Saturday morning.

Once we have confirmation of the start date, advertising will commence with the display of posters in local areas. Information on social media including Facebook etc.

The go row web page will be updated with a timetable and information to a booking app.

The classes will be for 45 minutes and cost £5 per session or £18 monthly membership fee.

More information to follow as it is confirmed

BSU STUDENT CO-ORDINATOR REPORT

-

MEMBERSHIP & SUBS REPORT

(subs figures to 8th Sep, membership to 26th Sep)

Membership numbers

	Label	31 March 2022	July 2022	Sep 2022	Notes
Full	F	99	104	105	
Full paying junior rate during lockdown	FJ	2	2	2	
Coach	C	2	2	2	
Non Rowing		3	2	2	
Student	S	0	1	1	
Vac student (paying)	VAC	19	3	3	Brend, Brown, Stratton



AVON COUNTY ROWING CLUB

Vac (maybe maybe)	VACM		7	7	
VAC (never to be seen again)	VACL		8	7	
Junior	J	53	60	49	
Taster	T	5	5	5	
LTR Taster + course	LTR	6	17	4	
Junior - family membership 1 parent	Jfam	2	1	1	
Junior - family membership 2 parents	Jfam2	3	3	3	
Bath Spa	B	30	0	0	Only pay till May
Non Bath Spa Leavers this FY	L	58	16	45	
Total exc all VAC, T, LTR, BSU		164	175	165	
Total exc all Vac, T and LTR		194	175	165	

Points to note and action if appropriate

Leavers – Adult membership is about constant as LTR people joining are being balanced by leavers. We have a lot of leavers in this J&L report. This is slightly exaggerated as I have been trying to sort out lurking T and LTR people. Leavers do not always give reasons, or even say goodbye. But I think it would be good in the next RN to mention the Captain's Discretion – needs some careful drafting.

Subs – Monthly subs income constant at about £3300.

BSU – With the new academic year beginning, we need to sort out our admin for BSU members. Points to address:

1. BSU members pay their SU some amount for their rowing. We invoice the SU £96 per member – this covers student membership for Oct to May. Do we want to continue with this approach or do BSU members want to be “ordinary” student members of ACRC and pay via GoCardless. And for how many months?
2. Regardless of the answer to 1 above, we must have contact details for our BSU members, for safety reason so they really need to complete the Google sheet.
3. If the answer to 1 above is to continue with our invoicing approach, should we consider the status of BSU members who wish to row outside the months of May to October? Ordinary vac membership of £30 on top of their Oct to May money?

Philippa Sondheimer
29 September 2022

JOINERS & LEAVERS

Paying people included in membership numbers

Adult Joiners

Sarah Hothersall

Helen Hughes

Dennis Burnham

Danny Davis

Kelly Vernon

Mary Vinson

Gudrun Wiesenthal-Saunders

sarahmhothersall@gmail.com (paying)

helendothughes@gmail.com (paying)

dennis.burnham1@gmail.com (paying)

danny.r.davis@btinternet.com (paying)

mrskellyvernon@gmail.com (paying)

mryvnsn@yahoo.co.uk (paying)

joining as Go Row co-ordinator



AVON COUNTY ROWING CLUB

Adult Rejoiner

Student (re) Joiner

Junior Joiners

Oscar O'Keeffe

lucy.okeeffe@sky.com (paying)

Ronnie Bucknell-Brady

ruth@ruthbucknell.co.uk (paying)

Leavers (or joiners who never really happened)

Alice Charlton

mail 24 Aug, sub cancelled

Laura Steen

mail 24 Aug, sub cancelled

Lynne Miller

mail 27 Aug, sub cancelled

Liz Gray

mail 29 Aug, sub cancelled

Zoe Fogarty

NRH

Neil Evans

NRH

Freddie MacDonald

NRH (not LTR so never in sprsh)

Amber Righton

mail end Aug, sub cancelled

Hugo Vicary

mail 4/9, sub and mandate cancelled, removed

Kassia Edwards

GCL mandate cancelled 6 September 2022

Emily Atkins

NRH, mail from mum Clair

Daisy Davies

mail 8/9, GCL sub and mandate cancelled

Hattie Madath

mail 7/9, GCL sub and mandate cancelled

Bee Wylie

WhatsApp 14/9

Talia Brown

mail 13/9, GCL sub cancelled and removed

Mya Brown

mail 13/9, GCL sub cancelled and removed

Dennis Burnham

he advised AScott

Annie Hadjimitova

NRH and now injured

Ewan Sparey

mail to PSenior and mandate cancelled

Neil Sparey

no availability and son has now left

Antony Vecchio

no contact after advice to contact NDolman

Michelle Dean

PS advised by Ascott

Helly-Osbourne

GCL mandate cancelled

(NB People who leave temporarily are counted as left as they are not paying – they are not deleted from the spreadsheet)

FINANCIAL REPORT



AVON COUNTY ROWING CLUB

AVON COUNTY ROWING CLUB					
Financial Report for Committee Meeting on 26 September 2022					
			This report (26/09/22)	Previous report (25/07/22)	Change
1. BANK BALANCE					
	Interest rate				
Current account - General ¹			53,841	48,446	5,395
CAF Cash account			1,744	4,946	(3,202)
CAF Gold account ²	0.65%		18,002	18,002	0
Virgin Money account	0.40%	TBC	18,109	18,109	0
Total in bank			91,695	89,502	2,193
¹ General excludes subs standing order receipts since 09/09/22					
² Includes £3,000 events working capital					
ENTRIES/KIT/MISC DEBTS/(CREDITS)					
Balance 31/03/22 (after write-offs)					
Race fees			374	374	
Kit & Misc			4,171	2,928	
Credits this year			957	786	
Total Current Balance			(4,241)	(2,828)	1
NB active members only					
2. MAJOR INCOME & EXPENDITURE ITEMS SINCE LAST REPORT					
(excluding normal routine items)					
				Amount	
Monkton Bluefriars: purchase of radios				750	
Janousek (repair Andy Mason 2x 414, V Land 1x 917)				1,331	
Nelo Rowing (16 rowing shoes)				1,600	
3. IMPENDING MAJOR EXPENDITURE/INCOME					
				Amount	
Insurance excess A Constantinidi 4- repair				500	
4. FINANCIAL ISSUES					



AVON COUNTY ROWING CLUB

SAFETY REPORT

Safety Report for Committee Meeting 25th July 2022

Incidents 2021/22

Incidents reported since the last meeting.

Date	Description	Reported online by club
29.6.22 6:30pm	<p>There had been heavy rain showers and the rafts were wet though not slippery. Whilst reaching over to stow his trainers in the boat (Debbie Blackmore – wing riggers and backstays) before getting in, Alastair Watson caught his foot on the back stay of the stroke rigger, tripped over it and fell across the boat into the river. The boat was being held by the other crew member at the time. He quickly surfaced and got his breath back before climbing out onto the pontoon. He caught his head on the wing rigger on the river side as he fell in. After changing into a dry T-shirt he boarded the boat carefully and carried on with the outing. Apart from a small bump on the head, no ill effects were suffered by the swimmer and the boat was not damaged.</p> <p>Prevention: Alastair has been advised by the Club Safety Advisor to take more care when sorting himself out before getting into a boat!!!!!! 😬</p>	20814
7.8.22	<p>Recine Theaker (junior) fell out of Fang three times near the rafts. First time in fine single.</p>	20815
14.8.22	<p>Ian Bellamy steering Ian Derbyshire at 3, Rob Shaw at 2 and Simon Rodway t stroke in Geoff Peattie. Ian says, "We were on the bend 200M from the 1st bridge and had just increased the pressure. We were doing pieces with Poppy coaching although she was helping Tim in another boat. I was steering and unfortunately misjudged the bend and our speed, hitting a moored barge, bow to bow. I had called emergency hold up but too late. The barge was not damaged. It was also unoccupied. We could see no damage to the bow and Poppy also could see nothing. Obviously, not an excuse but the sun was fairly low over my left shoulder which didn't help. With no obvious damage we carried on. On land the bow ball was slightly loose and on removal it was obvious that about 1cm had broken off. I showed Penny who has the bits and the bow ball."</p> <p>Ian D says "I then felt a big bump and the boat lurched to stroke side. I turned and saw a stationary boat, and pulled my bow side blade in as we moved past. On our return paddle we noticed excess water in bow and 2s foot wells. Also a bit in mine at 3. The outing was not particularly splashy so we were concerned if we'd damaged the hull. Once off the water we found the bow tip broken but the bow ball was still attached. We could not identify any cracks in the hull to account for the water, so assume it was the splash from the bump".</p>	20816
4.9.22 11:00	<p>Janos Ball leaned over to do up his gate in Errol, and toppled in by the launches. He got out and went home.</p>	20817



AVON COUNTY ROWING CLUB

22.9.22	Thomas Wiesenthal-Saunders fell out of Fang opposite the rafts as he hadn't done his gate up properly. Swam boat back to raft.	20874
25.9.22	At 11:00, Thomas Wiesenthal-Saunders and Arjuna Pankhania fell out of Ogley opposite coaches' corner. Swam to side and got back in.	20890

Issues Arising

- 20816 Another incident resulting from poor lookout. I also know that quite a few boats have rowed into the new 1250m tree (but not reported). We need to get better at looking out. For further discussion.

HRSA Monthly Report – Jan 2022

(This is a monthly report we receive on notable safety incidents and updates from across all BR clubs. The incidents reported in this section are not from ACRC, but may provide useful information and learnings for us)

- Lots of collisions with lots of boats, swimmers, paddleboarders, etc. around the country (so it's not just us) The only advice BR give is to:
 - 'Maintain a better look out. Please understand that it is not acceptable to continue rowing unless you are sure that the water ahead is clear. If you are not sure then you must stop.'
 - 'Take care around motor boats; they sometimes show lack of skill, care, attention or just act stupidly.'
 - Learn from the mis-fortune of others
 - Be considerate to each other
- Take care of rowers with Epilepsy. There is some BR guidance. Do we monitor such health considerations?

Rowsafe & Club Safety Audit

We're into Club Safety Audit time again. Poppy & Philippa to action. Thanks

Other Matters

- Watch out for fallen trees again. There's a new one at 1250m on the tow path side. The usual clear-up team of Tuesday & Thursday rowers will tackle it over the next couple of weeks, plus along the whole head race course prior to ABH. We will have some C&RT help on Thursday 6th during the day if anyone else is able to help too.
- Do we need to update the list of updated emergency contacts?
- Let's start wearing Hi Viz tops again as the days get shorter please.