

## NRC AGENDA

### Masters Committee Summary

The main points of work or discussion during the last year for the Masters Committee are listed below.

The masters' workshop has been rolled out throughout the country with great results and a lot of very positive feedback. A handbook written by the chair of the masters committee Jeff Watling, it discusses a wide range of issues faced by rowers as they start to age, from flexibility to possible muscle wastage and how to train effectively while giving due consideration to these issues. Jeff presented the workshop here at DARC at the club conference at the start of this year.

A survey of masters rowers was undertaken, and results are being compiled.

As a taster...Many said that it was hard to find good racing for masters rowers, some said not enough events, some said not enough rowers !

The committee formed several subgroups, one of the aims was to find good examples of forming and integrating masters into a club, whether they are masters wanting to race at the highest level, or stay fit for life, or to row a little and socialise. Clubs do not always recognise masters rowers as being valuable, whereas they bring a lot of money (through longevity of membership) to the clubs and they bring more time and experience than many other rowers who may be concentrating more on young families or their careers. Anyone who knows of a club which shows good practice of working with and developing masters rowers please speak up ! If anyone would like the current write-up please email me [gabriellemoore@gmail.com](mailto:gabriellemoore@gmail.com)

And if anyone can answer the following 2 questions, also please email me

- How to run a successful Learn to Row course for Masters beginners.
- Contribution of masters to rowing clubs as a whole – any really good points to add?

The handicap system using Personal Ranking points is now being used throughout the country and the first teething problems seem to have been sorted out. One further move this year was to ask clubs to give notice **in advance** regarding whether handicaps are to be applied and how. There was also a request for times to be published without handicaps and a request for heads race times to be published where possible the same day of the race.

We here in the Northern region are extremely fortunate to have Richard Mortimer leading the field with almost immediate times being available to rowers both with and without handicaps !!

And final, National Masters will return to Nottingham, Holme Pierrepont on 13th and 14<sup>th</sup> June 2020.

Gabrielle Moore DARC, November 18, 2020