



ISSUE 3.

THE PRESIDENT'S CLUB

NRC

MAY
2016

10 YEARS ON THE TROT!



From left to right: Caitlin Boyland, Katie Bartlet, Kirsty Maxfield, Rosie Wilkins, Laura Wheeler, Sam Dartnall, Ellyce Stehin, Kat Aguilar-Agon and Vicky Atkins

The NRC High Performance Squad have done it again, putting in an excellent effort to become the Pennant winners for the 10th consecutive year at the Women's Eight Head of the River Race.

This year saw a record amount of boats on the Tideway, with 300

crews competing on the Mortlake to Putney course.

The High Performance Squad set off in 12th position and battled through the horrendous weather to cross the line in 10th with a 19:57 finish time.

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It was a 'perfect 10' for Derek Atkins' Nottingham RC boat, as his charges celebrated the club's 10th anniversary with a 10th successive Women's Eights Head club pennant, finishing 10th overall.

"It's got a nice round feel to it," said coach 'Dez', after wife Vicky steered them home while he minded their children on the bank.

"I pushed them out and said 'let's make history'... Then I had my hands full with Freddie, four, and Sebastian, one!

"There was some pressure – once we won the ninth, it ramped up with the president saying 'you've got to win it'. But we used that positively. The girls were up for it, had a great pre-race paddle and we were quietly confident.

"It's amazing for the club, and I always emphasise it's

a squad success. Nikki Spencer steered them often in training and others rowed, and it couldn't have happened without them. My wife Vicky came out of retirement and steered a blinder and they had a fantastic row.

"And top 10 is amazing, because the strength of women's rowing makes it harder and harder. For two girls it was their first time on the Tideway... To win is a massive lift to go on and achieve.

"As a GB high-performance group, we mainly scull, but knowing it was the 10th – and having finally got our own women's boat – we started earlier in January.

"The head is really important – it's closure on rowing in the cold and a huge springboard into the regattas.

"We'll go to training camp in France on a high, pumped up to do some great speed work. It's Olympic year and there's a chance of a club winner at Henley Royal, so we're targeting two quads. We can't wait for the regatta season."

Article taken from Rowing and Regatta.



Cox: Vicky Atkins, Stroke: Caitlin Boyland, 7: Katie Bartlett, 6: Kirstie Maxfield, 5: Rosie Wilkins, 4: Laura Wheeler, 3: Samantha Dartnall, 2: Ellyce Stehlin, Bow: Kathryn Aguilar-Agon

GB TEAM ANNOUNCEMENTS

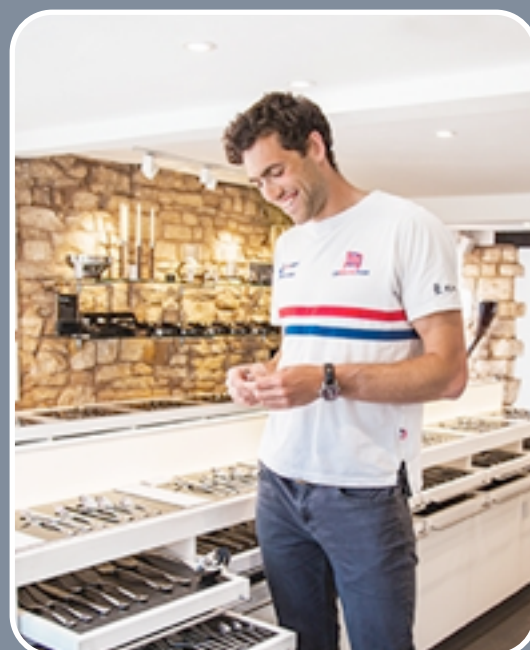
EUROPEAN CHAMPIONSHIPS 2016, GERMANY

Two previous Nottingham Rowing Club's members have been chosen to represent Great Britain at the European Championships this month.



Tina Stiller has been chosen for the open women's Quad with Jess Leyden, Holly Nixon and Rosamund Bradbury.

Matt Gotrel has maintained his seat in the men's 8 for the Euros. It is a new line up though, with Scott Durant, Pete Reed, Paul Bennett, Tom Ransley, Andy T Hodge, Matt Langridge and Will Satch.





April trials gathered over 100 athletes from around the UK, all seeking selection for this year's World Rowing Championships, Under 23s World Championships, and the University World Championships (FISU). Being a senior and having graduated from university in 2014, my aim was to put in a performance that would allow selection in a development senior boat over the summer. Bearing in mind that the actual GB squad wasn't present at these trials, and that I'd also done fairly well at December (11th) and Olympic trials (5th B final), I'd set myself the target of reaching the A final.

The format of these trials was slightly modified due to a bad weather forecast for the first day of racing. This meant that we would only race the time-trial on Tuesday to then race the semi-finals and finals on Wednesday.

Once the wind had calmed down Tuesday midday, we were able to race the time trial in perfect conditions. We were 17 out of the original 20 open men scullers to race. Setting off in the middle of the pack, I was able to really give the time trial a good shot because I knew I'd have enough time to recover before the semi-finals. I ended

up winning the time trial (6:47.51) by a small margin – in fact the top five scullers were all within 1.5 seconds of each other. Needless to say I was very happy with this result.

The following day, I came comfortably second in my semi-final - meaning I'd already achieved my target of making the top 6. The final was raced in fast conditions and a good start meant I was able to set off aside the fastest competitors and stayed in 3rd position for most of the race. It was only in the last 250 meters that I was able to come through to 2nd with a sprint finish, getting a new personal best of 7:07.71.

I'm very pleased with this second place, in particular considering I started rowing just under 4 years ago, but also because of the extremely high standard of these trials. I believe that the Hazewinkle camp was a great experience that gave me the confidence and the fitness to excel. I am very grateful for the support Nottingham Rowing Club has given us as it has really contributed to our fast progress. Following this performance I have been invited to race in June at the Holland Beker, an international regatta held in Amsterdam.



Katie Bartlett

Both Katie Bartlett and Caitlin Boyland pulled out good performances at the GB trials this April. Katie came 9th overall and 4th in the U23 category while Catlin Boyland also performed well, coming 11th overall and 5th in FISU (world university games). Dez Atkins was very pleased with both athletes saying that there is a good chance both will move up the rankings at the championships in August.



Caitlin Boyland

GB TRAINING CAMP

HAZEWINKEL



Report by George Hallewell and Jon Stimpson

With the arrival of storm Katie on the day of our departure, things were looking bleak for the start of camp. After a fairly sketchy journey through the wind and rain, we arrived in Hazewinkel safely, ready to train. However the first session didn't quite meet our expectations as we battled through the wind and waves left in Katie's aftermath, not what we were hoping for!

So after our first meal at the lake, we headed to Mechelen to check into the 'Hobbit Hotel'. We didn't really know what to expect with a name

like that, but no doubt we would be the tallest guests they had ever had. To our surprise and relief the hotel was really nice, with plenty of space and a good wifi connection, what else would we need.

The next morning we were briefed on the layout of the camp. The idea was to have 3x 3 day cycles, the last day of

each one being a half day with performance pieces in the morning. The focus of the camp was on quality and professionalism. It being 10 days, we were warned not to go out all guns blazing on the first to then not make it to the last. Also bringing a sense of unity to the group was spoken about, to look out for and support each other as much as possible as 'One Team'.

So we cracked on with training, everyone settling into the rhythm of camp well, with a clear idea of what they

were going to get out of it and how they were going to do that. Having a strong team of coaches at our disposal was really helpful, a fresh pair of eyes on our rowing proved invaluable.

From the outset it was clear that the standard of the camp was very high. Whether it was Sheyi Blackett giving the boys a run for their money in the 100m starts competition or Josh Armstrong showing the senior men how it's done over 2k, there was healthy competition across the board, regardless of age and gender.

All in all it was a highly successful camp, a great introduction to the regatta season and an amazing opportunity to better our rowing and ourselves.



GB J16 SCULLING CAMP

26TH-28TH MARCH 2016



Jenna Draycott (5th from the right), Bella Barlow (far right)

Despite the fact that Storm Katie prevented any on-water training, the GB sculling camp programme was packed and proved an invaluable experience.

Throughout the camp we had lectures on various topics ranging from dental hygiene to anti-doping. These were interspersed with technical gym workouts at the EIS gym and running from Holme Pierrepont to Trentside to do technical pieces on the ergos at Sims. We also had a motivational talk, emphasising the importance of

feedback to and from coaches, and of self-belief.

I met a lot of new people who I will hopefully be seeing a lot more of in the future. It was my first experience of a GB training camp and it proved a very useful and valuable insight into what the future could hold as I continue training with Nottingham Rowing Club and I appreciate the support I have received thus far.

report by Jenna Draycott

JUNIOR SQUAD IN BELGIUM

The Club Juniors were in action too. An intrepid group led by coaches Declan Gamble and Martin Kay spent a week on training camp in Belgium and raced at Ghent International Spring Regatta. They returned with five medals: one gold, one silver and three bronzes. Martin Kay was keen to stress that the squad had been very well looked after by the hotel and on the DFDS ferry from Dover to Dunkirk: the firm took a keen interest in the equipment and the returning medals.

On the first day of racing Priya Jenkins (Loughborough Girls' High School), Siena Hayes (Loughborough Girls' High School), Rachel Heap (Rushcliffe School) and Charlotte Brown (Nottingham Girls' High School) won the Under 23 quadruple sculls despite being an under 18 combination. They beat a much-fancied Gloucester Hartpury crew by 1.8secs. Siena and Charlotte followed this with a bronze medal in the WJ18 double sculls. Three more medals were picked up on a sunny second day on the 2000 m Ghent course. A joint Nottingham entry of Ella Kay (West Bridgford School) and Aerin Thompson (Nottingham & Union Rowing Club) came away with bronze in the lightweight double sculls.

In the WJ18 double sculls there were 19 entries; Priya and Siena picked up the bronze, with four Nottingham crews in the first 10. The U23 Gold medalists from the previous day then took on the Swiss national junior quad and came away with a silver medal after a hard fought contest.

The club has now returned to Trentside from various Easter training camps. The women were at Peterborough, the High Performance group in France and the men at Holme Pierrepont in Nottingham.

Keith Atkinson





James Mawby headed off to Hazewinkel last month to train with the GB junior squad. Read about his experience and how your support has helped him. *report by James Mawby*

The camp consisted of three day cycles. This happened by the first two days being filled with higher volume and lower intensity training. For example, 12km paddle in the morning, followed by weights then another UT2 session in the afternoon. However, in the 3rd day of the cycle we would do a UT2 session first followed by a performance piece in the afternoon. This cycle would be vaguely the same for the following days of the camp.

On the UT2 sessions we would paddle side by side in groups. These groups were separated and had input from a coach. My group had 6 of the junior trialist in it, being coached by Robin Dowell. It was good to have other juniors there so it made the long UT2 sessions more interesting and having someone to paddle next to made the sessions much easier.

When we reached the Sunday of the camp we had a 2km side by side race. I felt apprehensive about the race as the unknown factor was great. This

unfortunately got the better of me in the racing resulting in not a great race. However, the race was a huge learning curve for my training. I thought this as I identified my weak points of the race such as my start and my mental mind frame throughout the race in terms of how to deal with racing side by side and applied that later in the camp. On the final day we had 2x1km performance pieces to do. Before doing them I assessed what went wrong with my last race and applied these changes to the pieces, the result of this was far better than my performance piece in 2km before hand.

Overall I thought the camp was most beneficial to my training this year. I thought this firstly, because of the technical attributes I gained from having input, which in term increased my paddling speed. Furthermore, and most importantly I gained the experience of being in a camp environment and experience which will aid my future development of an athlete.



BOAT NAMING

Back in November, Nottingham Rowing Club gathered together to see past and present athletes take part in a boat naming ceremony.

Hugh Matheson



Vicki Meyer-Laker



Grace Clough

THE PRIZE DRAW



Ian Wilson collecting his prize in December.

At the Annual Dinner, Ruth Hyde won two tickets into the Steward's Enclosure at Henley Royal Regatta, saying 'I'm absolutely delighted to win the Henley tickets - I've never actually been so it is brilliant to go for the first time in real style. It's a great prize and I'm really looking forward to going.'



FUTURE DATES

14th May - Nottingham City Regatta

A pre-ordered lunch will be available as well as the prize draw for the 4th £100. An email has been sent out by Tony regarding bookings, car park passes and even sponsorships.

21st May - 10th Year Celebrations.

The 5th £100 prize draw, an armada of boats and a BBQ.

The Club has raised £6100 of which £5500 has already been received. After Gift aid the total is £7500. There was a surplus from last year of £1500 as well.

We also asked the members for special donations to enable the club to buy an Empacher eight. 12 members donated after Gift Aid a total of £16000. We spent £14000 on the boat and the balance was available for blades. However we have been asked to put this money towards a double scull for our most promising junior.

We have already made grants of £1200 this year to help with training camps and some reports follow from the individuals concerned.

As agreed we spent £2496 on a set of quad sculls for the High performance girls.

The only other expenditure will be on the 6 draws (£600) and the 2 lunches (£400).

Therefore we will have a balance of £5500 to help support this year's crop of internationals

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If you would like to request a paper copy of the newsletter then please let us know.

