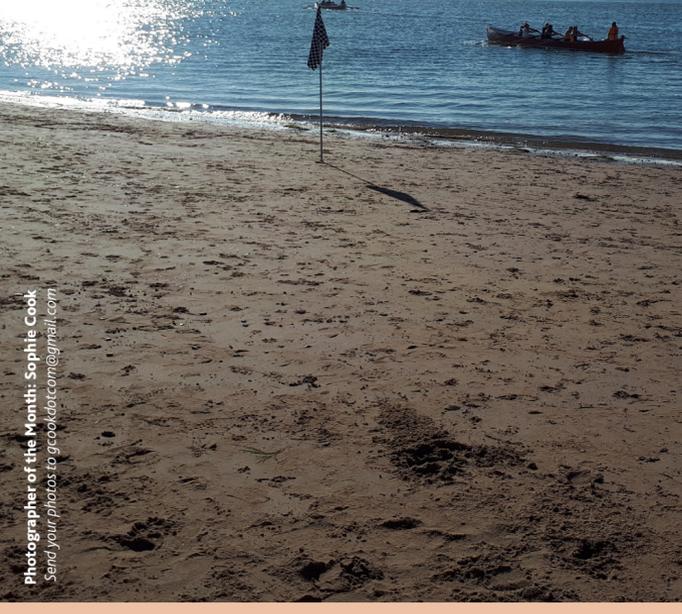




Up for ten



Photographer of the Month: Sophie Cook
Send your photos to gcook@exmouthgigclub.com

From the Chair

This year has been the biggest and best yet for Exmouth.

We have had a lot of changes this year, and every club has some growing pains. But we have been doing some things right.

As Chair I have spoken to a lot of other clubs and asked them how they do things. And they don't have all the answers and have sometimes ended up asking how we do things.

We don't have a Clubhouse, we don't have toilets or changing rooms, we are working on these things, but there is no obvious solution, although one of the penthouse suites on the marina is available that we could convert, if anyone has a spare £900,000.



So this year

We took the most people ever to the World Championships.

We held our first regatta, that some people said wasn't possible, but it was a big success.

We have attended every regatta of the Jurassic league

We had a boat go to the London Great River Race.

And We entered Newquay Championships for the first time

The big changes this year were the introduction of our first Race Captain. We facilitated Extra Sessions introduced Training Coordinators. Most extra sessions have been teams training but also there have been social extra sessions to the River Exe Cafe, a picnic on the Warren even a trip to watch the Flying Scotsman train go past. And the other big change has been the rate at which we have had new people contacting the club for Intro sessions, virtually every other week our beginner sessions have been full and we have seen the club grow to massive 82 members.

The Singing Club

Another side of the club that featured this year was our singing in the pub after the Scillies Finals were just warming up in a singing confrontation with a Dutch Club, when reinforcements arrived from another club asking if we were the singing club. Yes we are! Our reputation precedes us! We still need to work on our reputation for rowing...

Concept2

Ergo has grown in popularity within the club and the Facebook page Exmouth Gig Fitness is full of ergo screen shots - not as exciting as pictures of my dog - thanks to Nic - 14 rowers joined the Concept2 Challenge to row as many metres as possible - we got to 942,128 in a month, Congratulations to all those who individually achieved 100,000m. We ended up placed 11th in our category.

Gary



LIMERICK CORNER

There was a gig rower in Shelly
Who was known to be rather smelly
The cox said 'That's it
...if you don't wash your kit
...you can stay at home and watch the telly!

Scilly 2019

We've already started to think about the World Championships on Scilly in May 2019, and the great news is we've had loads of people sign up already! However, it looks like we will have far too many people to fit in two boats. While we want to give as many people a chance to compete at the event as we can, it is also important that those who do row have the best possible experience.

A key factor in doing this is making sure that all rowers in a given crew have roughly the same mentality and aspirations. A rower who wants to just experience the event and maybe isn't able to train that often probably will not enjoy being surrounded by competitive racers. Likewise, someone wanting to give it their all after intense preparation in the gym over the winter is likely to get frustrated in a crew of more casual rowers.



A second consideration, while we hope to cater for a range of rowing abilities, is the difficult waters around Scilly. They can be tough going for a pilot gig so whatever your current attainment, you will be expected to prepare well to make sure the event itself is enjoyable.

I have put together a few questions on surveymonkey to find out what you want from attending the World Championships. Please fill it out as soon as possible and as honestly as you can. It will be very useful in us formulating a plan that we can then disseminate: <https://www.surveymonkey.co.uk/r/6ZND53R> (Link to also be sent by email soon).

We don't yet know where lines between crews will be drawn, or how many boats we will have available (we are looking into sourcing a gig from another club but no bites yet). Given the thinking above, it is possible that we will not be able to get all Exmouth members a row in an Exmouth boat at the WPGC, especially those not eligible to compete in the Veterans' event. While not ideal, we would still encourage you to attend if possible. Every year people turn up on Scilly without a crew and end up rowing all weekend with strangers who become friends! If this doesn't happen it is still a fabulous spectacle and we appreciate all members who choose to support and join in with the socialising.

To maximise your chance of being selected please continue to get out on the water when you can and stay fit. Scilly is a great event that we hope everyone will be able to enjoy, but make sure you're well prepared and you'll have the best possible experience.

With the help of some of the coxes I will be putting together training pools of potential Scilly attendees (those signed up on the message board) and others who have expressed an interest in racing (you can do this by emailing racecaptain@exmouthgigclub.com). This will give you all a chance to demonstrate your rowing ability to the coxes before selection in the New Year.



To anyone not planning to attend, and any who may miss out on a Scilly crew, the World Championships is only the first event of many that we hope to attend next year. There will be opportunities for everyone with the inclination to train and race in a crew, even as others are preparing for Scilly. Please stay engaged and pester the crew coordinators and race captain if you're keen to push on over the next few months.

Jurassic League Results

The final results can be broken down by team categories to calculate average results which show Exmouth in a better light..

REGATTAS	Ladies B	Mens B	Ladies A	Mens A	Ladies Vets	Mens Vets	Mixed	Total Average
Swanage	6	6	7	5	8	7	7	6.6
Exmouth	4	4	3	6	6	4	3	4.3
Langstone	6	7	6	7	7	7	5	6.4
Bridport	6	8	6	5	7	6	5	6.1
Sidmouth	4	8	5	6	7	7	4	5.9
Lyme Regis	5	6	5	5	7	5	5	5.4
Average	5.2	6.5	5.3	5.7	7.0	6.0	4.8	5.8

We Go Ergo

The best form of exercise for the whole body and the closest we can get to Gig rowing on land. The Ergo (aka rowing machine, of which Concept2 is the most popular) is also an accurate guide as to how fit you are. For example, I had nearly a month off rowing recently and my times on the ergo were two minutes slower than normal.

Many members of the club now have rowing machines and are always happy to let other members have a go or give advice.

The resident expert Nicola has been researching the perfect stroke.



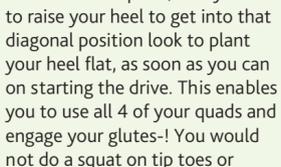
THE CATCH

1. From the side Your back should form a diagonal straight line from your shoulders (top left to your bottom - bottom right). To keep a straight back whilst you achieve this diagonal, you must not over reach with the arms causing an arch in your upper back, you must push your bum out and tip forward by your hips. Your arms must be relaxed but locked out straight at the elbow. Straight arms through the drive are key.

2. So this is where to most people go wrong. You need to be in a strong position to produce power so you need to use, switch on / activate, whatever you want to term it all of your quad muscles, your glutes (bum - be proud of your bum) and your core to apply a "stand up" force on the machine which

will drive the seat backward and your hands will follow holding the handle because they are locked out straight transferring that power. You need to think about the distance there would be between your bum and your heels when you squat. No one squats from a position where their bum is close to their heels or if they do they are putting a lot of pressure on their knees and lower back unnecessarily. THINK space between bum and heels and maintain that same amount of space at the start of every stroke

3. Where you can, place your foot flat on the footplate, or if you need to raise your heel to get into that diagonal position look to plant your heel flat, as soon as you can on starting the drive. This enables you to use all 4 of your quads and engage your glutes-! You would not do a squat on tip toes or indeed just the ball of your foot !!!



DRIVE AND LEAN

1. Straight arms locked at the elbow till legs are straight and go from the 11am position on a clock to 1pm on a clock lean back.

This is biggest difference to gig rowing, where we lean back a lot more but it's not needed on an Erg as the seat moves for us

2. Ensure your back is straight no slumping, you can achieve this by pushing your chest forward and sitting up with your shoulders back and down.

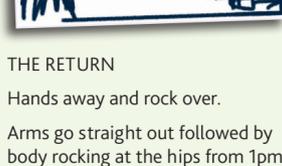


ARMS TO FINISH

Always bring your hands in to your chest and your elbows tight to your body squeezing in your lats (think shoulders back and down as you bring your elbows straight behind your body).

THE FINISH

Again as you finish, think about sitting up tall (still with the 1pm lean) no slumping, so push your chest out to help achieve this.



THE RETURN

Hands away and rock over. Arms go straight out followed by body rocking at the hips from 1pm back to 11am and you bend at the knee heading back to the catch position, remembering to stop at a good distance away from your heels so you are ready to be in that strong catch position !!



BACK TO STRONG CATCH

Developing the club

Exmouth Gig Club has grown significantly in terms of membership numbers this year.

This great news has, however, put the resources of the Club (coxes, boats, rowing committee, etc) under considerable strain.

The Committee wish to encourage the development of the Club and are keen to meet the needs of all members, be that 'competitive rowing', taking part in 'social rows' or rowing for health & well-being.

In order to accommodate all rowers we need to plan, review and grow our resources and plan for the future.

Our priority is to retain the Club as a friendly and welcoming organisation.

We are actively looking for a club house/social facility, more coxes, boatyard space, potentially more boats, forming a Youth section, develop the social side and more.

I am putting a survey together which will be emailed out to you all in the near future, as we wish to understand what our current members want from the Club and their rowing, and to seek any ideas from you as to how we can move the Club forward.

Do thoughts & ideas free to contact me anytime with your thoughts & ideas, but please do complete the survey as and when.

Thanks folks ! Graham



Limerick Corner

There were some ladies in an Exmouth gig
Who decided winter training was a pig
But the thought of coming last
Would be a thing of the past
Cos next year we're going to make it big!

Exmouth Gig rowers are hard as nails
They row through storms and gales
But not all are that way
One was heard to say
Please sir, can we have some sails!

The Exmouth Club wanted to get on the scoreboard
They rowed day and night until they were all bored
New training ideas went around
Then a solution was found
When they swapped the rudder for an outboard!

The Committee

Committee members as of 1st October 2018

- 1. Chair: Gary Cook
- 2. Vice Chair: Graham Deasy
- 3. Treasurer: Greg Price
- 4. Secretary: Kathy Underwood
- 5. New Membership Sec: Anna Wilson

- 6. Race Captain: George Ford
- 7. Rowing Officer: Polly Williams
- 8. Health, safety and welfare: Ollie Knights
- 9. General Committee: Sue Goley
- 10. General Committee: Spare

