

# Upton Rowing Club newsletter

June 2009

## On the Starboard Beam

Most of you know that we have now secured funding from 'Awards for All' to launch our Ro-Fit programme including: a new indoor-rowing activity, increased focus on sculling development and learning paths from land-to-water. We also aim to provide all-year-round access to land training and fitness for the first time.

We are acquiring two new sculling boats for novices and also another double. The new 4+ competitive men's boat will be wired for sound and speed following the acquisition of two further cox-boxes. Other fours will also be fitted to accept the new cox-boxes. These new boats and the club-weight competition double will all be named shortly – watch this space!

Our aspirations for a move to a green-field site, though well-developed with stake-holders, is stuck for the need of about £75K in cash outside the funding structure. Unless we have a benefactor now, this project will have to be shelved. In the meantime, the Development Group is researching a floating boathouse with showers and toilets with a view to placing it just upstream of the bridge. Early days.

The move is vital to establish the long-term growth and sustainability of the Club – we have to be able to run and launch significant regattas without the large overheads involved in a wholly marquee-based event. We also need to be able to grow the Club and are limited in both storage space and launching provision. In the mid-term therefore, a move is vital. A water-based solution may take the Club through to about 2045 and we will aim to increase our storage area significantly.

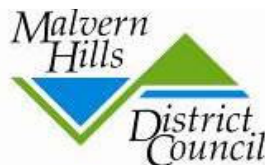


**Above: Learn to Row Crew!**

We remember that Upton is not run as a private Club for an elite, as is common elsewhere, it is a member's Club. Needs differ but we try our best to accommodate all members with all your various, individual needs. Your feedback is important to your administration.

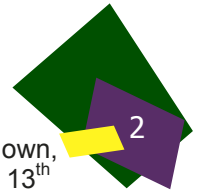
R2R, Ro-Fit and the significant developments in recreational rowing and junior activity in the Club are all a living testament to our Club vision and to our fantastic volunteers.

Generally, the increase in volume and the quality of coaching at Upton is creating a better standard of sculling and rowing across the Club. This is very noticeable on the water. It also fulfils the aims of our five-year plan, to provide coaching to every one that wants it – whether they compete or not. With that in mind, we are also acquiring a new launch.



UPTON ROWING CLUB WORKS IN PARTNERSHIP WITH  
**MALVERN HILLS DISTRICT COUNCIL**  
AND IS A FOUNDING PARTNER OF THE  
**UPTON MARINA COMMUNITY GROUP**

Please send your rowing stories and pictures to [urcnews@gmail.com](mailto:urcnews@gmail.com)



A healthy number of you have volunteered for the launching stage upgrade – as the levels go down, we hope this will soon be possible. Volunteers will also be needed to run the Club's September 13<sup>th</sup> regatta. We have been promised a lot of third-party support on the day. This regatta will also be a training run for a proposed 2010 full ARA regatta.

The new venture, R2R and the 2009 L2R have started well and the standard of progress is heartening. The September 13 regatta will be a fun stepping stone for these new members. As well as capsizing training, we are for the first time providing land-based technical-training, allowing more focus on kinaesthetic learning in the boats. As the new members come through, we will again be supporting them via our lovely Club Support Contacts from the Mentoring Scheme and we will again aim to start the 'improvers' coaching sessions in the Autumn for anyone coming off L2R and R2R that wants more development/coaching.

The social events have been great and the summer party on Sunday July 19<sup>th</sup> should again be a brilliant day – see you there!

**Angus McLeod**

Chairman 

## Get Involved! More Upcoming Events!

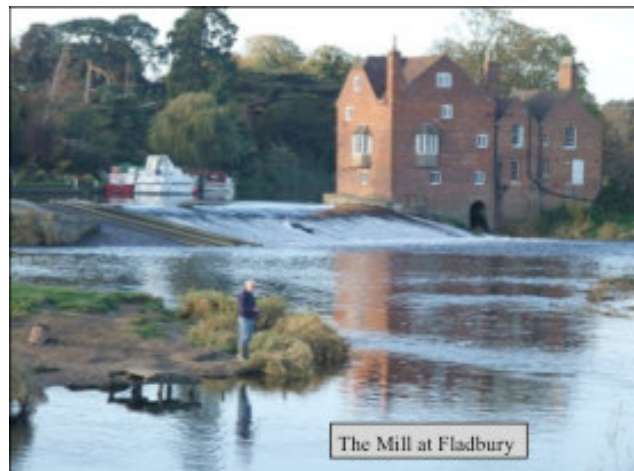
### Recreational row TOUR OF THE AVON!

The next recreational row will be on the weekend of 4<sup>th</sup> – 5<sup>th</sup> July. The start line will be from Evesham Rowing Club on Saturday morning, then leave off to arrive at the Bell in Eckington. Then rise and shine for a second day of rowing straight into Tewksbury and on wards to Upton! Where a Brunch will be install for the crews. Anybody is welcome!

Cost: £10 per seat

Includes: Towing to Evesham,  
Brunch on Sunday,

Excludes: Meal at the Bell, and Booze to be covered by the attendee!  
And their own personal Transport!



The overall distance is 32 miles (first day, 20 miles with 5 locks and Sunday 12 miles and 2 locks)  
APPLICATION CLOSING DATE 26<sup>TH</sup> JUNE! A poster can be found within the boat house,

To book your place contact:

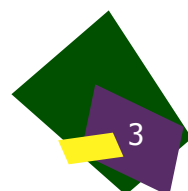
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Alexander Hall 



# The Boatmaster's Tips

## Rudders:

Rudders are designed to break off – “ yes, really! “ There is very little of the metal rod that actually goes into the plastic rudder. The idea being that if you hit a log it is cheaper to replace the rudder than have it rip the bottom out of the boat! However they are thus very easily knocked off, also, by contact with the armco, speed bumps and so forth. At nearly £30 a time, please take great care!

## Personalising rigging:

Please don't; in a club environment the boats need to be left in a compromise 'general' setting where everyone can use them for better or worse. If adjustments are really necessary then make sure that you also take the time and effort to return it to the same settings that you found it with. If you don't know how to measure and re-set up the rigging then don't do it - ask a coach trained in rigging. We have a rigging record for every boat. Some club boats now have blue, detachable washers under the swivel so they can be temporarily lowered for smaller folk. These must be adjusted on dry land and put back after the outing.

QuickTime™ and a  
TIFF (Uncompressed) decompressor  
are needed to see this picture.

Graeme Clark





# WORDS & PICTURES



[urcnews@gmail.com](mailto:urcnews@gmail.com)

## Your newsletter needs you!

Please don't forget to send your stories and photos to me for inclusion in the newsletter.

Your fellow club members would love to hear of your dare-devil escapades during the winter racing season, your top tips on how to survive ergo training, social antics or just amusing happenings on the river.

You needn't write 'War and Peace' – just a couple of paragraphs would do the trick nicely.

And juniors – we'd all love to hear what you're up to, so if you could squeeze in a quick news report between boring homework that would be fantastic.

So, until the next issue...

ALEX HALL, EDITOR

## Contacts

Chairman	Angus McLeod
Secretary	Lynne Stirling
Captain	
Junior Co-ordinator	Kath Means
Membership Secretary	Linda Scott
Fundraising	
Treasurer	Dan Herbert
Boat Master	Graeme Clark
Co-option	Nick Baker
Ordinary Member #1	Sarah Clark

A big thank you to all those members who have contributed to this issue of the URC newsletter

Don't forget to send your news, pictures and announcements to Helen Rodgers (Editor) at: [urcnews@gmail.com](mailto:urcnews@gmail.com)