

TYNE AMATEUR ROWING CLUB AGM 2017

Captain's Report

I am happy to report Tyne continues to set new boundaries. Performances on the river continue to succeed at all levels from our development squad (graduated learn to row) to our more elder members still showing a bit of ergo work over the winter can result in national success!

I wish to thank all the volunteers, who without question step up, supplying us food mid-week and weekends to feed the hungry squads after training. I wonder how many bacon butties we as a club consume over a year. Lots! Special thanks to **Warburton** who still continue to support us by supplying fresh bread weekly! Perhaps we may appear in their next advertisement? Dennis!! Make it so.

Also to our fantastic squad of coaches who put together a great program of work for our athletes to follow and dedicate many hours on the river. Some mention must go to John Mulholland, Jess Harris and Thomas Jackson who look after our junior squad. They can't be an easy bunch to deal with at times, but have brought a great deal of fun to their training and success is really starting to show on the river.

Diane and Graeme Wheeler I'm sure have interesting conversations over tea as they discuss training and crew selections! But a fantastic effort from Diane over the past year helping form our master's ladies squad that Tyne can be proud of, which continues to grow, racing locally and nationally to many successes. Guy, Dave and Alex have developed the performance squad to an acceptable level, with some good results over the year.

I'd also like to thank those who stepped up during my absence (particularly Dave H) to keep the club running.

Juniors Report - by Jess Harris

Over the past year or so, the junior squad has at least doubled in size, creating a fantastic family feel. With a revamped training plan last season, we missed out on Junior Interregional Regatta by only seconds in the WJ15 4x+, spurring the squad on to beat the rivals in the local races. We saw wins throughout the regatta season from Strathclyde to de-novicing at Durham Regatta in women's novice 8s (at just J15!); not to forget 4 top 25 finishes at the National Championships in July! Credit to Erin Moscrop for filling in a second boat due to last minute injury drop out, racing 4 times in one day!

Training camp in Strathclyde was a success and a vital starter to the 2017/18 season, leading to wins in the Northern Rowing LDS Series with some confident results coming from the WJ16 4x- (christening the new boat in its first outing! - many thanks to the club for providing it!) And the WJ14 4x+ winning by 50 seconds!

All athletes have seen recent PBs on their 2K tests; their progression and attitude has been outstanding, a great platform for the season ahead. With new members joining, the standard of our squad is set to only increase as we look forward to Rutherford along with Schools Head, JIRR and Nationals next year.

Senior Men Report - by Chris Barwick

Last year the men's squad grew significantly. A number of new faces from NUBC, TURC, the Army and a closer integration of some of the "graduating" novices ensured we went from fielding one Eight at Rutherford to entering two Eights at HoRR. We had strong showings in regional events and won our Eights event at Tyne Head.

Moving into the Regatta season some challenging competition at strong events gave us great experience at racing. Making finals at Strathclyde (R2 4x-), the Met (4-) and Durham Regatta (IM3 4+) were some of the highlights but special mention should go to Peter Storey for steering through Elvet Bridge at Durham first time of asking, the "Tarn Four" for winning their event and Henry, Danny, George and Asa making BBC's video coverage of Durham Regatta! Weeks of seat-racing helped hone our edge and ensure we sent a fast 4- to Henley Qualifiers. They missed qualification by a few seconds but it was a great experience and good representation of the squad.

As we look to build the squad, with our long-suffering but greatly appreciated Coach Alex, for the coming season we welcome even more new faces as our ranks grow further. We look forward to representing the club at Rutherford this year with a strong show of force!

Senior Women Report – by Renske Herrema

We have lots of great achievements to comment on from the year. Including the huge growth in number in the women's squad but also a significant increase in people's motivation and attitudes towards training. Tideway saw 2 competitive women's crews compete and finish in positions 66th and 149th. It is a huge achievement to have sent 2 competitive women's crews race and also finish within the top 150 crews. Our expectations may have been higher in terms of completing result but it's fair to say all competitors gave the race their all.

Onto summer season and we had some great wins at regional races and also many enjoyed the friendlier nature of regattas like Tarn. We saw great results from an impressive win and gold medal from the Pineapple Pair at National Masters. Of course, also a tremendous result from the women's double Laura and Amy at Henley making it through to the semi-final and sadly losing out to the Leeds RC/York composite. A huge amount of dedication, commitment and fitness went into this and bore fruitful results. We also saw Claudia Turley trial for GB and compete and win for England in wJ8+ at the Home International Regatta. I think all can be very proud of the women's squad achievements over 2016 into 2017. We would also like to take this opportunity to thank Dave for all of his coaching throughout the year, his knack for fixing boats, finding lost fins and always staying positive and motivating us all to train and improve.

Onto this season and unfortunately Dave has decided to take a break from coaching...for excellent reasons and exciting new ventures. It is a big loss to the women's squad but we wish him all the best! Ant has taken up the new role of women's coach and hit the ground running with a full women's squad, now with at

least 18-20 women down and ready for training on the weekends. Looking forward to this season and a year of successful racing ahead!

Masters Men Report – by

Masters Women Report - Jen Brown

Our newly formed Women's Masters Squad has grown in strength and numbers over the last year, with now 23 active members-a huge increase from the dedicated 4 we started with. We have welcomed new members from the Novice squad as well as women who have come back to rowing after time away. We have recently welcomed three women from TURC, who were impressed with both our club and the direction the Women's Masters Squad is heading under the dedicated leadership of our coach Diane Wheeler.

We have been a very active squad over the last year, racing at Tyne Head, York, Chester, Strathclyde, Nottingham Regatta, National Masters and Bradford, with notable wins at Tyne, Chester and Strathclyde in the 8, and gaining valuable experience at the other events. We have entered crews at Wansbeck, Tyne LDS and TURC SBH and we are looking forward to racing at Rutherford Head in our 8 and 4x-

Our fund raising Ladies night raised money to help buy new shoes for the 8, a big thank you to the club for those.

Looking ahead we aim to continue to build the Women's Masters squad, competing in both local and national events.

Development Squad Report –by Jane Tyler (see addendum at end from Mick Williams)

The novice group this year started with 16 learn to rowers from the 2016 learn to row group, but grew over the year and incorporated 3 people from the recreational rowing group and a learn to rower from a different club.

Our winter training also saw us enter a women's and open quad in the Tyne United New Year Head.

After a taster session in last year's Explore series, the novice group started the season by entering 3 boats into this year's explore series. However, this increased to a total of 6 boats over the whole series!

Our 2 women's boats, made up of a mixture of the recreational rowers and the 2016 learn to rowers, came 2nd (Blazing Paddles) and 3rd (Wine on the Tyne) behind a Durham team in this year's explore series.

The original open boat was less successful over the series - but only because 3 out of one of the crews got points at Talkin Tarn regatta and were no longer eligible!

The second open boat was set up to include a visually impaired rower, and included, two more experienced rowers, (who had already experienced the fun of the Explore series) as well as one of the older juniors and a couple of less frequent rowers, who were still keen to give it a go!

The last 2 boats, were pulled together to allow the new learn to rowers, from this year's cohort to have a taster of the series. They are certainly going to make an impact next year!

The Great Tyne Row saw four boats competing. Three of these boats were powered solely by 'first timers' and one of these filled by one family! The 4th mainly by more experienced rowers and 2nd timers. It was a great day out, and an experience that will never be forgotten!

The club has, in my opinion, made sure that everyone in this group has been made welcome. I think everyone who has wanted to move on to the master's men and women's squads and the men's and women's squads have done so and have been made welcome. Those who wanted to remain as recreational rowers have a place in the development squad and the Wednesday morning rowing.

I'd like to thank everyone in the club, for their support and encouragement over the last year and a half! Special thanks go to the coaches who have patiently helped us transfer from stable to fine boats and imparted their many words of wisdom!

Events

Our Head races have never been more popular. Rutherford Head for the second year running was suspended for new entries in a little over 3 days after opening. With clubs from the Thames being tempted to come compete alongside our northern friends? We need to look how we can accommodate more in this event without jeopardising safety. But safe to say it has become a national level event for years to come.

We will host again the national BUCS Head for university 4 & 8s. This is a great show piece and has helped the success to our own events. We are re-tendering for a further 3 years to host this event alongside NUBC and United. Thought and attention must go to Tyne Regatta and how we can revive this format of racing to pull in par with other events in the region, got any ideas pass on to the Events Group. And thanks to them for all their work behind the scenes.

Equipment

The committee/Captains continue to invest heavily in equipment for our members, below is a summary of this year purchases;

Empacher 4x/- "Simon Dobson" (second hand), Vespoli 8+ "Dave Higgins" (second hand), Hudson 4x/- (ex demo), Kanghua 4x/- (junior section), Kanghua 2x/-, 24 pairs of sculling blades, 8 sweep blades (new), Concept 2 ergs (second hand), Aylings 2x/- "Double Act" (second hand), Ribeye safety Launch (new), spin bikes (12 off

second hand), Swift Singles (Ex northern rowing boats), refurbished ex Pont singles, New stable quad "Sir James Knott".

New single scull racking work is underway to meet demand for private sculls- many thanks to Dennis Hunter & Al Denton in their help with this.

Facility Manager

Lastly I would like to welcome Anthony Musgrave to the Role of Facility Manager. Taking the position in October he has begun to work his way around the club identifying areas and helping the committee manage the building and its repairs. He will be active around the club from 8am-12pm Mondays to Thursdays. As the role develops more offerings will become available to club members so keep an eye out for information.

Jerry Barker & Dave Higgins

Late additions kindly provided by Mick Williams:

Development Squad (was Novices) – since summer 2017

Jane Tyler has had oversight of the Novices and did sterling work organising the Explore Series crews for the 2017 season. In addition to the established crews she enabled many of the new rowers to have a first taste of competition to prepare them for next season. However, Jane wanted to move forward with her own rowing and join the women's masters' squad.

There was clearly a need for someone to have an oversight of people who had just completed learn to row. In addition there was a need for a squad for the more leisure oriented rowers to belong to, (not all can make Wednesdays). Mick Williams took on this role supported by Colin and John Ord. It was decided to call this group the **Development Squad**.

We began with people who had completed L2R - with sessions on the water Thursday evenings and Sunday mornings. When the winter season began we moved to our slot in the erg room Weds evening. This was modified to the later time of 6.45 pm to enable other groups to train before us. John Ord has taken the lead in the dry training.

In addition to L2R rowers we were given a number of people new to rowing. The majority of these were students. This was not our role originally, but Mick took on their initial training and they are now rowing with the main body of the squad. Their commitment has been very encouraging.

We seem now to be getting a trickle of 'returning rowers' referred to us, which is manageable and we are deferring new rowers to the next L2R sessions in 2018.

We have approximately 20 individual who have made a commitment to the squad plus other more irregular leisure rowers. There is the potential to produce both women's and men's 8's ready to row before the end of the Heads season.

Future of Development Squad

Both John Ord and Mick Williams would like to be trained as coaches and this appears to be going ahead.

We need to make clear the progression post L2R into the Development to ensure we keep people we have trained. We lost a large number from the last L2R. To this end Mick is prepared to look after this group for the next four years or so. This squad needs to be identified on the website.

Linked to the above point – both John and Mick feel we need to be careful that rowers do not move on to other squads before they are ready. This would avoid discouraging those with unreal expectations and would ensure that more experienced crews are not 'carrying' someone who is significantly lacking in ability. It is important that experienced rowers take out newer rowers, but not to the detriment of their own race preparation and personal development.

We are well equipped with stable boats, but need access to fine boats to enable our rowers to progress within the squad and ultimately move on to other squads. John is preparing an 8 for our use which is also part of the learning process for our squad. We need access to more.

In addition to L2R it may well be useful to, (as we have done this year), take on students new to University but not able to give the time commitment that Uni rowing requires.

Club activity re: Charitable commitment.

In the past year the club has been involved with:

1. Disability rowing - Coaching two partially sighted rowers
2. Outreach work with Chester le St Sea Cadets – TS Donald Owen Clark
3. Ongoing links with Longbenton High School's Autistic provision (Melrose)

1. Amy and Mark Childs supported by Mick W, worked with two partially sighted rowers who both live at Peary house in North Shields. Mick transported them to and from Thursday sessions which were usually led by Amy. The Sunday rowing sessions were supported by Mick with Mark in the boat.

This went very well with one rower, (David), taking part in the Explore series. The other rower, Anthony, showed great potential but did have other sporting interests. However, it became clear that despite the large amount of support and commitment

by the team, there were difficulties we could not overcome. The steps leading to the water were an issue. For one of our rowers it was a major source of anxiety.

Through contacts with Gateshead Community Rowing Club we were able to place the two rowers with them which meant their needs could be better met.

The link with Gateshead is one Mick W will follow up.

2. We have begun a link with CLS Sea Cadets. They have just begun to experiment with sliding seat rowing, (in Yoles), but lack knowledge of this form of rowing. They have had some sessions with our support at their site and will do some dry training at Tyne. This will be on Friday evenings to avoid our club sessions. We also hope to enable them to get on the water.

The long term aim is to give the Cadets the skills to enable them to enter Sea Cadet regattas in Yoles.

3. The link between the Club and the pupils with Autism at Longbenton High School's Melrose unit continues this year and hopefully will for some years to come. This now takes place each Tuesday in Term time from approximately 10am until 1.30 pm.

The pupils use the Club as a protected work placement. They carry out a range of cleaning duties around the site both indoors and out.

A team of the pupils provide lunch for the rest of the group using the kitchen.

The pupils have begun some boat cleaning and are developing boat handling skills.

The pupils also train on the Ergo machines and spinning bikes. In time we will get them onto the water in the stable quad which was bought with them primarily in mind.

For the vast majority of the pupils this is a high point in their week which gives them a great sense of achievement and boosts their self-esteem immensely. The staff and the parents of the pupils greatly value this opportunity.

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