

NRC NEWS



Welcome to the Winter Edition of the club newsletter! We're excited to announce that three editions are planned for the coming year: Winter, Spring, and Autumn. Each will feature updates such as the Captain's remarks, news from the various club sections, squad reports, important dates, and insights into how new technology is shaping the sport.

If anyone would like to contribute to the next issue, please let Rachel know (contact details are on the last page).

A message from the President

From my perspective, the club is gaining momentum across all fronts—within the committee, the coaching team, and the membership. We are seriously exploring the introduction of advanced coaching aids, such as tracking cameras and telemetry systems. These tools can provide valuable data to enhance athlete and coach performance. While this technology is not inexpensive, early results suggest it's a worthwhile investment.

Membership continues to grow, with 247 members registered as at December 2024. We aim to build on this success with the launch of the new "Learn to Row" program this spring.

Look out for news on the upcoming bar renovations and our new coaching team.

As we embrace the colder months, I wish everyone an injury-free and productive winter. Let's keep the momentum going as we prepare for an exciting year ahead.

See you on the water—or at the bar!

Mark

UPCOMING EVENTS & RACES

February

- 8th Worcester Head
- 14th Annual Dinner
- 22nd Trent Head

March

- 1st Runcorn Head
- 5th Cheese & wine social
- 8th WeHARR
- 16th Lincoln Head
- 19th Quiz night & curry
- 22nd HoRR
- 23rd Vesta International Masters Head

April

- 4th - 13th NRC Senior training camp, Bellecin, France
- 13th - 18th Manchester University training camp
- 18th Good Friday Row
- 20th - 25th Churchill College training camp

CAPTAIN'S WELCOME

Welcome to the first edition of the new club quarterly newsletter.

It has been nice to see that the weather and river gods have been a little kinder to us this year with less water sessions lost to flooding (so far). However, we have continued to be unlucky when it comes to race events with a number of events being lost to named storms arriving over the weekends, which has been disappointing for our racing members.

Looking back from the start of the Autumn the club the club has still managed to achieve some great results. There have been multiple domestic wins across the country, with athletes from the masters, PDA, intermediate and senior squads picking up pots.

A particular mention should go to the Womens double of Cathy and Ali who took a gold medal back in September at the World Rowing Masters Championships. Continuing the club's success in women's doubles, this was followed by Jen and Poppy who took the overall win at the Pairs Head in October.

The club continues to invest in the boat fleet with a number of boat purchase made over the last few months, driving up the standard of the equipment available to all members. This has also allowed us to move on some of our older equipment as part of the longer term boat turnover strategy. As part of the wider equipment development, the club continues to explore and invest in new technology for both land and water.

The club membership has continued to grow over the last few months with new faces being seen across all squads. This is a testament to the hard work of all those who support the integration of new members into each squad and also demonstrates the draw the club continues to have to both existing rowers and those new to the sport.

I am please to announce the official appointment as Dez Atkins at the club's Head Coach. The role will widen Dez's responsibilities across the club and allow all members to benefit from his vast knowledge and experience. More details will be shared over the coming months as plans and ideas are fleshed out.

This year has seen a further development of the club's social calendar and this continues to create a positive experience for the clubs members. I'm sure we've also all put on a few pounds with the seemingly endless supply of freshly baked goods from the Presidents house - thanks Julie!

It is now less than two weeks until Trent Head which is always a very busy day for the club both on and off the water. The club will have racing representation from all its racing squads and I am sure, as always, the club will pull together to make the event a great success for all our visiting guests.

Looking ahead, this time of year is always very busy for the club. I also think this is a very exciting period for the club, with the committee fully focussed on its ambition to deliver on ensuring that Nottingham Rowing Club continues to be the envy of the rowing world; with world class facilities, equipment, coaching and culture. I hope we can all continue to work together to continue the development and build on the positive environment we have here at NRC.

Jen

CLUB NOTICES

BAR RENOVATIONS

We are planning a refresh of the bar which, let's be honest, is looking a little tired.

Renovations are scheduled to begin in early May and should take about two weeks. We're excited to give this social space the upgrade it deserves!

COACHING TEAM ADDITIONS

We're thrilled to welcome three new members to our coaching team:

- Digger Johnson, joining us from the NCRA, is working with the Senior Men's squad.
- Hugh Madeley and Barry Smith are currently completing their Level 2 coaching qualifications and will bring fresh energy and ideas to the team.

ANNUAL DINNER

The Annual Dinner takes place on Friday 14th February, 6pm at Trent Bridge. A link for nominations for awards has been sent on the club WhatsApp group.

TRENT HEAD

Our next home event is Trent Head. This year the race will take place on **Saturday 22nd February** (please note Saturday not Sunday this year).

Squad reps will be sorting volunteers shortly for those racing. If anyone is not racing, but able to help out, please let your rep know.

EQUIPMENT STANDARDS

Jen has circulated the club's equipment standards, including expectations for cleaning boats and loading trailers. Please ensure you have read the document and are following the instructions. Buckets are available in the Brit & Boat Club for shoes so they don't cause a tripping hazard on the landing stages.

PUDDING RACES

Thanks to all who attended and brought food for the annual club Pudding Races. Congratulations to the winning crew!



Winner of best costume



The winning crew



CLUB NOTICES

GOOD FRIDAY ROW

You are invited to join the Recreational Squad on their annual Good Friday Row, taking place on April 18th 2025. This is an all day, 37km row on the River Trent, from Nottingham RC to Newark RC through 4 locks and rolling Nottinghamshire countryside. Great fun, rowing in coxed touring quads alongside other rowing clubs. There will be a picnic lunch stop at Gunthorpe, with food and an open bar at Newark .

If anyone would like to join the row, please contact the Good Friday Row team on: nrcgfr@gmail.com

Places may be limited so it is first come first served. Deadline for entries is 4th April 2025
The cost is £15 /pp to include breakfast, tea and coffee at lunch time and a post-row meal at Newark Rowing Club.

NOTE: Lunch is not included, so you will need to bring a picnic.

Payment to be made in advance. Bank a/c details will be provided with the registration form upon expression of interest.

Alternatively, if you would like to help on the day, either at the club in the morning, or as part of the land crew, please contact us at the same email address.

TUESDAY CIRCUITS

Do you return from Christmas festivities and summer merriments with a desire to get race-fit in the shortest possible time but the chafing you're getting from hammering the ergo is starting to take its toll? If so, you might want to consider NRC's Tuesday night circuits, a gruelling 1-hour full body work-out that's guaranteed to improve your fitness levels and give you more power and flexibility in the boat.

Running since the early 1970s (and probably earlier as that's as far back as I could trace it)

Tuesday night circuits takes place between 6 and 7pm in the West Bridgford School gym, a 5 minute drive from the club. It runs between October and April depending on when the clocks go forward/back. We take a break during the summer month as let's face it, even the most avid circuits fans would rather be spending their summer evenings on the water.

Cost in an inflation-busting 2 pounds and there's no need to book – just turn up, grab a resistance band and be ready to work up a thirst. All ages, abilities and fitness levels welcome.

Warning: owing to the amount of squatting involved your quads will ache the next day, as will most of the rest of you. This, I am told, is evidence that you're getting your moneys-worth

YOGA WITH BERNI

On Wednesdays from 4-7pm, you will have noticed the Boat Club become a haven of bliss and tranquility....or the best we can do in a shared space!

Wednesday is a perfect mid-week point to find a landing place and a chance to take an hour to listen to ourselves, settle the thoughts and be present.

Yes, it is about stretching, strengthening, breathing and moving the body in new directions, but it is more than that. It is about taking the time to pause, reconnect your mind and body, and feel you have let go of some of life's tensions by the end of the session. It is aimed to be inclusive, and all abilities are welcome. It is a joy to teach and see everyone leave a little calmer (if not a bit sleepy) by the end.

I'm happy to answer any questions you have, or if you would like to know more about it, please feel free to get in touch.

Namaste, Berni
bernimccabe@hotmail.com

SQUAD NEWS

PERFORMANCE DEVELOPMENT ACADEMY TRAINING CAMP

Hitting the ground running in 2025, eight NRC athletes joined British Rowing's Performance Development Academy camp in Cardiff from January 3rd to 13th.

We joined rowers from across the country for the annual land camp, giving us the chance to bank a really good chunk of intensive training to kick start the new year.

A typical day started with a 5.45am alarm, with morning monitoring to check our hydration and health at 6.15am before first breakfast at 6.45am.

The first session started at 7.15am, typically an 18km erg, with second breakfast at 9am before weights at 11am. After lunch, our third session was either another erg or a cross-train - we ran, swam, biked and hiked.

After dinner, we got together for a squad debrief or game before getting an early night at 9pm.

I was really proud of the way the NRC group represented ourselves, giving 100% and showing what we are capable of, both individually and as a squad.

NRC bagged 7 PBs in the gym and, with a total of 200km programmed on the erg, we were ready for a day off when we got home!



SENIOR SQUAD SEASON SO FAR

2024/25 has already seen plenty going on within the Senior Squad. In October Jen and Poppy claimed the Headship at Pairs Head in the W2x event, with a number of strong results across the rest of the squad. Autumn Head also saw a number of medals won, a strong performance on home waters. The Head of the Charles saw Harry Fraser-Urquhart placing 8th in Alumni 8s with Blue Star Club, and Olympic medallist Annie Campbell-Orde stroking Leander to a win in the Women's Ch8 Event.

Jen took to the Tideway in her single in the Wingfield Sculls in glassy conditions which were quickly chopped up by the flotilla of launches following the race.

November saw the first round of GB trials, with representatives from Juniors, Seniors and PDA. Particular shout outs go to Georgie Thorpe who was subsequently invited to a training camp in December, and to Seren Page for her 9th place finish.

And then we waited. And waited. And trained. And waited some more. Fours Head and Newark fell victim to the weather. The poor weather meant Dez, Laura and Digger had to get creative to keep athletes engaged and training hard, with erg and weights challenges from Dez (he woke up on the wrong side of the bed when he came up with that...), Digger leading a technical ergo session, and teams racing to complete training to win a Christmas pudding.

The New Year has seen the arrival of our second set of telemetry, which has been put straight to use ahead of the major Tideway Heads in March. Our sincere thanks go to the club and the President's Fund for enabling the purchase, it truly offers the opportunity to move the squads forward with such detailed feedback (see Dez's guide for more info!).

SQUAD NEWS

MASTERS INCORPORATING TECHNOLOGY

This February it's two years since I returned to NRC after 17 years away, and it's been absolutely the best thing for me.

I stopped rowing when I had children and tried again in 2020, and after a period of training on my own I wasn't enjoying it in the way that I had enjoyed Senior rowing. I realised I missed NRC's club spirit and being amongst fellow enthusiastic and competitive rowers.

The thing I've loved most about being a Master at NRC is the community. Everyone is friendly, welcoming, supportive and positive. It's always a great atmosphere whether on the water or in the gym. And this continues when we're not rowing. I'm not very vocal on the Masters WhatsApp chat but I do enjoy the banter and jokes. Thank you to those of you that supply this daily entertainment.

But the most thanks go to our coach, Helen, for her drive, commitment and belief in us. In times like last winter when the river was unrowable, Helen kept us motivated for weeks in the gym.

This year we've really benefitted from new filming technology in the boat and on the ergo, thanks to Iain. We can now see what Helen sees and understand how we can really fine tune our individual technique and crew rowing.

I feel very lucky to be part of NRC Masters and everything it offers and am really excited for this year's races.

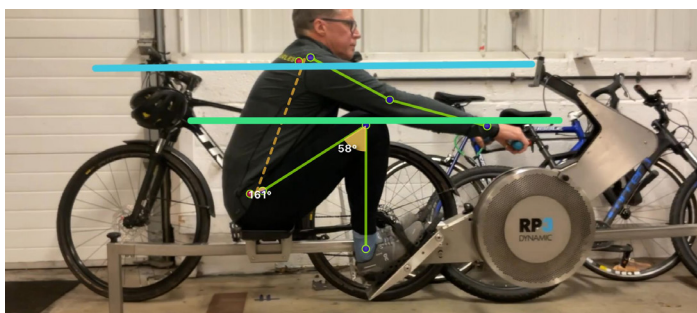
INTERMEDIATE SQUAD PATHWAYS

In the last 12 months, the club's pathway from the Learn to Row has been transformed from pretty much nothing to being a squad in its own right.

What began with Ian Wain's desire to not have new rowers drowning in the Trent in front of the clubhouse has been picked up by Simon Hughes (with help from Andy Brown and Barry Smith) and turned into the Intermediate squad.

The squad has sessions on Tuesdays, Fridays and Sundays, with sculling school taking place on Saturday mornings for those unafraid of getting wet (and tolerant of terrible jokes). This rapidly growing group of eager students have been working on sculling techniques, learning to sweep and are now even starting to discover the joy of pulling on the all-in-one and racing for this great club. None of this would be possible without the time and effort of our coaches or the commitment of the athletes within the squad to learn and to improve.

One or two have gone on to try their luck with the Senior squad, but the Intermediates provides a friendly, inclusive way of encouraging athletes new(-ish) to the sport to reach their potential, however high that ceiling might be.



SQUAD NEWS

RECREATIONAL SQUAD OUTING AT THE LAKE

On Saturday 25th January some of our recreational rowers teamed up with Leicester Rowing club for a social row on the lake.

It was a beautiful, sunny but cold day. We took two coxed quads out, an explorer double and a single and mixed the crews in the quads with the Leicester rowers.



We soon discovered the joys of rowing on the lake – sunny and still at the pontoons, but more challenging with the wind and waves at the far end while doing a sharp turn to row back.

The consensus was a great experience, but we probably won't do it again!



TELEMETRY

By Dez Atkins

So what is telemetry, or as Mark calls it, “Peaches”? Why, and how, do we use it?

Telemetry is a biomechanical system fitted to a boat that allows rowers and coaches to measure and quantify a range of parameters such as stroke length and power output.

The use of telemetry in rowing is growing, and in order to stay competitive we need to make use of this technology. The most popular system in the UK is Peach Innovations from Cambridge.

The Peaches system replaces the normal gate (or ‘swivel’) with a special swivel with a sensor attached. The sensor feeds information about the stroke each athlete is rowing into the system within the boat.

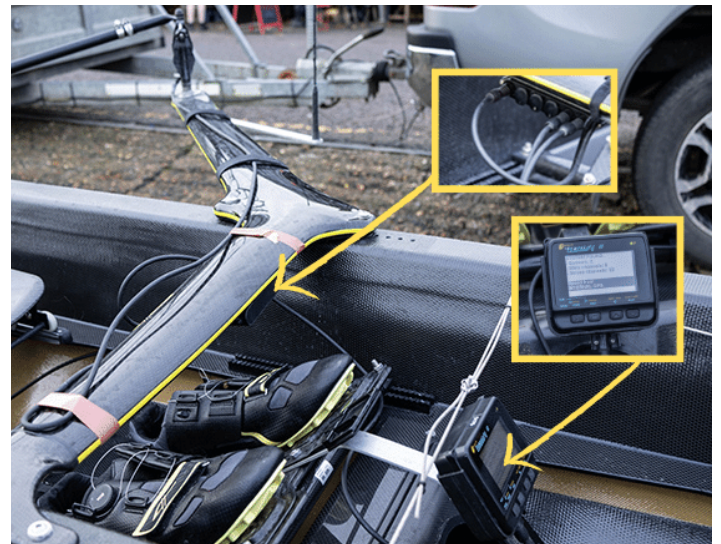
You can tell if the boat has a telemetry system fitted as the riggers have wires from the gates leading in to the boat. These are then connected to each other and lead into a box usually with the cox or stroke. There are also often small screens attached to each rigger which tell the athletes information about their stroke, allowing for real time changes and improvements to be made during sessions.

So what metrics are measured with telemetry, and how can coaches and athletes learn from this? The systems measure:

- Boat speed
- Acceleration
- Rate
- Catch angle
- Finish angle
- Catch slip
- Finish slip
- Watts
- Speed of handle

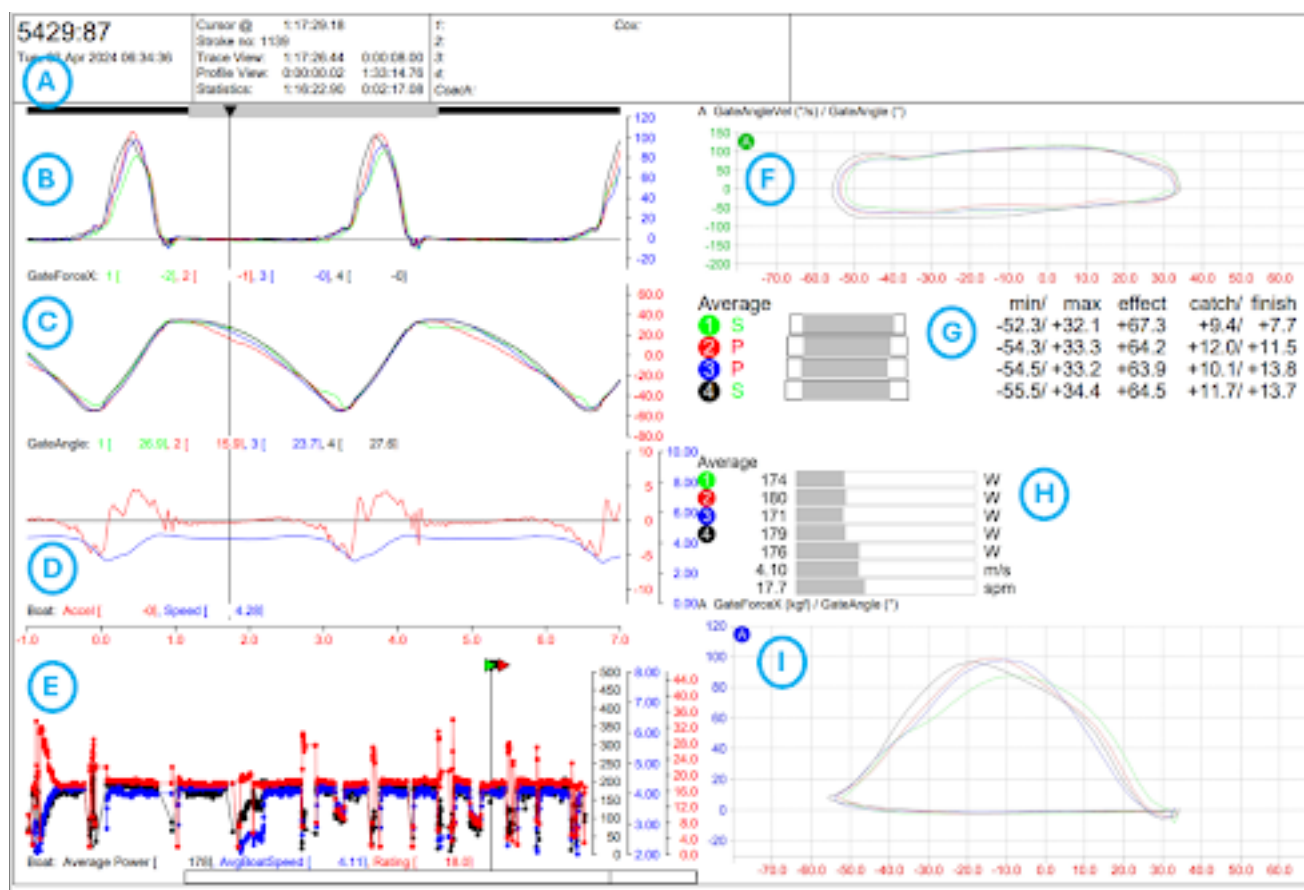
With those outputs you can then calculate:

- Stroke length
- Effective length
- Power v time (power curve, similar to the one you can see on an ergo monitor)
- Power v blade angle



There are different levels you can read the data. I always start by looking at the catch and finish angles to see if we have the stroke length we need and the athletes angles are the same. This then allows you to try and match power curves between athletes in the crew. When that starts to match up you can then look at boat speed and acceleration to change technique to maximise the boat speed.

So what does a telemetry report look like? Here is a 4- from the Senior training camp in April last year.



- A Session description including athletes
- B Athlete power v time
- C Athlete swivel angle v time
- D Boat acceleration (red line), Boat speed (blue line)
- E Session profile, rate (red line), average crew power (black line), boat speed (blue line)

- F Athlete swivel angle v swivel speed
- G Athlete catch angle, finish angle, effective length, catch slip, finish slip
- H Athlete power, crew average power, boat speed, rate
- I Athlete power v swivel angle

From the report I can see a few things we needed to do to improve the boat.

In the power v swivel angle graph (I), bow's peak is slightly later than the other three. To improve this we talked about him trying to feel the peak power earlier in the stroke, using his hips more. His effective length was the longest, so using the hips more he still had to hold the finish.

From swivel angle v time graph (C) 2's line is lower than the others so he is moving away from back stops faster. To improve this we worked on sequencing and timing off the back to sync the crew.

These are very small issues, and as a coach, you might see some of these angles and sequencing

issues if you film the crew and slow it down, but you will never see the power v time or swivel angle.

Over time we will have the ability to track power output and stroke length which aids in monitoring an athlete's development and endurance. It can then lead on how to design training programs tailored to enhance specific aspects of performance.

In summary, the integration of telemetry systems like Peach Innovations in rowing offers a sophisticated and comprehensive approach to performance analysis. By leveraging the detailed insights generated by these systems, both athletes and coaches can work together to achieve their highest potential on the water.

SQUAD SPOTLIGHT:

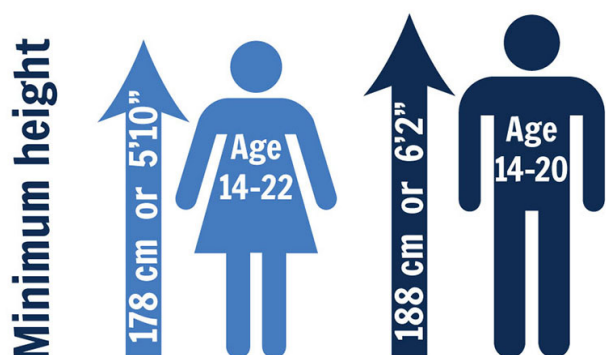
PERFORMANCE DEVELOPMENT ACADEMY

The Performance Development Academy (PDA, formerly the GB Start programme) is a talent ID pathway for the GB Rowing Team and has been one of the most successful Olympic Sport Talent ID Programmes in Great Britain.

The PDA identifies athletic individuals with no, or little prior rowing experience who have the potential to become Olympic champions based on biometric qualities such as height and age. These athletes are provided with top-level coaching and support services to help them achieve their potential. The Academy has been incredibly successful, most notably, it has produced Olympian Matt Haywood, Senior GB Rower Kyra Edwards and U23 International Poppy Baker.

The NRC PDA is run by two full-time professional coaches, Ben and Hannah, who are responsible for the recruitment and development of athletes. As part of this development, athletes attend regular training & testing camps to monitor their progression. These take place in the UK and overseas.

The programme links in with NRC to take part in regular training sessions both on land and on the water. Athletes generally complete their water training at the National Water Sports Centre and their ergo and weight sessions at NRC's world class training centre.



Poppy Baker (left) was selected for the 2024 U23 World Championships



Matt Haywood (second left) was selected for the 2024 Olympic Games in the M4x



Kyra Edwards (left) was selected for several international regattas at junior and senior level

OTHER NOTICES

FOREST FIXTURES

Trentside closure in place from 2 house before KO, and supporters in the bar 2-3 hours before KO

February

1st 12:30 KO

26th 19:30 KO

March

8th 15:00 KO

April

1st 19:45 KO

12th 15:00 KO

26th 15:00 KO

SAFETY NOTICES

Fortunately, accidents and mishaps aren't that frequent on our stretch of river. However, please remember that if you are involved in an incident (including near miss), whether serious/minor or on water/land, you are expected to submit a report using the British Rowing online reporting system. This helps everyone learn from incidents and help prevent them in the future. The committee review the reports to identify areas needing attention, to improve our protocols and safety culture.

Although we are getting (slowly) closer to lighter evenings, please make sure all crews have lights for rowing in the dark.

Please ensure everyone is practicing good hygiene around water sessions, including washing hands after sessions before eating.

Following an Emergency First Aid at Work course, the following members are now certificated first-aiders: Dez Atkins, Mark Cooke, Laura Beck, Harry Fraser-Urquhart, Stanley Haigh, Liz Head, Penny Lakes, Digger Johnson, and Liz Thomas, as well as all coaches.

GET IN TOUCH

President - Mark

cookemark28@gmail.com

Captain - Jen

swimmer_jen@hotmail.co.uk

Vice Captain - Paul B

theburrows.2011@btinternet.com

Secretary - Paul W

j.paul.williamson@gmail.com

Welfare - Lou

indigo_agogo@hotmail.com

Safety - Richard

rwillan@hotmail.com

Treasurer - Jojo

jojobowman@live.co.uk

Entries & Membership - Sarah

sarah.royles@ntlworld.com

Senior Rep - Rachel

rachel.mathewson2@gmail.com

Masters Rep - Simon

simes2002@hotmail.com

Recreational Rep - Alan

wardaw@msn.com

Social Sec - Arielle

arielletorres21@gmail.com

Men's Captain - Harry

harryfraserurquhart5@gmail.com

Women's Captain - Émilie

emilieormerod@icloud.com

Projects Officer - Steve

steve@charnwoodproperty.co.uk

Club Steward - Andy T

Townsend.ap@sky.com