



## MCSBC 2024-2025 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, collectivism, fulfilment, Independency 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 2024-2025 Membership Consent Form – <https://forms.gle/eVqQ8e38Pw3Ju7pQA>

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](mailto:mcsbc.monmouth@gmail.com)

**Deadline to fill out the form is Friday 13<sup>th</sup> September 2024**

### Membership Fee

The membership fee for the academic year is £275. 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.

### 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/KaK5v4HHj7k7U9ud9>

### Season review 2023-2024

Last season was a season like no other with multiple events cancelled and poor conditions dominating the head season reducing our training time on the water and only racing three times before Easter. The club kicked on through this challenging period to an incredible regatta season picking just under 30 wins from local regattas as well as producing the best women's sweep crew in the club's history. Eleanor Lawrence-Preston and Seren Van der Horst became the first sweep boat to reach an A final at National school's Regatta, placing 6<sup>th</sup> in WChamp 2-. They would go onto represent Wales at HIR coming 2<sup>nd</sup> in their pair for Wales. In the process of qualifying for Wales, Eleanor set a new club record for girls 2km which has been in place since 2019 as well as coming 2<sup>nd</sup> at the British Indoor championship earlier in the season. The club continued its national success with a return to British National Championships with Barney Shaw (J15 1X, 15<sup>th</sup> overall), Grace McLeod Isabella Davies (WJ14 2X 16<sup>th</sup> Overall) & Sandy Hoon (J16 1X 22<sup>nd</sup> Overall) all finishing highly at the championships in Nottingham. The club also saw its first ever Women's crew attempt to qualify for Royal Henley Regatta in the Diamond Jubilee, while missing out on qualifying, the crew of Maddison Dickens, Hannah Rogers, Seren Van der Horst and Nanci Edwards have set a new standard for all female athletes to aspire towards.



# 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 8am – 11am
Year 10	Year 11 & 6 <sup>th</sup> Form	Year 11 & 6 <sup>th</sup> Form	Year 11 & 6 <sup>th</sup> Form	Year 11 & 6 <sup>th</sup> Form	Year 11 & 6 <sup>th</sup> Form (Week A only)
Mon Pm 3-5:30	Tue Pm 3-5:30	Wed Pm 3-5:30	Thur Pm 3-5:30	Fri Pm 3pm – 4:45	
Year 9	Year 11 & 6 <sup>th</sup> Form	Year 9	Year 10	Year 9 & Year 10	

*\*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 9<sup>th</sup> 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.

# Racing calendar

Event	Date	Event status	Event Type	Year groups racing	Term	
Monmouth Autumn Head	Sun 29th Sept	Confirmed event	Local	Year 10/11/6th Form	Term 1	
MCSBC Club Time Trial	Sat 19th Oct	Confirmed event	Club	Year 10/11/6th Form		
Half Term						
Avon County Bog Boats	Sat 16th Nov	Confirmed event	Local	Year 10/11/6th Form		
Monmouth Winter Head	Sun 1th Dec	Confirmed event	Local	Year 9/10/11/6th Form		
Wycliffe Small Boats	Sat 7th Dec	Confirmed event	Local	Year 9/10/11/6th Form		
MCSBC Reindeer Dash	Sat 14th Dec	Confirmed event	Club	Year 9/10/11/6th Form	Term 2	
Christmas Break						
Wycliffe Big Boats	Sat 1st Feb	Confirmed event	Local	Year 9/10/11/6th Form		
Half Term						
Avon County Spring Head	Sat 1st March	Not confirmed	Local	Year 9/10/11/6th Form		
Gloucester Head	Sun 16th March	Not confirmed	Local	Year 9/10/11/6th Form		
Schools Head	Tue 25th March	Not confirmed	National	Performance based	Term 3	
Junior sculling Head	Late March	Event date TBC	National	Year 9/10/11/6th Form		
Easter Break						
Training Camp	Mon 21st April - Fri 25th	Confirmed event	Club	Year 9/10/11/6th Form		
Birmingham Regatta	Sat 26th April	Event date TBC	Local	Year 9/10/11/6th Form		
Evesham Sprint	Sun 4th May	Event date TBC	Local	Year 9/10/11/6th Form		
Avon County Regatta	Sat 10th May	Event date TBC	Local	Year 9/10/11/6th Form	Term 3	
Monmouth Regatta	Sat 24th May	Event date TBC	Local	Year 9/10/11/6th Form		
Nat schools (Nottingham)	Fri 23rd - Sun 25th May	Not confirmed	National	Performance based		
Half term						
Stratford Upon-Avon	Sat 14th June	Event date TBC	Local	Year 9/10/11/6th Form		
Women's Henley	Fri 20th - Sun 22nd June	Not confirmed	National	Performance based		
Marlow Regatta	Sat 21st June	Not confirmed	National	Performance based	Term 3	
Royal Henley Qualifiers	Fri 27th June	Not confirmed	National	Performance based		
Ironbridge	Sun 29th June	Not confirmed	Local	Year 10/11/6th Form		
Llandaff Regatta	Sat 12th July	Event date TBC	Local	Year 10/11/6th Form		
Midsummer Regatta	Sun 13th July	Confirmed event	Club	Year 10/11/6th Form		
National Brit Champs	Fri 18th-Mon 21st July	Event date TBC	National	Performance based		

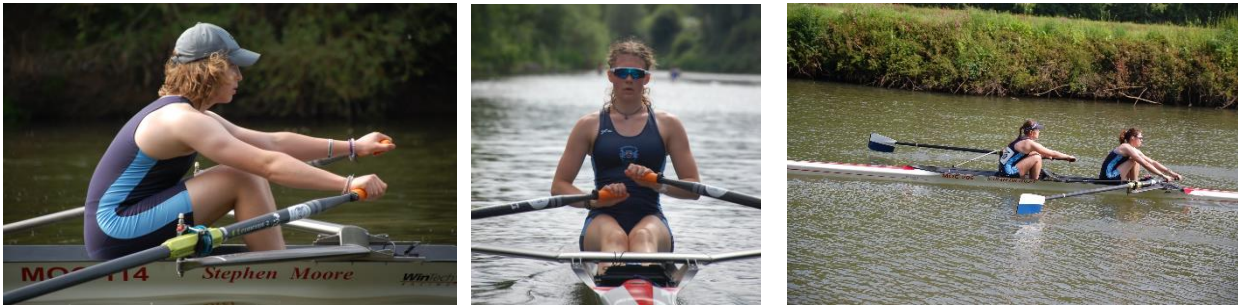
Events for the first term have been confirmed, those in 2025 not all dates are confirmed but we can provide a predicted date



## 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](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.