

NRC Student Rowing Report – 26.09.22

David Squirrell

Very little to report with most of the students away during the summer holidays.

In the meantime, I've been working with the new DCR exec to help restart the Senate Squad as well as putting plans in place for several coaching and club management seminars throughout the next academic year. Work is underway in creating an example/template training plan for student clubs in the region (primarily focussed on the colleges, but I will distribute it to others). Hopefully this will be ready over the next few weeks and will be part of a session focussed on building training plans, a topic that lots of the colleges asked about. I'll be passing on the invite to the other university clubs in the region (although the focus will be for the non-high-performance clubs).

I've distributed all the dates and information on the free University Coaching Assistant courses put on by British Rowing to all the student clubs although I'm currently unsure on the uptake of these.

DCR have been working with DUBC and Team Durham to update the requirements to use the rowing tank at Maiden Castle. They will be hosting an induction course in the first week of term so that people who have been on it will be allowed to lead sessions in the tank. Making the facility far more accessible. NUBC successfully ran the Tyne Single Scullers Head, with over 200 entries from the region which was great to see and hopefully will continue to grow.

Hopefully, we will be installing defibrillators at some of the Durham college clubs in the next few months, especially those at emergency access points to the river for rowing events.

David Squirrell

NRC Student Rep.