

FALCON ROWING & CANOEING CLUB

Welcome and Introduction to Falcon Rowing

Dear New Member,

I would like to welcome you to the club, summarise our current activities and flag up useful points. The club website holds a lot of information on the activities taking place on a regular basis and guidance on rules and procedures when using club equipment. It is important to give some time to studying this. Just inside the club house is a poster "Seven Steps to Rowing Heaven" follow these and all should go well.

Club Sessions: The main focus for new members is the regular club sessions on Saturday and Sunday mornings; these are in the racing shells, at 9.45 am and run all year with additional sessions in summer on Tuesday and Thursday evenings. All members can take part and crews are made up on the day to include all who have signed into the session online. They will be both sweep oar and sculling and nearly all our members have both skills. The sessions are an excellent way to meet other members and ask questions of the coaches about the club and current activities. Regular attendance is often the first step to forming into crews that go on to train independently. Learning new skills like coxing and bow steering is encouraged and supported at these sessions.

Touring: There are club Touring sessions on Saturday mornings at 9.30 am, the sign up is online with the other club sessions. Members are encouraged to do some of each of sculling in shells and touring boats and not to view them as mutually exclusive.

Kit: Details of the suppliers of club rowing kit are given on our Website.

Self-Organised Crews: Many members, once they have sufficient experience, organise crews independently of the club sessions. In part crew choice may be determined by when people are available or willing to practise. Independently organised crews should be careful to avoid the times of adult club and Junior sessions (see website) when they have priority over boat use. All boats must be signed out in the boat booking diary in the club house before each outing. There is a table showing all the boats, their number, type, weight category and any special restrictions applying to their use. Please refer to this information when choosing which boat to use. Copies are displayed above the boat booking diary and by the kitchen area. There is also a table showing what blades are available and their specific usage.

Coaching: You may wish to have private coaching, this is encouraged and other members will be able to suggest coaches.

Indoor Training: Use of the ergs is encouraged and follows the same principle as water sessions with organised sessions taking priority. There are also circuit training sessions run by one of our coaches in a nearby school on Wednesday and Thursday evenings in term time.

Racing: Many of our members choose to enter races, some occasionally, others training throughout the year and racing regularly. At the weekends, racing crews can practice early on Saturday mornings and enter the practice Head Races on Sunday mornings (Captains' Permission required) but should be off the water before the club session starts as it then takes precedence over boat use. The main regattas targeted by the club are shown on the calendar on the Website and other dates are added as trailers are organised by individuals. Please discuss any plans to race with me or the Vice-captain so we can give you more detailed guidance. The procedures to follow when making race entries are listed on the website under Rowing/racing.

Squads and Groups: There is one squad currently in existence; the women's development 8 (W8) and also a group that forms a men's novice 8. The W8 is a competitive adult woman's rowing group for those with a desire, drive and the commitment to race. Membership requires a good level of fitness, a commitment minimum of 6-9 months and possession of sufficient rowing skill. There are regular coached water sessions, generally on weekends (in addition to club sessions), dedicated indoor training sessions during the winter and entries at many regattas and head races throughout the year. The W8 has a strong team spirit and will encourage and support any members wishing to extend their rowing skills, e.g. via bank riding, coxing or coaching.

Special Events: Throughout the year there are occasional special club activities including whole day Touring rows, a May Morning row, the annual Christmas Dinner, other socials, and special races e.g. against our neighbouring club City of Oxford (CORC)

Club Management: The Club is run entirely by volunteers and all members are expected to contribute. The general "house work" is shared with the Canoeists on a month on/month off basis. Your interests are represented by the officers of the club and discussed at meetings of the Falcon Rowing Committee (FRC) held regularly. The FRC reports to Falcon's General Management Committee (GMC). Details of the names of committee members are on the Website. Please feel free to discuss with members of the FRC any matters of concern or ideas that may arise.

I hope you enjoy being a member of Falcon Adult Rowing,

Kind Regards,

Grahame Nash

Captain of Rowing