



MCSBC 2023-2024 Introduction

Dear parent/athlete

Welcome to a new year of rowing at Monmouth Comprehensive school Boat Club, this document is introduction the year and how we plan to move forwards this academic year. This document Should hopefully cover some of the basics ahead of the new academic year and we operate as a club.

Philosophy of MCSBC

The progress and development of athletes as rowers and young people is underpinned by our philosophy, as follows:

"We aim to support students with coaching to be the best they can be, raising these aspirations through improved performances over time. We are invested in the development of both physical and mental attributes to help students with their ambitions in all aspects of school life. Ambition, Adversity, collectivism, fulfilment, are the pillars in which we hope to develop in each of our members."

How to sign up for this year

A link to the digital consent form can be found on our website:

MCSBC 2023-2024 Membership Consent Form – <https://forms.gle/WyAhSM3EYDhbKWjT9>

The consent form helps provides us with necessary information to keep everyone informed about training and news about the club.

Any issues filling out the digital form please contact, Head Coach Matthew Royston if you have any difficulties filling out the form via mcsbc.monmouth@gmail.com

Parent support

This year we will be asking for parent support at events to help with ratios at events but also allow parents the opportunity to see what the club is about. It was great to see several parents help during the regatta season of last year and it would be great to open this opportunity to parents from the start of the year. If you can help at events, please complete the google form below:

<https://forms.gle/x3B8f9Z9zZe61L6r6>

Season review 2022-2023

Last season saw the club return to full strength with year 9 students rowing from September for the first time since the Covid-19 pandemic. It was great to have such a large school rowing community feel about the club with students over 50 students racing at every regatta last season. The club enjoyed moderate success with picking up over 30 wins throughout last season with four top 20 finishes at National Sculling Head. The club had two crews go onto represent our region (WAGS & Wales) at Junior interregional Regatta in April (J14 4X+ & J16 4X-). The club had seven students' trial for Wales junior squad with two being selected as reserves for the squad, Maddison Dickens, and Lewis Edwards. Former student Violet Holbrow-brooksbank represented GB Under 19's at the Junior world championships winning Silver in 4-. Violet became the first ever person to represent GB at a world championship, who has rowed here at MCS. The club also was able to make a return to PE lesson for the first time in several years in variety of ways from A-level students coaching rowing in PE lessons as part of their A-level qualification too Year 8 students getting the opportunity to have PE lessons on rowing machines. These tasters' lessons helped create an overwhelming popularity in our year 8 summer rowing camp, where we had over 30 students learn to row over a week. The club is looking to kick on into next season by striving for greater results and continue to be as inclusive as possible.



Training

Mon Am 6:45 -8:30	Tue Am 6:45 -8:30	Wed Am 6:45 -8:30	Thur Am 6:45 -8:30	Fri Am 6:45 -8:30	Sat Am 7:30am – 9:30am
Year 10	Senior Squad 6 th form	Senior Squad 6 th form	Year 11	Year 11	Senior Squad 6 th form
Mon Pm 3-5:30	Tue Pm 3-5:30	Wed Pm 3-5:30	Thur Pm 3-5:30	Fri Pm 3-5	Sat Am 10am-12am
Year 9	Year 11	Year 10	Senior Squad 6 th form	Year 9 Year 10	Year 9

**Details regarding specific training on each day will be discussed at meetings and training schedule may change depending on coaching staff commitments and squad numbers.*

***Timetable to start from Monday 11th September**

Weekly updates will be sent out on either Saturdays or Sundays detailing what training for the week ahead and club news. If you are unavailable for a session, please get in touch to help us with planning. Each session is delivered by a qualified coach, and we ask you try to make all the sessions which your squad is scheduled to do. If you are ill or recovering from an injury it is advised, you do not train as typically it will only make the illness or injury worse. When you have a scheduled water session, please ensure you have a spare change of kit in case you capsize and plenty of layers.

Membership Fee

The membership fee for the academic year is £250. After the deadline to complete the form, the option to pay for membership will be made available via Parentpay.

British Rowing license is £30, this license is required for racing and insurance. All members are required to have a license and it is a separate payment to the membership fee. This will also be made available on Parentpay.



Kit

All in One Kit order

Rowing has racing piece of kit called an All in one. Students in Year 9 who are new to the club will need to purchase a club All in one. This is a special order and one which cannot be purchased on a website or individually as they are specialised and made to order piece of kit. Below are some examples of the All in one.



All new members to the club will be expected to purchase an All in one as it is part of our racing uniform. Older members may wish to purchase a new one and this option will be made available at that time. Any help with sizes please get in touch with head Coach Matthew Royston, who has plenty of experience regarding appropriate sizes. The cost is dependent on the amount of orders, but it will vary between £45-£56. This is a one-off order and so it is important that you place an order. Payment for the AIO will be done via Parentpay and made available after the deadline for the form.

We will be taking orders for an All in One after the membership sign up.

We hope to place the order before the end of September, so that the all-in ones can be delivered in time for the first race for our year 9's in December.

Club kit

We are excited to say we still have our online shop with Kitcrew this year, where you can purchase our club kit throughout the year. There is a great range of kit which is club branded and can come with initials. We felt ordering throughout the year would allow members greater access and opportunity in experiencing the kit.

Kitcrew MCSBC link - http://thekitcrew.co.uk/epages/dcb3c08d-ef3b-4bfe-a6f0-e858a53afc15.sf/en_GB/?ObjectPath=/Shops/dcb3c08d-ef3b-4bfe-a6f0-e858a53afc15/Categories/EC008900

A reminder for those in year 9,10 & 11 club kit from kit crew is **not** part of school PE uniform. Please do not wear club kit in PE lessons.