



**Return to Rowing & Regattas**



## [A Convo with Alex on the new training program](#)



The new training programme has been designed to best prepare our athletes for the short season of 2021, as well as provide a ‘bedrock’ of fitness (physical and mental) that we can build on for the Head season starting later this year feeding into 2022. The programme is graded in a fashion to ease squad members back into training, with intensity building as the weeks progress. By keeping the heavy weights programme simple to follow and focusing on compound movements then we can begin to condition the major muscle elements ready an ‘upgrade’ in the winter training programme later this year. Further, in light of the chaos caused by the pandemic, the programme will re-invite the hypertrophic results in the body needed to bring about a level of conditioning that will be able to tolerate the training demands of this season.

The previous and ongoing disruption that the pandemic has caused to all of our lives demanded a training programme that had flexibility factored in; where our athletes could fit training into their new ways of living and working. To achieve this, effort was made to keep the foundation weights programme simple to do and easy to follow, so our squad members are able to conduct training more easily either at our gym in Greenwich or at their home gym.

Within our programme, we scheduled x2 heavy weights session, x2 erg sessions, x1 (at least) UT2 X-training session and two stretch & mobility focused sessions – x1 yoga session and x1 core conditioning session.

The yoga and the core conditioning sessions have been instrumental in aiding flexibility and musko-skeletal ‘awareness’ within our athletes, helping to protect against injury as they re-enter an intense programme as well as promote recovery post sessions. Not only have both sessions seen fantastic attendance, but the most interesting impact from a coaches point of view was observing the noticeable difference when our athletes were in a boat. Essentially this concept of a higher intuitive ‘awareness’ that is grown through doing holistic strengthening exercises from arts such as yoga and our core conditioning means that our rowers have had better application of power, more suppleness and greater range of movement through better flexibility. Sequences within the stroke lifetime such as the rock over (from the smaller core muscles in and around the hips), and the transfer of power during the drive phase have all dramatically improved, and in turn, provided for some fantastic technique in the power profiles of the stroke.

In addition, we've had x2 test weeks spaced three weeks apart to show for improvement. All of our rowers within each squad displayed tremendous effort first and foremost which they should be proud of. Test scores across the board improved, either within one of the two tests or both. A rest week was the incorporated after the second test week to allow for physical and mental recovery before entering the remainder of the regatta season.

Upcoming races to look out for within the near future include The Met Regatta (5<sup>th</sup> & 6<sup>th</sup> June 2021) and Marlow Regatta (19<sup>th</sup> June 2021), with the big aim for this year being Henley Royal Regatta due to be held in August.

**Alex Brown, Head Coach**

### [The Dev Captains on the LB's face lift and the joys of a splash jacket](#)

The devs emerged blinking from their long covid-enforced hibernation tentatively at first but quickly got back into the swing of things. With Alex and Nick's encouragement those who have braved the relaxation in restrictions have had some great outings in some of the best conditions we can remember. With the Lynn Bryant now back from its visit to boat rehab, the dev squad is able to regularly get two working 8s out and has used that to good effect by having some closely fought side by side pieces.

As well as getting into the rhythm of getting back into the water, the devs (well, some of them) have also been getting stuck into Alex's new club-wide training plan. The plan was a bit of a shock at first with 2 rounds of tests and 2 sessions most days. But the plan does allow for a pick 'n' mix approach which suits those who prefer the gentle pleasures of the Savasana over an hour of power on the erg.





Having been off the water for so long, most of us are happy just to get out on the water again and remind ourselves why we row, although this was tested for those brave enough to go out in the wind and rain on May 1st, especially those who now regret being too cheap to get a shiny new Curlew splash jacket. There is still a lot of uncertainty about what racing options there will be over the summer but we're looking forward to having some informal races at the docks and getting up to Peterborough.

For now, however, most of the devs are just grateful to be on the water and back together again, safe and well!

**John & Claire, Dev Squad Captains**

### **Become a Trustee/ part of the Management Committee for the Trafalgar Trust!**

We have a number of openings to become Trustees of the Trafalgar Trust, this is the charitable arm of Curlew RC and Globe RC and they run the club house, gym and boathouse. It is important that Curlew retains representation on this committee to ensure that our interests are well represented. The Trust is a registered charity and works at preserving the use of watersports in South East London. They have done a lot of great work over the past number of years and now in a fantastic place to really improve our clubhouse and turn it into a fantastic events place...in line with most clubs along the Thames.

#### **For the role of Trustee:**

- (i) Understands or willing/interested to learn about what is involved in being a Charity Trustee
- (ii) Interest in promoting facilities for rowing/watersports in/around the Thames and promoting use of the facilities in line with our charitable purpose
- (iii) external links/networks helpful

If you are interested please contact Matthew Richardson for more details @ [curlewingclub1@gmail.com](mailto:curlewingclub1@gmail.com)

### **A quick look at membership & ways YOU can help Curlew RC recover and grow**

As Matt mentioned in his email (April) as we return to rowing there will need to be a focus on rebalancing the finances - membership has shrunk with notable gaps in the squads (53 paying members down from 65 in March 2020) and whilst the club is financially stable we will need to see increase in membership to continue

to invest the way we had prior to the pandemic. The committee is working hard at attracting new members, but we would urge you all to play your part in helping the club recover and grow again!

1. Sign up to [easy fundraising](#) - we have raised over £2000 since signing up 8 years ago.
2. If you are able to go back to paying full membership, please contact Darci the membership secretary. But as we stated before Curlew is an open club and no one should lose their membership due to loss of income.
3. Sign up to volunteer the next learn to row course (details to be provided soon)
4. A one off donation to the club - [via Virgin Money Giving](#) for those in a fortunate position to support the club by a one off donation.
5. Promote Curlew RC at work, with friends and online to help attract new members

#### Quick Reminder:

Hellooo! Your social media secs here - any pictures/posts/announcements anyone wants to make please feel free to contact us via WhatsApp or email ([curlewsocialmedia@gmail.com](mailto:curlewsocialmedia@gmail.com)) and we will then post on the Curlew Social channels. Keep the photos high resolution if possible 📷- thanks! If you use social media please tag [@curlewrc](#) in your posts so we can link to our social media.