

Dear All

Quite a few bits this week so please read it all.

Club Super Saturday

Wow, what a turn out! 28 people, forming 7 quads and a single. See photos attached

All mixed up as normal and I think that everyone had a great time.

Next one is 4th November

Tidy Session

This was followed by a club tidying session. Again see photos attached.

This was so effective that we do not need to do another one next weekend!

So huge thanks to everyone who helped out.

We have put a small number of bags on a table - again see photo. If they are yours please can you take the contents away.

We have also put a load of clothes on the lost property shelf. Please take a look before 14th Oct or it may end up in the bin.

14th October

Numbers continue to grow.

We are now at 39 people with 2 weeks to go.

**BUT THE DEADLINE TO SIGN UP IF YOU WANT FOOD IS THURSDAY 5TH OCT.**

So please do sign up soon

Please can all those coming bring something to drink with them to help with the supplies.

Rowing Performance Talk

27 members came to the talk on Wednesday and I have had very positive feedback

So there will be another one on Wednesday 8th November at 7pm again

This time we will ask everyone to come in gym gear and with a yoga mat or something to lie on

This will not be a workout session. It will simply be to allow Stu to get people doing some of the stretching we discussed and to go on the ergs as well so that he can give more practical advise.

Once again cost will be £5 per person (I hope). Please sign up on the sheet

Winter Ergs

This will start on Tuesday 10th October.

Limit is the 11 ergs that we have

Once again there is a sheet to sign up on. There are spaces for 2 subs too.

If you sign up and then cannot make it, please put this on the YBC Notices chat so a sub can step in (if the session is full!!)

This will be a 1 hour session and will be a pure erg.

I will be away from mid November until early January, but the sessions will continue without me.

Capsize Drill

We have now agreed the date for the next Capsize drill session

This will be 25th October at Town Close School pool from 6-9pm.

Shelagh and David will run it.

Please sign up on the relevant sheet if you would like to do this.

There will be 3 x 1 hour sessions, but ideally please fill the 6pm and 7pm sessions first as we only want to run the last one if needed.

I have left the names on the list of those people who did not make the last sessions last year.

**PLEASE NOTE THAT ALL MEMBERS SHOULD HAVE COMPLETED A CAPSIZE DRILL SESSION.**

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Kind Regards

Piers Herrmann

Captain