

# Up for ten

Exmouth Gig Rowing  
Club Newsletter

Issue 1 - September 2014

## Chairmans intro

Since Exmouth Gig Club's launch on 22nd March 2014 we have enjoyed a fantastic Spring and early summer of rowing! I am immensely proud to see our members taking to Gig rowing and the whole ethos of the sport so quickly and making this spark of an idea that I had back in April 2013 a reality. Thank-you to all our members for your enthusiasm and energy which keeps this club moving forward!

Our membership has steadily grown since our launch with more new rowers starting every month; an encouraging sign for future growth.

One of the finest moments of this journey for me was seeing our Men and Ladies take to the water for their first regatta at Sidmouth on July 13th! Battling it out against the top Jurassic and South Coast clubs wearing our brand new club kit, Exmouth received a warm welcome to the Gig scene and ended the day buzzing from the experience.

Every Quarter we aim to bring you the latest club news, photos and give you a forward look. We welcome any suggestions for future newsletter features. Please send any items you would like featured to [philip\\_gater@yahoo.co.uk](mailto:philip_gater@yahoo.co.uk).

Ben



## Keeping afloat

Without boring everyone with the fine detail I think it is important to recognise that Exmouth Gig Club would not be here now without a number of significant factors – firstly the vision, hard work and enthusiasm of both, initially, Ben and Carrie and followed swiftly by others, especially Max (Mark). Their efforts cannot be underestimated however they would not have been able to achieve this without the financial support of Sport England and other charitable organisations, who funded the setting up of the club (see Chairman's section), and the support of other Gig clubs who could have taken an introspective view and not encouraged, supported and guided us along the way.

Needless to say that the club will not be deemed a success if it does not attract members (something we have done successfully in a very short period of time) and also find a continuing income stream to cover running and capital costs. Like everything it often comes down to money!! Membership fees is a regular income source, however, but as we grow, and especially in the early years, it is evident that we are going to have to bring in some extra cash!!

There are a number of opportunities that we shall explore for grants etc. however regular local sponsorship will have numerous benefits – it helps to bring funds into the club, raises the profile of local businesses, attract new membership through the raised profile and the interest of the sponsor's employees. This is where you come in! Do you know of any organisation, business or philanthropist that would be interested in sponsoring us? Or have a funding arm/charitable division that support clubs like ours! We have devised a "Sponsor's Pack" that we can use to introduce us

and the "offers" to an interested party so we do not need you to discuss the finer details with your contact but if you could warm them up for us and act as introducer that would be fantastic. Of course if you were happy to do the "sales pitch" for us we would not stop you!

If you have any thoughts, questions, suggestions etc please email them to us via [info@exmouthgigclub.com](mailto:info@exmouthgigclub.com) or ring me on 07955894115. Many thanks in anticipation.

Steve



[www.exmouthgigclub.com](http://www.exmouthgigclub.com)

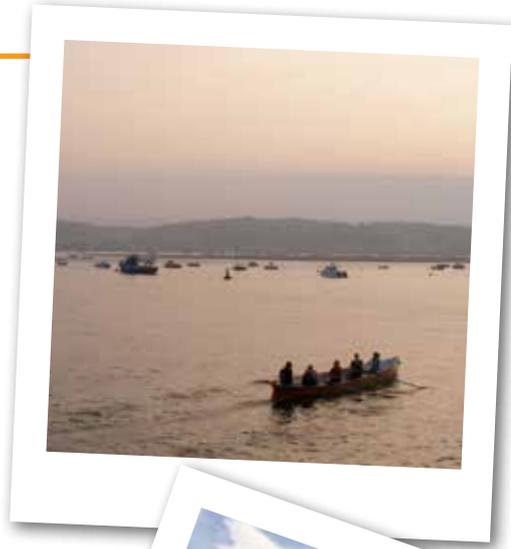
## How about trying something new?

Joining a new club for the first time can be a daunting prospect for any new comer and finding a club that ticks all the boxes can often be a bigger challenge than you think, particularly if you are getting involved in an activity completely new to you.

Earlier this year I stumbled across an open invite to attend a social event at The Beach pub in Exmouth for a newly forming gig rowing club which really caught my attention. The opportunity to play an active part in something new and exciting was far too strong. The level of experience of people that attended that evening ranged, however the common denominator between everyone was energy, openness, enthusiasm and a willingness to get stuck in. Since that first social event the club has grown and strengthened. There have been weekly sessions on the water, a committee formed, other social events and the highlight for me which was the Sidmouth Regatta.

Our aim is to provide a fantastic experience for anyone that joins the club and it's quite clear from the smiles on Exmouth Gig Club member's faces that we are doing something right. If you are interested in getting involved but not sure what it's all about, pick up the phone, come down for a trial row or visit our website and make that connection. We would love to hear from you!

Philip





## Isles of Scilly World Pilot Gig Championships 2015

**Friday May 1st – Monday May 4th**

The following information has been put together to help anyone who may be interested in taking part in the WPGC next year or in just visiting the islands. Prices/costs are all based on 2014 charges which may change/increase in 2015.

I have just spoken (11th Sept.) to the Isles of Scilly Company (Scillonian etc) who have informed me that tickets/prices for next year will be available from late Sept./early October 2014 and that early booking is advised as Gig club members/supporters are the first to book at this time for the WPGC. The Scillonian carries 485 passengers and a discount of 15% was available this year to club members once the Gig has been registered/booked for transportation!

The cost of a single trip this year varied from £42 for the first few bookings on each trip to £49 for the last few places.

The advice from the company is to BOOK EARLY for the WPGC. The dilemma for EGC members may be that discounts cannot be obtained until the Gig is REGISTERED & BOOKED TO BE TRANSPORTED to the Isles of Scilly which may not be possible until early 2015!

Please feel free to contact me on 01395 223740 or keithcornish1@gmail.com if you would like any more information.

We have been to the Isles of Scilly 6 times (each for one week diving holidays) but never for the WPGC so I have much to learn about the event as well. If, as and when I find out more I will pass on the information to you all.

Keith

### Travel Costs

**Scillonian** (Isles of Scilly Travel 0845 7105555)  
£84 approx. return (15% discount once Gig is registered).  
Book ASAP from Sept/Oct. 2014  
Depart 0915 Penzance Arrive St Marys 11.55  
Depart 1630 St Marys Arrive Penzance 19.10

**Skybus** (Isles of Scilly Travel 0845 7105555)  
£140 approx. return from Lands End  
£180 approx. return from Newquay airport  
£255 approx. return from Exeter Airport

**Car Park** (Isles of Scilly Parking Co. Ltd 01736 332727)  
Penzance - From £5.75 per day (outdoor) or from £6.75 per day (indoor). See website or phone for more details.

**Accommodation** (B&B; Self-Catering; Camping)  
(N.B. B&B & SC change over days vary re:sharing transport etc)

### Camping

**Garrison Holidays** (St Marys 01720 422670)  
Camping, ReadiTents & Cottages  
(egs Camping £8.80 per night; ReadiTents £110 per 3 nights +£30 extra nights)  
N.B. Bookings for 2015 taken from 9am 1st October 2014.

**Peninnis Farm luxury camping** (Sleeps 6) (St Marys 01720 421008) enquiries@peninnis.co.uk  
www.peninnisfarmluxurycamping.co.uk  
£535-£1195 per week

### Self-Catering/BB

At the time of booking, the following accommodation was still available:

- a) **No.9 Harbour Lights SC** (sleeps 4) £520 pw – Debbie Chapman 01634 290210 debbie.chapman@convar.co.uk
- b) **Flat 6 Moonrakers SC** (sleeps 2) £377 pw – Victoria 01720 422717 info@moonrakersholidayflats.co.uk
- c) **Colossus SC** £580 pw Carmen@colossus-scilly.co.uk
- d) **Lynwood B&B** £40pp/pn Jan Parr 01720 423313 d-parr@sky.com / Lynwoodguesthouseislesofscilly.com

### Other Useful Websites/Contacts

- a) Visit Isles of Scilly (Official Tourist Board Guide)
- b) Scilly Self-Catering
- c) Come2Scilly
- d) Garrison Holidays
- e) Scillyonline
- f) Isles of Scilly Tourist Information Office 01729 424031

**Isles of Scilly Steamship Company** (Skybus and Scillonian III)  
Steamship House  
Quay Street  
Penzance  
TR18 4BZ  
Telephone: 0845 710 5555  
sales@islesofscilly-travel.co.uk  
www.islesofscilly-travel.co.uk



## Carrie's Training Tips

Welcome fellow giggers! Many will know me as that woman who turns up (nearly) every session and is really mean and makes you do those things like sweat and work your abs. Well, that's what I'm here for! Not only was I a personal trainer in a past life but I have, alongside our chairman Ben, taken my Level 2 fixed seat coaching course which primes me to be your head coach - once we completed the final assessment anyway! We've come so far as a club already; I remember going out as our first crew just after the launch and seeing how far people have come is absolutely amazing. Not just in Gig Rowing technique, but also with fitness and a real drive to see the club succeed.

Being part of the club can mean different things to different people. Some want to social row and some want to be competitive and beat Falmouth at the Isles of Scilly. Others will want to get a bit fitter whilst others may want to be a captain of a squad or to coach. Whatever it is you want to achieve at the club we will endeavour to do our best to help you and hope that you enjoy your time rowing and socialising together.

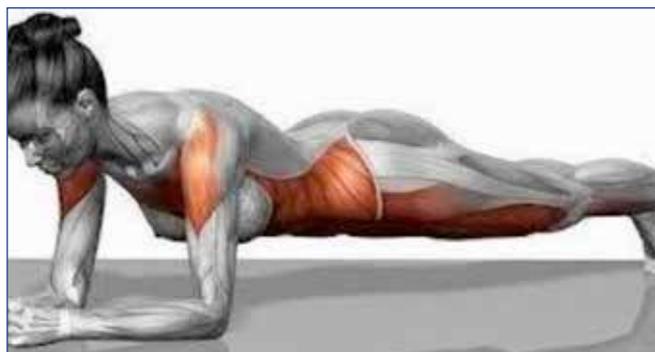
From a coaching/fitness perspective, there are a couple of things we have in the pipeline. Firstly we are drawing up a technique workshop where we will look at the theory of gig rowing with some 'fun' exercises and real life footage for you to watch of our own crews. We are also planning winter fitness sessions off the water to ensure we keep up and improve our rowing fitness standards we need for the Scillies so watch this space.

If you would like any advice, hints or tips for technique and fitness then get in contact or ask me on a session.

Carrie

### Fit-Space

The Plank: As rowers, you'll start to understand why core strength is so important. One method of increasing core strength is the dreaded plank, duh duh duhhh. Lay face down on the floor, prop your elbows directly under your shoulders with your weight rested on your forearms. Tuck your toes under and lift your pelvis so that your body is in a straight line from your head to your feet. Whilst doing this engage your core by imagining your belly button being sucked into your spine. If you feel a pull in your lower back then your pelvis is too low so pull it up a bit and if you feel a pull in your legs then your pelvis is too high and so lower it down. You should just feel the pull predominantly in your stomach muscles. Hold the position for as long as you can. At first you may not be able to hold it for long, say 30 seconds, but you'll be able to gradually increase this time the more practice you have.



## Rodney Bey goes Mobile!

We now have a mobile number for "Rodney Bey". This number will only be monitored when the gig is afloat. Messages left will not be picked up or responded to.

This number is for last minute availability or for changes to bookings. So, if you suddenly find yourself able to make a session give it a call to see if space can be found for you, similarly, if you cannot make a session or are running late please let us know.

**07582 642 780**

## Future events

Technique workshop – Classroom based: This will feature sample video clips from various Gig Clubs, presentation on Fixed Seat Rowing technique and Q&A session.

Monthly Friday social nights: Dates TBC and will appear on website

Row to Turf Locks: Day trip rowing to turf locks, swapping crews and rowing back. Date TBC to coincide with neap tides.

Christmas Dinner - Friday 5th December (details TBC).

## Meet the committee

Chairman – Ben

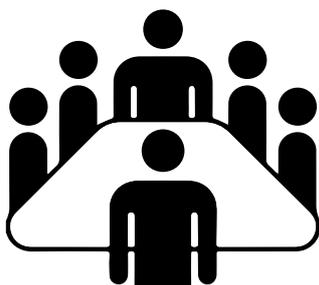
Vice Chair – Max

Health, Safety & Welfare Officer. Head Coach – Carrie

Treasurer – Steve

Membership Administrator – Phil

Media and Comms - Matt



## Last word

A big thank-you to our sponsors/supporters for helping us to make this club a reality!

Sport England

South West Water

The Norman Family Trust

Amory's Charitable Trust

Co-operative Community Fund

Websites and More

Matt Netherway Graphic Design



[www.exmouthgigclub.com](http://www.exmouthgigclub.com)