

THE CLUBHOUSE

Official Newsletter of Tay Rowing Club



WHAT'S NEW AT TAY ROWING CLUB:

- Welcome
- Club Calendar
- Survey
- Safety on the Tay - including circulation pattern
- New club kit

WELCOME

Progress, progress, progress...!

Despite the challenges of the past year and a half, it's fair to say TRC have put their best foot forwards and the club has continued to grow and develop.

Membership

First and foremost the committee would like to take this opportunity to once again welcome all our new members to the club. There's too many to mention, but you know who you are!! :-)

For some members the club has been a place to come and meet friends / socialise - providing an escape from the pressures of life, for others it's been about embracing an old passion and coming back to rowing after a long break and for others it's been about finding a new hobby!

WELCOME CONT'D

We're seeing more regular faces at club sessions which is great, and we hope that will continue as we move through into Autumn and Winter.

Site / Facilities

Development of the site has also continued to make good progress. After a lot of work led by Chris, electricity is now connected so with the addition (in past year) of 2 new mobile units; one meeting room with kitchen facilities and the other a toilet / shower block, we'll be going into the colder weather with good facilities too, thankfully!

Facilities don't maintain themselves however, therefore we'd kindly ask that all members take it in turns and help out with tasks including grass cutting (thanks to all who have helped with that over the summer), boat & oar cleaning / maintenance and cleaning of the new mobile units as we start to use them over the coming months.

If you'd like to offer your help please reach out ... your support will be most welcome!

Committee & Coaches

Like all clubs, none of this progress would be possible without a dedicated team.

Regardless of other commitments, the Board have continued to give up their time voluntarily and put in the effort to make the club a success. I'd like to take this opportunity to thank each and every one for a successful year to date;

Your Board & coaches for 2020/1 have been:

Theresa, Barbara, Chris, Lucy, Heather, Elliot, Tim, Sarah H & Tara.

On the following pages we have links to new TRC kit, a survey for you to complete outlining your rowing goals / ambitions for the coming year and information about a club calendar we're creating.

Please read through and let us know if you have any questions.

Thank you!

Dates for the Diary

AGM: 23rd November 2021

More details to follow.

Club Sessions

**Wednesday evening -6pm
Circuits (further details
coming soon including start
date and location)**

**Saturday- 8am (singles) -
must be at least 2 members
going out for session to go
ahead**

Saturday - 10am - 12pm

Sunday - 10am - 12pm



Other river users

While we may have enjoyed a long period of only a handful of rowing boats on the river, we are beginning to be able to welcome more people down. This is a good time to remind everyone of the circulation pattern and to be aware of other river users.

If you are rowing upstream towards Perth (North) stick to the North bank (nearest to the train tracks) and if you are rowing downstream towards Dundee stick to the south bank (nearest to the club). In addition to following the circulation pattern, make sure you frequently turn around to check your route every 4-5 strokes. The circulation pattern is found laminated in the club container.

Other rowers aren't the only users of the river and we need to be aware:

- Badger (the small blue ferry that runs tours between Perth and Dundee) creates a particularly big wake and if spotted you should stop rowing and turn your bow so you are perpendicular to the oncoming wave.
- Jetskis. The waterski circuit does not extend past Friarton bridge therefore we shouldn't see them any further south than this, but there have been a few spotted so be aware.
- Kayakers, paddleboarders etc. Willowgate often runs kayak/watersport excursions from their bank. This doesn't often affect us as they usually stick together and are easily spotted, however, they often don't follow the circulation pattern which means we may have to maneuver round them.
- Harbour traffic. Cargo ships can go into Perth Harbour but only at high tide.
- Sailing boats. Again, these are only on the river at high tide and don't follow the circulation pattern.

Heather

Safety Officer
safety@tayrowingclub.com

Keeping warm!

As we start to see the weather get colder it's important to be prepared for rowing throughout Winter.

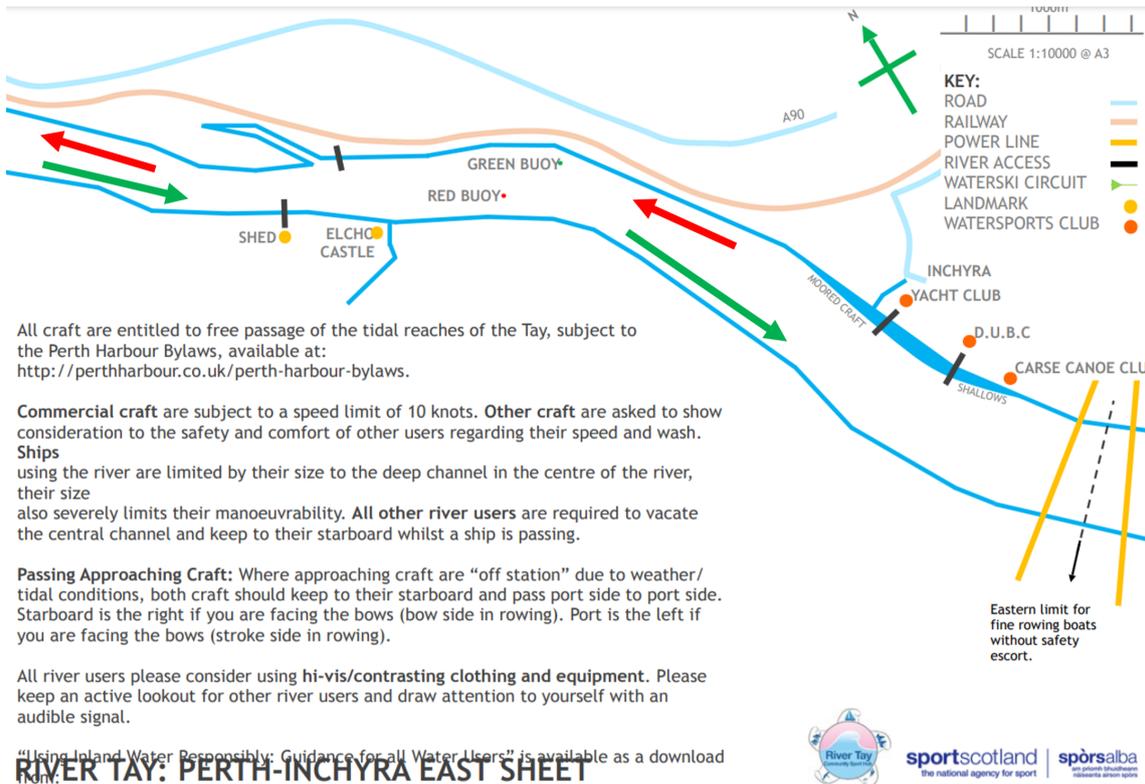
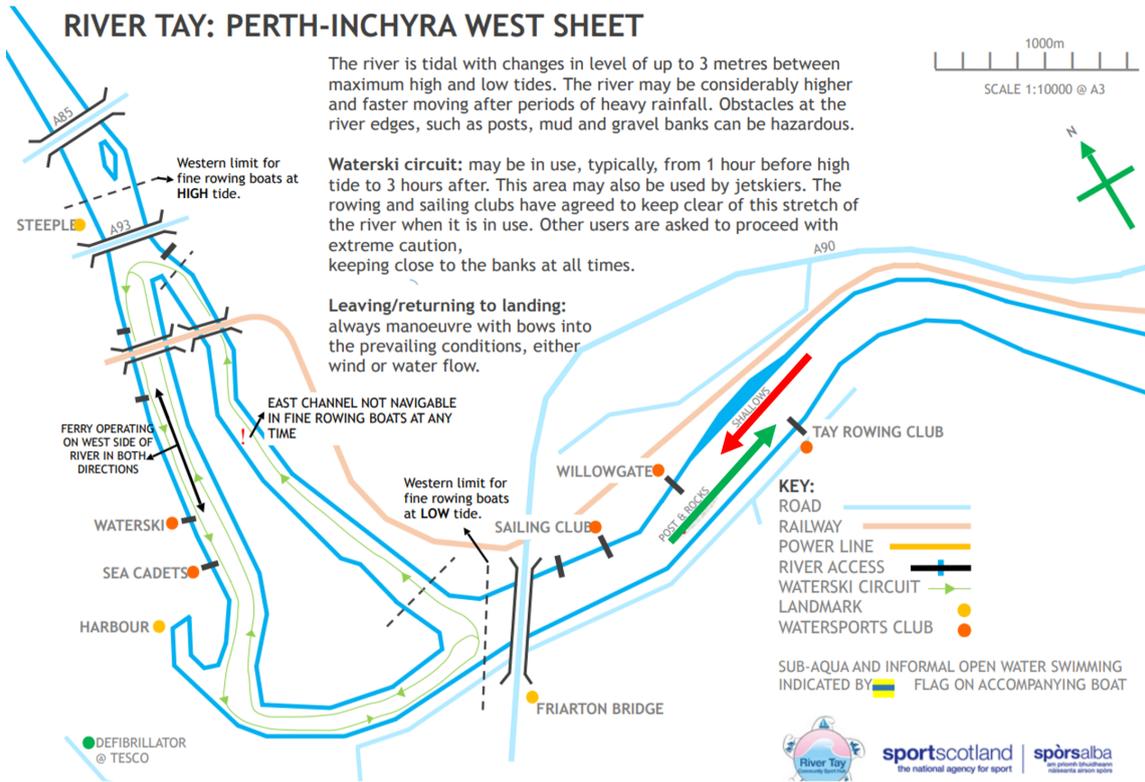
Several thin layers of clothing, preferably with a waterproof garment on top (such as a splash-jacket), hats or earmuffs, thick leggings and knee length waterproof socks are all good options for clothing.

Coxwains in particular need to ensure they have enough warm, waterproof layers as they are more susceptible to the cold as they aren't exercising.

It is also important to have plenty of spare clothes in your car to change into in the event of a capsized.



RIVER TAY: PERTH-INCHYRA WEST SHEET



All craft are entitled to free passage of the tidal reaches of the Tay, subject to the Perth Harbour Bylaws, available at: <http://perthharbour.co.uk/perth-harbour-bylaws>.

Commercial craft are subject to a speed limit of 10 knots. Other craft are asked to show consideration to the safety and comfort of other users regarding their speed and wash. Ships using the river are limited by their size to the deep channel in the centre of the river, their size also severely limits their manoeuvrability. All other river users are required to vacate the central channel and keep to their starboard whilst a ship is passing.

Passing Approaching Craft: Where approaching craft are "off station" due to weather/ tidal conditions, both craft should keep to their starboard and pass port side to port side. Starboard is the right if you are facing the bows (bow side in rowing). Port is the left if you are facing the bows (stroke side in rowing).

All river users please consider using hi-vis/contrasting clothing and equipment. Please keep an active lookout for other river users and draw attention to yourself with an audible signal.

"Using Inland Water Responsibly: Guidance for all Water Users" is available as a download from www.river-tay.org.uk

RIVER TAY: PERTH-INCHYRA EAST SHEET

CLUB CALENDAR

This year we are creating our very own Tay Rowing Club calendar featuring some of the best photos on and around the river over the past year.

All funds generated from the calendar will go towards new club equipment, particularly new oars.

And we need your help to make it happen!

We seek local companies or individuals to sponsor each month of the Calendar and advertise their logo on the corresponding month.

The cost of sponsoring one month is £50 which includes logo advertising and a free club calendar.

The timescales for printing are tight so we ask that sponsorships are all in place as soon as possible in order to be on sale from October onwards.

Get in touch with Heather (safety@tayrowingclub.com) for further info and to sign up as a sponsor.

Your help and assistance will make such a difference so I thank you all in advance.

NEW CLUB KIT

Our new club kit is live on the Rival Kit website! Featuring our Tay RC classic club colours and logo. One of the benefits of Rival is that there is no need to bulk order, just order whatever kit you want whenever you want it, delivered to your house.

Visit the website link below to browse/order kit :

<https://rivalkit.com/collections/tay-rowing-club>

Godfrey's (our original club kit provider) still stock Tay RC Kit and can be found here:

<https://godfrey.co.uk/club/tayrc>



Rowing Survey - Please complete

To help us plan for 2022, we invite you to complete the following short survey outlining what you would like to get out of your membership next year.

Would you like to improve your skills with more coaching?

Or perhaps you'd like to give racing a try?

Whatever your rowing goals / ambitions, whether that be just getting out on the water and enjoying some time out of a hectic life, or feeling part of a crew, we'd love to see how we can help you achieve that!

The survey should only take 1 - 2 minutes to complete. Just click on the link below!

<https://bit.ly/3omyn7l>



VIRTUAL ROWING WORKOUTS

For anyone looking for erg training plans / sessions to work along to, there's a few good options to choose from; some free, some chargeable.

Here are some links to check out and help keep you motivated and progressing!

<https://bit.ly/3IS8l8M>

<https://bit.ly/3EVxXdY>

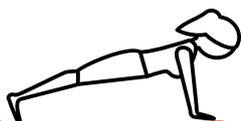
<https://bit.ly/2Y0tzcH>



TRAINING TIP FROM DECENT ROWING

How to fix diving / slumping into the catch.

<https://bit.ly/3AHrMrn>



STRETCH - YOGA FOR CORE STRENGTH

This core strength ritual from Yoga by Adriene is a great addition to any other fitness routine you are doing. Not only will your core thank you for it, but so will your back! And it's just 12 minutes long!

<https://www.youtube.com/watch?v=8T39OBNaNzU>

Rowing Trivia - Olympics

On June 10, 1829 the first Oxford vs. Cambridge boat race took place.

Charles Wordsworth and Charles Merivale were two former schoolfriends studying at Oxford and Cambridge respectively. Merivale informally challenged Wordsworth to a rowing race on the Thames and a official letter followed on March 12, 1829. It read:

"The University of Cambridge hereby challenge the University of Oxford to row a match at or near London each in an eight-oar boat during the Easter vacation. W Snow, St John's College."

With this the tradition was born where the loser of the previous year's race challenges the winner to a re-match. In 1856 (the 13th edition the race) the Boat Race became an annual event and the 150th running of the race came in 2004 (the race was not held from 1915 to 1919, or from 1940 to 1945).

