



WAGS NEWS



Welcome - To the October edition of the WAGS NEWS. Hope you are all enjoyed the regatta season and are now preparing for a winter of great head races.

Why keep your clubs successes and achievement to yourselves send them in the more news the better especially if you have a photo or two.

This newsletter is aimed at anyone with an interest in rowing throughout the WAGS Region. It aims to keep you up to date with activities and events going on within both the region and nationally that affect your local club. Providing you with important and general information, coaching tips, race results etc. It will also bring you the latest information on Coach Education and Training opportunities available within the region.

Remember this is your region's newsletter therefore to make the most of it and promote the activities in your club e-mail them to rachael.wooldridge@ara-rowing.org

Hannah and Rosie from Avon County row for Wales in the Home International Regatta Cardiff Bay 2008.

Rosie and Hannah spent a soggy weekend in Monmouth at the Welsh Junior Womens selection trials.

Both girls have gained selection - Rosie is in the double scull and Hannah in the four and eight!

Congratulations to both girls!



The ARA held their annual volunteer of the year award at the National Championship.

Jane Hall the Wags Regional Winner from City of Bristol gained the overall Award for the ARA Volunteer of the Year 2008.

Other individuals recognised for their contribution towards rowing, and put forward for nomination by their clubs to the Wags Regional Rowing Council included : Simon Hewitt (Bristol Ariel), Geoff Peattie (Avon County) and Brian Nelson (Gloucester)

National Veteran Champions

After taking a peek at clubs websites, I am please to add a couple results from Veteran Crews in the Region

Avon County - National Veteran Championships

Our intrepid Veteran E (average age 55) coxless four made the annual pilgrimage to Nottingham for the National Veteran Championships. This is raced over 1000m at Holme Pierrpont, the National Watersports centre. There were 6 crews in the event - and our chaps came a creditable second to pick up the silver medal - just 1.86 seconds behind the winners from Wallingford & Thames Tradesmen and well ahead of Nottingham who were third.

Bradford on Avon

Members of the Vet Men's rowing squad have been involved in recent wins at the National Championships:

Mat Harden and Gordon won Vet C2- Gold Medal and VetC4- Silver Medal (Composite with Walbrook)

Steve Archer won VetD4- (Composite with GreenBank Falmouth).

If you feel I have missed you out, please e-mail Rachael Wooldridge your stories and results next time so you can be included in the Newsletter.

WAGS Affiliated clubs/schools/universities: Avon & Somerset Police RC, Avon County RC, Bradford on Avon RC, Bristol Ariel RC, City of Bristol RC, Cotswold RC, Fuzzy Duck BC, Gloucester RC, Meles BC, Minerva Bath RC, Severn River Rowing Ass, Swindon RC, Bath University, Bristol University, Defence Academy RC, Gloucester University, West of England university, Cheltenham College BC, Cheltenham Ladies College BC, Clifton College BC, Monkton Bluefriars BC, Monkton Combe School BC, Wycliffe College Boat Club



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National Championships 2008

After their narrow defeat at Reading Amateur, the WCS girls were eager to race the crew from the University of London again and we knew that they would be racing at the National Championships. After some more training in the quad with a bit of pairs training for Gemma and Vicky and singles for Helen and Lucy we headed off to sunny Nottingham with some of the Bath Uni WCS boys as well.



The forecast had predicted a bit of a cross wind and sure enough, the waves were building down and across the course so that Lane 1 was more "character building" than Lane 6.

Upon arrival on Saturday morning, it became apparent that the Women's Quads was going to be a straight final on the Sunday as one crew had withdrawn. As a result, the girls had the opportunity to "Row Over" which they duly took full advantage of. The National Championships uses the traffic light system as used at World Championships and so it was good that they were able to see the start procedure in effect before their first real race!

Later on Saturday, the girls had their heats in the U23 singles (Helen and Lucy) and in the Women's pairs. All four girls showed that whilst their training is going well, there is another step to be made as their more experienced opposition pushed them into the repechage. In the reps, the girls raced well with Helen making easy work of her opposition to progress to the final. The pair had a better row but struggled with the conditions and found themselves out of the running for a place in the final. Hopefully, however, the experience will stand them in good stead for next year.

Sunday dawned with finals for all four girls in the quad and Helen in her single, shortly after the quads race. Whilst the bulk of races had been re-drawn to take into effect the cross wind, the quads race (as a straight final) was randomly drawn and the challenging Lane 2 beckoned. With orders to go out hard to the 1000m marker to make sure that they were in a position to win it, the girls duly got on with their task and ploughed their way to the halfway point in second place behind Imperial College in Lane 6.

Through the halfway marker IC and Bath pushed simultaneously which saw the two crews move away from the rest of the field. Shortly after this, Bath move into the lead for a short while but couldn't hold off Imperial in the closing

minutes but they gamely stuck it out to hold onto second place and a Silver Medal at the National Championships. Not bad in their first year!

Helen then had to head on out for her singles final. Drawn in Lane 2 and with a hard race in her Legs already, Helen couldn't make the impact she wanted to in the final but did well to finish 5th at the National Championships after only 5 months in the sport!

All of the girls are athletes on the Amateur Rowing Association's World Class Start Scheme sponsored by Siemens, a unique talent identification and development scheme. The program is funded by UK Sport with Lottery money and since 2006 is sponsored by Siemens. The program at Bath has identified four athletes for Great Britain teams in the past four years including one U23 World Champion and is run by Paul Stannard, Performance Development Coach, GB Rowing. The athletes in Bath train at the University of Bath and at Minerva Bath Rowing Club.

For more information on this article or the World Class Start Program

please contact: paul.stannard@gbrowing.org.uk

More great National Championship results from crews around the region:

Minerva-Bath RC Came 2nd in W4X 7:24.48
G Louise Akers/H Glover/L Ryvar/V Thornley

Bath University BC came 2nd Under 23 2x 7:25.43
A Gregory/M Odam

Christchurch RC/Gloucester came 3rd J16 2- RC 7:56.83
B Joakim/D Pollard

Avon County RC Came 4th WJ16 4x 8:55.02
T Gilmore/S Lemoine/H O Driscoll/K Wilson

City of Bristol RC Came 4th O2- 7:34.61
S Bathe-Taylor/W Downey

Bath University/Reading University came 5th in O4x 6:56.87
A Gregory/R Mcdougall/M Odam/B Oliver Lloyd Topps

Minerva-Bath Rc Came 5th Under 23 1x 9:38.63
H Glover

The Cheltenham Ladies College came 5th WJ 2- 9:55.05
M Monteith/F Sivell



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Coach of the Year Awards 2008

These annual awards are an opportunity for the rowing community to recognise and celebrate the tremendous contribution of our coaches (paid and unpaid) to the success of our sport. It gives everyone a chance to say thank you.

The process for selecting the 2008 award winners starts with any individual, crew, squad or club submitting a nomination to their Regional Rowing Council for the Regional Coach of the Year event. The Regional winners are then put forward to the National Awards judging panel who will determine who receives the National Awards. Occasionally, as happened last year, the panel may decide to make a special award. Take a moment to look back over the year - is there a coach you think ought to be nominated for any of the five awards below?

Development Programme Coach of the Year

The coach who has made the most significant impact on your local community by providing new opportunities for new groups of people to become involved in the sport of rowing. We are particularly looking for programmes that have built on good coaching practices and drawn on the resources available to them, such as the Learn to Row programmes. We will be looking for evidence that the programme has led to a sustainable increase in membership at local clubs. This award is open to an individual or a team. Examples of such programmes are:

Young Person's programme aimed at those who would normally never have the opportunity to row , Adaptive programme , Row to Health programme, Recreational programme , Corporate Rowing programme

Young Coach of the Year - This award recognises the important work carried out by young coaches and provides an opportunity to highlight up-and-coming coaches through recognition of their coaching achievements so far. Nominees must be aged 25 years or under on 31 December 2008.

Junior Coach of the Year - The coach who in your opinion has made the most significant impact on the performance or development of School or Junior Club crew/s during 2008.

Senior Coach of the Year – The coach who has made the most significant impact on the performance or development of Senior Club crew/s during 2008.

The Coaching Team of the Year- The team that has made the most significant impact on the performance and/or development of a group of participants.

All nominees must be members of the Amateur Rowing Association.

The nomination form sent to ARA clubs in the August mailing is available to from <http://www.ara-rowing.org/upload/files/CoachingTraining/COTYA-NomForm2008.pdf>

Wags Nominations need to be sent or e-mailed to rachael.wooldridge@ara-rowing.org
Rachael Wooldridge, ARA Regional Team Leader. c/o Cotswold Water Park Society, Cotswold House,
Manor Farm, Down Ampney Estate, Cirencester, GL7 5QN

By 19TH November and will go to a regional Vote at the ARA WAGS CLUB DEVELOPMENT CONFERENCE on the 23rd Nov



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Coach and Volunteer education and training

ARA Coaching courses:

As you may be aware the ARA have adopted the New UKCC.

WAGS LEVEL 2 COACHING AWARD IS TO BE HELD IN THE WAGS REGION (GLOUCESTER AREA) IN NOVEMBER 8TH, 9TH, 15TH, 16TH THE COURSE WILL TAKE PLACE 9AM – 5PM

Cost: £291 ARA members, £313 Non ARA members

Deadline for Application is 8th Oct 08.

The course will be filled on a first come first served basis.

Please send completed ARA applications forms with cheques

(made payable to WAGS Regional Rowing Council), to: Rachael Wooldridge, ARA Regional Team Leader. c/o Cotswold Water Park Society, Cotswold House, Manor Farm, Down Ampney Estate, Cirencester, GL7 5QN

Numbers are limited to 8 min. – 12 max. candidates.

If you need more information or can't find the application form please e-mail:

rachael.wooldridge@ara-rowing.org

ARA WAGS Region Club Development Conference

**23rd November 2008
10.30 – 4.30**

Bath University

Topics included:

The new ARA Forward Plan.

The new Whole Sport Plan.

WAGS AGM

Voting for Coach of the Year Awards

Water Safety

Safeguarding Children and Adults

Equity, Running sport workshop.

Facilities

Note: Clubmark clubs and clubs aspiring to clubmark some of the workshop are those required for completion and updating .

To book you place please contact your club secretary. Note their will be a small charges of £3 , to cover lunch and refreshments .

Head Of River Monitors course.

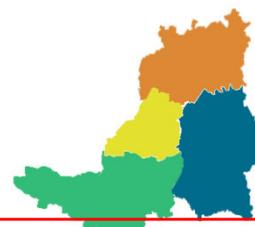
Robin Leach has offered to run the above course within the region it takes rough 1 ½ hours including Questions and answers.

The course includes the following topic's:

Primary duty of all officials, Clothing, Equipment, Safety Procedures, Communications, Using a hand held radio, Control Commission, Landing Stage, Crossing Points, Above the Start, Monitors on the Course, Emergency Situations Stopping the Race, Beyond the Finish, Timekeeping, Dealing with a Situation.

If you are interested in doing this course please e-mail Robin : rmcmd.leach@virgin.net so we can decide where and when to run it.

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Sportsmatch - 08 -09 Make sure your club doesn't miss out.

Sportsmatch matches - up to the value of £50,000 - sponsorship money which has been given to an eligible sports body by a company, Trust or private individual to fund projects encouraging new participation at grassroots level.

All projects applying in 2008/09 have to be able to deliver the Sportsmatch element of their project in its entirety by 31 March 2009, ensuring the benefits of the scheme are received at the earliest opportunity.

Applicants can now apply online with telephone support available from Sport England on 08458 508 508 or they can ring their appropriate regional grant advisor directly on the numbers below.

South West

Kevin Thompson - Tel. 020 7273 2020

For more information and the application form visit:

<http://www.sportsmatch.co.uk/>

Water Rower attended the last ARA WAGS meeting to demonstrate their new product the Oartec, if you miss the meeting and what to know more, here are links to WaterRower and Oartec online:

<http://waterrower.com/rowing.htm>

<http://waterrower.com/oartec>



32nd Wycliffe Small Boats Head Under ARA Rules

Saturday December 6th 2008
About 2500m on the Gloucester Canal

Divisions

There will be **3** divisions starting at **10am, 12 pm and 2 pm.**

Prizes

GOLD, SILVER & BRONZE medals will be awarded in all events with sufficient entries.

Entries

£8.00 per rowing/sculling seat

Entries via OARA

Entries will be restricted to 325

Entries Open

Friday 14th November 9am

Entries Close

Thursday 27th November 1pm

FULL DETAILS ON

www.wycliffesculling.co.uk

WAGS Regional Rowing Council

Chairman: Phil Clements
Deputy Chairman: Julian Bewick
Secretary: Philippa Sondheimer
Water Safety Adviser : Clive Pendry
Treasurer: Robin Leach
Coaching Commission: Vacant
Junior Commission: Penny Senior
Veteran Commission: Deirdre Squire
Recreational Rowing: Stephen Oxlade
Webmaster :

Divisional Representative – Philippa Sondheimer

ARA Coaching and Development Officer: Rachael Wooldridge rachael.wooldridge@ara-rowing.org

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