

The Scarlet Blade



Chairmans Report – Carol Cornell

Welcome to (yet) another year in the life of Kingston Rowing Club. Firstly thank-you to all club members for your support last year in what only can be described as “character-building” circumstances! Importantly to the “lean but mean” committee who worked exceptionally hard to keep the club running. Secondly a large welcome to the substantial influx of new committee members who have joined this years team. The names and contacts of all the committee are listed on the back page of this edition of the blade. We are delighted have representatives from most sections of the club, including the return of a couple of experienced vets. Please give the committee your support as they freely donate their time (and phone bills) in the interest of Kingston Rowing Club.

On behalf of the entire club I would also like to extend a warm welcome to all new members including Kingston University who have re-joined us at Canbury Boathouse, - we hope your stay here will be a long and happy one.

After last years programme of consolidation, this year you will see a programme of new initiatives within the club, many of which are already underway. These are all designed to make your life easier, ensure you are getting good value for your money and most importantly that we grow stronger and are able to support our athletes. Read on for more details! You will also notice that in this edition of Scarlet Blade we have contributions from club members, this is something we would seek to encourage as aiding communication within the club. If you wish to contribute to the next copy of scarlet blade, please send your text to me via email carol_cornell@hotmail.com by 1st of December. (Editing rights reserved!) Happy rowing!

Captains Report – Mike Smyth

Some say that the second year as Captain is easier than the first, but there are very few who can speak with actual experience. I suspect that the reality is somewhat different. Although many issues and problems are addressed in the first year, the second year merely presents new issues and challenges that need to be overcome. In short, the job is never done if KRC is to keep moving forward.

If I could sum up last year in a couple of phrases, it was all about fire fighting and consolidation. From the outside, KRC may have been perceived as not moving forward, but from the inside it was a different story and most importantly, it stopped sliding backwards. Now is the time to move onward and at pace – so fasten your seatbelt and hold on!!

The observant amongst you will have noticed the impetus start to gather by the end of last summer. Already, investment has been made and changes implemented for the better future of the club.

Firstly, no one can have failed to notice the extensive redecoration works undertaken at the clubhouse. This creates a more pleasant environment for the athletes to train and for the social members to enjoy a pint or two. Secondly, the old landing stage has been replaced making boating from the club much safer.

Thirdly, there has been a considerable reinvestment in quality equipment in the form of top class racing boats. Old boats have been sold to make way for brand new ones and I expect to take delivery this year of three coxless fours of varying weights and sizes, and a men's eight. Two fours are due to be delivered in the coming weeks and the eight is due in December providing sufficient funds can be raised in the interim.

Fourthly, a refurbishment programme has been implemented for our older boats.

Most of you will have seen the new look "Invisible Man" coxed four and the high standard of repairs carried out. (Don't tell KGS it's the same boat!).

Fifthly, I am very pleased to welcome back Kingston University Boat Club to KRC. Not only do they provide an additional source of income for the club but also it is hoped that their members will forge allegiances with KRC that will carry through long after they have left the University.

Sixthly, I am also pleased to have the assistance of Farrell Mossop as coaching co-ordinator. His experience will be an asset but also it will allow me a little more time to concentrate on captaincy issues. I would also like to welcome to the club additional coaching help in the form of Gerry Hughes and Nick Ronald, this is in addition to existing coaching team of Damian Hammond, Ian South, Steve Chasey and Scully.

Seventhly, throughout the last year the club has made a number of very important friends in the rowing community, which it is hoped will raise the profile of KRC in the next year. One example of this already is KRC's participation in the Supersprints challenge. As one of only three clubs to be invited I felt very privileged to be a part of it.

Congratulations to our competitors who finished a very creditable second. Details can be found on the KRC web page!

Finally, you will soon see the introduction of a KRC membership card and number system. Cards and numbers will be issued as soon as arrangements are put in place to pay subscriptions (if applicable) and it will help us to keep a track on who has or has not paid with the ultimate objective of maximising the club's income. As far as the members are concerned you will have something tangible for your membership and it is hoped that we can negotiate discounts with local retailers for members who can produce a membership card.

ALL THIS AND ITS ONLY OCTOBER!!

There are many other things in the pipeline but is important to keep flexible

and I intend to keep reassessing the club's objectives as time goes on to get the most out of this season.

If the buzzword (Carol speak) last year was "consolidate", this year it is "professionalism". We all must aim to be as professional as we can in everything we do, from the last burpee on the circuit to the way we present ourselves as a club to the public. In the world of rowing, fortunes can change overnight. If we maintain our professionalism then our fortune is more likely to change for the better.

When asked what was the difference between an amateur and a professional, someone (and I can't remember who) said:

"Amateurs practise and practise until they get it right. Professionals practise and practise until they don't get it wrong."

If a job is worth doing, lets do it properly.

Results to Date

Members having achieved

Representative Selection, 1999

- **Jayne Hall** - World Champs - WLwt 2x 18th / Wlwt 2- Silver
- **Kirsten McClelland-Brookes** Wlwt 1x 10th
- **Jo Nitsche** Wlwt 2- withdrew due to injury (Replaced by Jayne Hall)
- **Rebecca Romero** - U23 w1x 4th / commonwealth- W1x 4th / W4x Silver
- **Kate Holton** - U23 WLwt 10th
- **Vic Fangen** - U23 W4- 4th
- **Sarah Birch** - Commonwealth - Wlwt1x 4th / W4x silver
- **Caroline Dring** - Commonwealth W4- 4th
- **Ed Fox** - World J Champs M8+ 5th

Boston Marathon - Steve Fraser & Hannah Birch won S3 pennant

Pairs Head - Rebecca Romero won the mixed double sculls.

Vets Worlds - Gold medals were won the vets worlds in Seville by Angus Gait, Birgith Sims, Gail Burkett & Carol Cornell

Weybridge Silver Sculls – Angus Gait Vet D 1x, Carol Cornell & Birgith Sims Vet C 2x

RR's Spot (Hon Sec.)

A note to Veterans

May I pass on a few thoughts we are pursuing as to how you can be involved essentially at a social level (something old, something new.....)

- **Supper** – if you have not received Scott's note, or know anyone else (whether or not a member) feeling similarly neglected, please let Scott know ASAP (remember it's on the 29th);
 - do you know anyone who could attend if they had accommodation or are looking for a particular re-union? Please get in touch; if there is any networking like this we might be able to help with
- **Sundays** – would you be interested in casual outings and the possibility of rowing in Europe – no Euros, only Eurofahrts (events, not crews) or sociable rowing (veteran, not master). Does the millenium stimulate this fantasy? There is already a potential 'pool' for this, but this is an instance where numbers are good.
 - just being sociable, there is also supporting the bar, particularly on Sundays, if only to show younger members how it should be done and/or to stop Steve Chasey and myself moaning. Have you a preference for 'definite' events or particular dates, recognisable in advance? Please let someone know.

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(phone)01252 702361

RR 27 Arlington Court
Arlington Road
Twickenham
TW1 2AU

(phone, day – the answer service at home might be incoherent): 0171 826 2808

or e-mail: richard.rowland@pgen.com (sorry about this, but I've been told I ought to try and enter the 20th century before the millenium)

What do pints make?... PRIZES! (From the (very) sociable Andy Wilson)

This weekend (9/10/99) marked the start of the party season (coinciding, funnily enough, with winter training) with the KRC social engine building up a head of steam early on. I refer, of course, to the minor mayhem going by the guise of the 'Red and White Party', which degenerated into buffoonery in record time. A cocktail of fresh new faces and old stalwarts conjured an enthusiastic welcome to the new season. A good turn-out by our new 'housemates' KUBC helped liven up the evening.

Thanks to your combined efforts to enjoy yourselves the boat fund has been raised a notch and the new KRC flagship 8 is one rigger the richer for the cash. Remember

you are drinking for the greater good of the club so your obvious commitment (and doubtless sufferance) is appreciated. The boat will only take seven hangovers per member to pay for, so carry on guzzling... Many thanks go to the bar team of Jules Whitmore (co-organiser), Rebecca Romero, James Morton and Nikki, without whom the combined consumption rates of Chasey, Pratley and that girl half-asleep on the bar could not have been maintained. It would have been nice to see a bar team comprised entirely of KRC faces and I would encourage all members, new and old, to offer themselves up for a spot behind the bar. All offers considered, even if you haven't worked a bar before. It's actually good fun and you don't have to queue for a drink! Just make yourselves known on a

Thursday night and it will only take a few moments to show you the ropes. We like to work on a voluntary basis, but a skint student might make use of a few extra quid!

For those members who also use the club for rowing (well, we have to do something between opening hours), we express our thanks to our coaching co-ordinators for planning hangovers into the training schedule on Sunday morning. The arranging of the 10 o'clock start (not that I even made that!) was a purely selfless act, I understand! Thanks Farrell.

With an eight day/week pre-training training programme (God rowed on the eighth day, by the way), it is imperative to physically and mentally wind down. That is why, *in the interests of health*, we open the bar during the week. Nurse Romero will administer medicine on a Tuesday evening. On a Thursday Jo Brown, our resident nutritionist, co-ordinates fine cuisine for our delight. This can be washed down with a fine Chianti, (served in pints and tasting not dissimilar to beer) served by Steve Fraser. Our Thursday 'Club night' is a great opportunity to relax

and show your support after training, so eat, drink, chat and enjoy yourselves. Many of you will also not be aware that the bar opens on a Sunday afternoon (11:30am 'till 2:00ish). Why not pay a visit while 'Double R' is behind the pumps, regaling us with tales of rowing (and drinking) heroics to make your blisters curl. If numbers are consistent, then food may even be arranged to cater for those currently going to the café.

We have a full(ish) calendar of social events in the forthcoming months and the Bar Committee would welcome any ideas for further events and help with the organisation thereof (particularly our millenium party). Also, if there is anything you would like to see sold behind the bar that isn't already there (or anything you don't want) then let us know.

So, numb the pain of winter training with a visit to *your* bar (preferably *after* training), and enjoy KRC as a social and, with your help, prosperous place.

Bottoms up....

Training Plans by Farrell Mossop - Coaching Co-ordinator

Structure - We have put together a team of coaches to enable us to concentrate on a 'Club Group' which will cater for the majority of the male and female rowers at the club. The team is co-ordinated by Farrell Mossop (thats me!) and currently includes Steve Chasey, Gerry Hughes, Mike Smythe (Captain), "Scully" Burrows, Richard Rowland and Nick Ronald. Any other people who would like to volunteer some of their precious time to hassist would be very welcome. Please contact me via the numbers on the back page.

Outside of this core group - on one side is Damian Hammond's and his athletes, whilst on the other is Ian South.

Damian helps by looking after a small number of dedicated scullers (e.g. the current GB Lightweight Sculler - Kirsten Mclelland) who likes to train at a ridiculously early time whilst the rest of us are still in bed! At weekends Dameon works with the club group and we are currently in the process of finalising crews for the fours head.

Ian South's group consists of the "high performance female athletes" such as Rebecca Romero (the Tuesday night barmaid at the club!) who are at aiming at GB representation trials. This group is deliberately kept small to allow the athletes to get as much of Ian's attention as possible.

Any rower within the club group may move into either Damian's or Ian's group by mutual consent, conversely rowers may move from those groups into the club group if they prefer the club environment.

A key objective of the structure is to keep the balance of importance between the rowers and coaches on an equal footing. Where possible, the top rowers should be able to choose their coach as well as the coaches choosing their rowers, with both earning loyalty and respect from each other and working together to form a successful team. Once a crew is

assigned to a particular coach there will be no interference from anybody else unless it is invited!

Club Group Training - commenced on Saturday 18th September with a large group of men and a small core group of women (four!). Miraculously the numbers that arrived fitted exactly into multiples of four (plus coxes), - so no one had to "dry row", sweep the boathouse or run down the bank next to the coaches horse!!

This, my first morning in a coaching capacity at the club for two years, proved an interesting affair as I had to learn peoples names (& remember them), find out which side they rowed and tell them what equipment to use - (without having had time to check this out myself first)! Not a good start in terms of selling the "super success orientated organisation" of this club to a few who turned up with the normal sceptism, fear and anger firmly etched within their minds.

Sceptism of the promises, fear of trying the "new KRC" and anger from some at a club which they felt had previously let them down. and as any Starwars fan (like Jim Lawton) knows, sceptism turns to fear, fear turns to anger and anger pulls you to the dark side, and thats where they went - to the 'Deathstar' above Molesey Lock pulling their boyfriends with them. By the second weekend of training we had lost three of the original four women and three of our senior men - Bloody brilliant!!!

Bloody brilliant may sound sarcastic, bitter, whatever, but bloody brilliant that second weekend turned out to be because what also happened was a large influx of new men, what the addition of three new female rowers all of whom were determined to make it work. Since that murky day we have a growing enthusiasm between all facets of the club to work as one and to create an environment where everyone does their best. The Kingston Spirit returns!

We are now in the fourth week of the first of seven cycles of training, with the majority of the rowers training hard to meet the objectives of this cycle . The cycle is seven weeks in duration and is aimed at giving the rowers enough basic fitness to be able to train properly (without undue risk of injury or over-exhaustion) from the first day of "real winter training" at the commencement of Cycle no.2. Cycle no.2 and all other cycles are six weeks in duration, with the culmination of Cycle no.7 being the National Championships.

Each training cycle (or module) has specific training and technique objectives that the rowers and coaches must concentrate on to ensure they succeed. This will take real dedication and commitment, but any rower that is prepared to work hard will have the satisfaction of knowing that once the summer racing begins he/she will be in a position to achieve their maximum potential.

The message to all rowers is 'what you do now counts' - avoid the progressive failure trap that so many people fall prey to, i.e. failure to meet the objectives of a particular cycle means rolling them forward into the next and so on..... suprisingly enough you end up compromising on goals and objectives. This in turn results in sub-standard performance in the summer and another year being wasted!

So far, I am pleased to say, that with the growing enthusiasm the majority of the rowers are beginning to train correctly and if any of the rowers or coaches who have been "pulled to the dark side" wish to return please feel free to come back - do not let your pride prevent it you are always very welcome.

My final comment is that I am saddened that my friend Richard West feels that his sons (who have both been good members of this rowing club) have not received the congratulations that they both deserve. I personally think believe that Richard is entirely justified and would like to congratulate Keiron, who I still think of as one of my coxes, ("and one of mine"- Carol) for his tremendous result this year in winning a heavyweight silver medal at the World championships - not coxing but rowing at six!

Richard , if you can get your lads to row in our crews for the fours head and eights head we'll put **your** name on the International Honours Board!!

Faz.

The West Country End Of Season Trip by David Brook or “Ten go wild in Dorset!”

This diary chronicles the adventures / misadventures of ten guys, three boats and one trailer, on an end of season regatta extravaganza that started in Dartmouth and ended in glory at Ross on Wye. - It did come with some particularly attractive crew photos, but unfortunately the profile of Steve Chasey took up too much space and the text was deemed more interesting!

Day 1 : Travelling down

Finish work and start the long drive down to Dartmouth, hoping to catch up with trailer and the lads. My good progress slows down when the rain starts. It slows down even more when thick fog appears. Finally arrive at the campsite in Dartmouth and meet up with everyone. They are not too happy; the weather is shit, it's taken them 7 hours to get here and it's all my fault for organising the trip in the first place. To cap it all, the trailer has two flat tyres and some new dents, acquired after the van driver, who has requested to remain anonymous, took a shortcut through a petrol station wall. (Please direct all enquiries to New Zealand, where the van driver has since returned.) ..and from where he will be supplying regular Kingston down under columns in future editions of Scarlet Blade! The mood improves somewhat as we are walking through the town centre, when Steve Chasey fails to spot a low chain link and falls arse over tit.

Day 2 : Racing at Dartmouth

We awake to find blue skies and sunshine, then it's down to the riverside for a fry up. Looking out at the Dart estuary, a couple of the guys pronounce that they don't think it looks too choppy.....

We don't have a cox, but manage to borrow an 'expert' local one from Dartmouth rowing club. We set off for our first race and everything is looking good as she steers us out past the ferry and moored yachts into the big river, towards the start of the 1000m course. Unfortunately, she doesn't know about the 2000m race which has already started further upstream and is coming toward us full tilt. Nor do we, yet.

As we sit in the middle of the six lane course, merrily adjusting our stretchers, I happen to glance upstream. What I then see takes at least a year or two off my life – six boats bearing down on us at full race pace. A short panic session ensues, which is then followed by some frantic rowing to try and get us off the course. I glance round once, and it doesn't look good – the boats are nearly upon us, the marshals launch has not spotted us and we still have half of the course width to cross before we are out of the way.

We are all pulling for our lives, trying to avoid a horrendous crash and are all absolutely crapping ourselves. I decide not to look around again and just concentrate on rowing. We make it to safety by the skin of our teeth; as the boat in lane one flashes past and misses us by no less than three feet. We all breathe a sigh of relief and check our pants. It's amazing how fast you can go with the right motivation.

We go on to compete in our first heat, and experience all the joys of racing on the Dart, which is much more like the sea than a river. Happily we win our heat, although later on we hear that winning the heat is not always the best strategy.

Next up on the events list is a pairs race, for which Ryder (NZ offspring) is lacking a partner. Stuart is the unwilling replacement, and I mean unwilling. He goes all quiet and starts biting his nails. He is understandably worried about rowing a pair for the first time, in a race, on the sea.

We are all expecting them to sink, infact we are actually hoping that they sink and have our cameras at the ready. Unfortunately the clever buggers do really well and finish second out of six, which is good enough to secure the club some prize money.

At this point it's worth mentioning our coaches observations on the lane allocations. Now it might sound like sour grapes, but he observed the fact that the local crews were always put in the outside lanes, which happened to have the most stream. Even more remarkable

The trip was not only a thoroughly good laugh but also provided good experience of racing in different conditions. I recommend it to everyone and hope that we can return in greater numbers next season.

David Brook

Postscript: the missing points card have since been found by Andy Wilson, in, and I quote, "the other folder".



Subs are now due!!

Please pay promptly by using either the standing order mandate form or send your remittance with the Subscription Payment form which is enclosed.

Rack Allocation

This year we have to reduce the number of inside racks by 15 to provide additional storage for crew boats. This does mean that some people who are less active or have moved to other clubs will be losing their rack and some who are inside will be offered external accommodation. *This exercise will take place over the coming weekend and all rack owners will be notified by letter over the coming 2 weeks.* Unfortunately this is a necessary exercise and not something which is being undertaken lightly. Once you have received your letter, we would ask you to comply with its contents in the specified time period. Non payment of rack fees will also result in request for removal to enable us to offer the place to someone who may have been forced to lose their rack.

All rack fees should be paid by Christmas unless you have prior approval from the Treasurer.

KINGSTON ROWING CLUB SUBSCRIPTION PAYMENT FORM

Your details :-

Name:

Address:

Tel:

Emal:

(please make any spelling/address changes on this form and return with your payment)

Membership Fees for the 1998/99 season are due on 1st October 1998.
Subscriptions for the 1998/99 season are as follows :-

TYPE OF MEMBERSHIP	ANNUAL FEE	tick one
FULL (including regattas)	£240	
CASUAL (<u>not</u> including regattas)	£120	
SOCIAL	£50	
COX	£40	
STUDENT	£110	
JUNIOR	£110	
RACK FEES		
Inside rack	£90	
Outside rack	£45	

Please send this whole form and your payment as soon as possible to :-

**Steven Aquilina
Kingston Rowing Club
The Boathouse
Canbury Gardens
Lower Ham Road
Kingston-upon-Thames
Surrey KT2 5AU**

Cheques should be made payable to **Kingston Rowing Club**.

Important!

If you have **LIFE** or **HONORARY** membership, if you pay by **standing order** (PTO for mandate) or if you have already sent your payment, please ignore this notice.

Your Committee 1999 – 2000

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