

Up for ten

Exmouth Gig Rowing
Club Newsletter

Issue 3 - March 2015

A word from the Chairman

Wow, one year has passed since we officially launched the club! I don't know where that time has gone, but what a year!

Rounding off that first year with the arrival of our second gig was one of the major highlights for me, but building a club is more than just new kit, it is people coming together which I have enjoyed seeing, our members getting to know each other between rowing sessions or over a few pints at The Beach.

This season sees Exmouth making our first appearance at the Scillies world championships! I have no doubt that the event will be hugely exciting for those taking part from Exmouth and will inspire us for a season of training and racing. As some of our crews get more competitive, rowing sessions will become more structured to enable race crews to row together where possible before events throughout the season. Racing in regattas throughout the summer is not just for experienced rowers, so if you want to give it a go, there are usually several divisions at these events. As usual, if you have any ideas for other events you would like to see us feature at, get in touch and we will get you involved in the planning of it.

The progress so far as a club has been made in no small part due to all the behind the scenes work that our small committee does. Between the rowing sessions the committee are busy making things happen and I would like to personally thank them for their support and continued work, giving up their free time to keep this club moving forward. The tasks the committee carry out are varied from balancing the books, to developing/



Photo courtesy of Adrian Colston

updating the website, writing guidance, delivering training, writing funding bids, devising fitness programs, fabricating parts for the Gig, membership admin...the list goes on! Lets make year 2 of Exmouth Gig Club a memorable one - thank-you to all our members for being part of the story so far!

Ben

Growth and Expectations

For the past few newsletter articles I have written about attracting new members and retaining existing. What I haven't been specific about is our approximate membership numbers, so I thought it would be useful for you to understand in more detail.

Club membership within the first year surpassed expectation topping out at just over 40 paid members. A below average cost of membership, rapid formation of an effective committee, positive marketing of the gig club on social media and launching the club at the right time of the year were all contributing factors.

Our forecasted membership numbers for the 2015/16 season are still expected to deliver strong growth, not necessarily at the same level as year 1 but none-the-less very positive. Our approach to achieving membership numbers will remain flexible but will rely heavily on a real team effort from you. We will continue to promote ourselves through social media as well as other channels with a view to raise our profile. We will also continue to make it our business to remain an open and supportive club by listening to feedback from our members. With

Avocet and the training of new coxswains, we will also be able to offer a greater number of sessions on the water, providing the weather is on our side of course.

It's going to be an exciting but challenging year ahead, but with your help I am sure by this time next year we will be in stronger place yet again. If you have any questions, queries, or ideas about how we can increase our numbers please feel free to grab me by the ear before or after rowing sometime.

Thank you for your support, contribution and for making the club stronger.

Phil Gater



www.exmouthgigclub.com

“Forward and ready to row?!”

As we mark the end of our first year we can start to look toward the future running of the club.

You will have already read that we have had an extremely busy period and lots of things have been happening recently. We all agree that the new gig and the upcoming Scillies Championships add an extra element of excitement to our sessions currently but we must remember that the day to day running of the club continues and it's this work that ensures that we are “forward and ready to row” on a regular basis.

For some of you the information below will be familiar and act as a refresher, and for some of the newer members here are a few useful and helpful tips.

Funding. You will be aware that the club employs a number of different funding methods that range from membership fees to sponsorship and events such as the Carnival and quizzes. One easy way that we can all assist in raising funds is through easyfundraising.org.uk. This costs nothing to use and sign up for. Quite simply, you make an online purchase through a registered company (such as Argos or Amazon) they donate a percentage of the profits to us! The goods cost exactly the same and it is done automatically. Please sign up at easyfundraising.org.uk and nominate us as your good cause!

Booking. You will be familiar with our online booking system, simply fill in the form to reserve your space. A list of those who have booked is then available to whoever is running the session enabling them to plan the session accordingly. This booking system is the only common point of access and reference for session planning therefore if you need to change your booking it needs to be done through the system as explained below. Emailing whoever you think may be in charge doesn't guarantee the message gets through. If you need to cancel your booking in advance please log back into the system and re-enter the booking information but change the number of people to a negative number (-1). AND leave a message. The only exception is if you

need to cancel at very short notice. Then you should text the “gig line” (remembering to include your name). Do not leave messages on the gig line as answerphone messages are not picked up. (Gig line 07582 642780). Should you experience any issues with the booking system or with the website in general please let us know by email via [info@](mailto:info@exmouthgigclub.com) or webmaster@exmouthgigclub.com.

Message board. Please make use of this facility. There are a number of subjects that could be used to send messages to other members for things like lift shares, social meet-ups or even organising one-off rowing sessions.

Log out. Please remember to log out at the end of your session on line, this avoids having multiple sessions running concurrently which can cause us issues “behind the scenes”.

New rowers. We love new rowers! We were all new once upon a time! If you have a friend or two who might be interested and might want to come and give it a go we'd love to have them along. New rowers however need to be planned for (especially when the tide is raging!) so please email the [info@](mailto:info@exmouthgigclub.com) email address with possible dates and you'll get a reply when is best to bring them down. Alternatively you could direct them to the “contact us” page on the website. That said, if they want to just turn up that's no problem, it might be though that we'll not be able to get them out on the gig that day (although we will if possible).

More funding! As already mentioned, we have various club sponsors. If you have any suggestions of ideas for possible sponsors please come and speak to a member of the committee.

We hope that this has proven to be a useful reminder or cleared up any uncertain areas. As ever, should you have any issues or queries at all please come and speak to us and we'll do our best to help you out.

Thanks,

The Committee.

‘Get to Know your club member’

Name:

Steve Opie - EGC Treasurer

1. What is your greatest achievement

Flying solo at 16 years old

2. Who is the most famous person you have ever met

Arsene Wenger - in a Sauna!!!

3. What first attracted you to gig rowing

A way of keeping fit, sharing a sport with my wife and the social side!

4. What is the most Embarrassing song on your ipod

ipod? - what's an ipod?

5. What is your favourite TV programme

Current - Downton, historic - Dad's Army

6. What is your favourite film

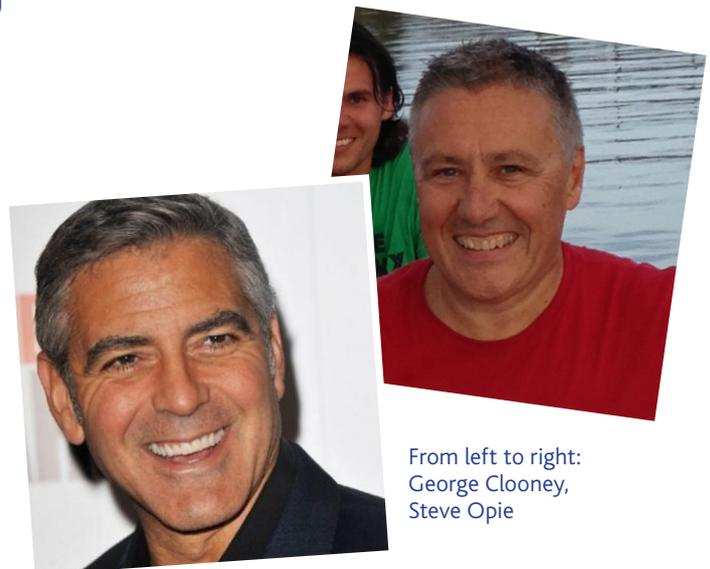
Harry Brown

7. If Jesus sat next to you on a bus what would you talk about

Was he insulted by the film “Life of Brian”? or was he secretly honoured at the implied impersonation?

8. If a movie was being made about your life who would play you -

George Clooney - only because my wife thinks he looks like me!! Should have gone to Specsavers!



From left to right:
George Clooney,
Steve Opie



Summer Training

Longer days means, well, longer days to normal people, but it to us giggers it means that we can get back mid-week rowing. Yay! We're going to take up the same format as last year, so rowing on a Thursday at 6pm, Saturday at 9am and if there is the demand, alternative Tuesday evenings. This can be dependent on the weather, or if there are any coxes to take the sessions (hence why we have a cox drive on at the moment!). Bookings should be made the usual way – through the booking system.

In the event that rowing needs to be cancelled, we should aim to still meet and do a fitness session. If I'm around I'd be happy to take you on a 'bootcamp' style work out on the recreation ground or across the beach, or alternatively go for a jog/cycle/walk/beer! Any suggestions for 'rainy days' can be discussed through the message boards.

On a different note, I'd just like to say a big thanks to everyone who came along to the technique workshop held at the Beach Pub. I hope that you found it informative and it has given you some useful pointers towards your rowing. We'll happily hold it again sometime in the future for those who weren't able to attend (or who want to attend again!) and would greatly receive any feedback you have.

Fitness Tip Of the Quarter

I prepare the body for the exercise; I am the key to preventing injury and can also aid recovery. What am I?..... That's right, I'm a Warm Up!

We haven't been the best at warming up before sessions, but if we work together we can improve this and reduce the chances of injury. 10 Minutes before getting on the boat we should be aiming to do a minimum of 5 minutes cardio such as jogging, and some dynamic stretches to ease us into the row.

We will nominate someone from each crew to take the warm up (if there are no volunteers), and ensure that their crew are prepared for the row ahead. We will be producing some warm up laminates so that anyone can take the warm ups and also some suggestions for how to stretch after the row.

Watch This space for a Stretch routine for Giggers!

Carrie



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Meet the committee

Chairman – Ben

Vice Chair – Max

Health, Safety & Welfare Officer. Head Coach – Carrie

Treasurer – Steve

Membership Secretary – Phil



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

Constructive Coaching

Travel World

Eagle Development

MS Marine

Matt Netherway Graphic Design

