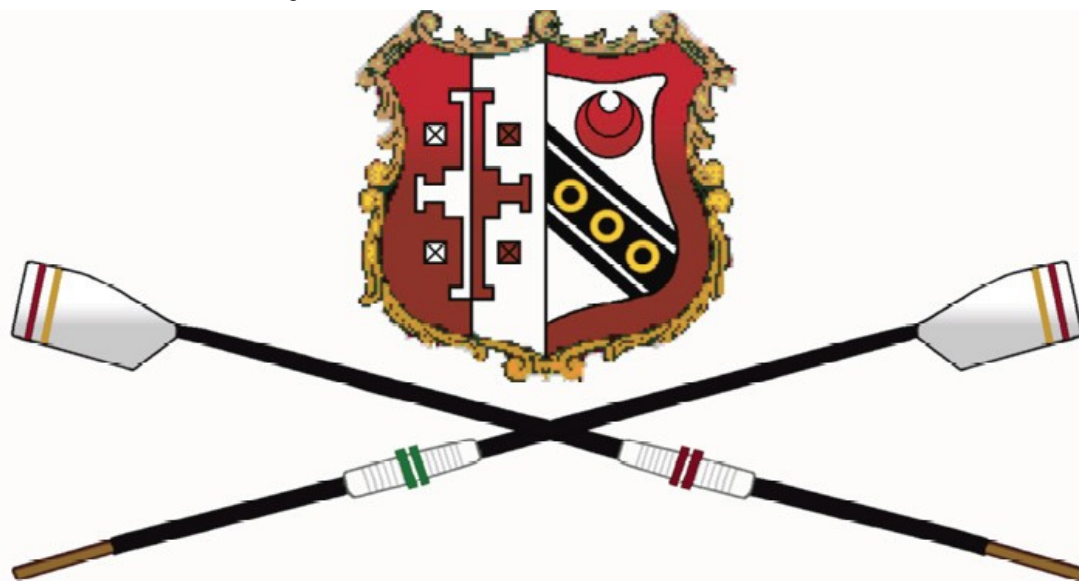


# Selwyn College Permanent Henley Fund Newsletter 2010



Welcome to The Selwyn College Henley Fund newsletter 2010. Selwyn College Boat Club is continually progressing thanks to all the support we receive from the Selwyn College Permanent Henley Fund. We are as always very grateful and we hope to see you all on the banks for May Bumps!

## **Chris Cottingham, Overall Captain on this year so far for SCBC and Men's 1st VIII:**

Michaelmas saw over 100 members of Selwyn rowing / coxing / coaching for SCBC. It was great to see so many Selwynites able to come together to enjoy rowing for their college. The novices particularly enjoyed their Queens' Ergs experience (I'm sure many of them will never think of 'Eye Of The Tiger' without remembering the accompaniment of a hundred or so screaming supporters ever again).

For both Michaelmas and Lent terms we had a highly qualified coach Phil Rowley (a member of Tideway Scullers) for both M1 and W1, allowing for continuity over the terms; this was made possible by the generous support of the Permanent Henley Fund, much appreciated by the club. Selwyn had an unlucky set of bumps at the end of Lent term, but it was an interesting introduction to bumps for many of this year's first-time rowers. Many of them are keen to undergo the madness again next term!

There is also a fast growing pool of SCBC members learning to scull. We currently have at least 10 members of the club using the sculls, with many of this year's new rowers expressing an interest in learning.

The men's side of Selwyn College Boat Club had an encouraging start to the year with a 1<sup>st</sup> VIII and 2<sup>nd</sup> IV competing in Senior Fairbairns. We also entered a 1<sup>st</sup> IV drawn from the 1<sup>st</sup> VIII into University IV's. Our coach, Phil Rowley, helped us to become more adept at picking up on our own faults in technique and rectifying them within the boat. Video sessions were used to analyse our own performance and compare it with rowing videos from much more experienced crews.

We had three men's crews in Lent term, competing in most of the major races. A bad draw for Pembroke Regatta left M1 with a disappointing result on paper, but some useful experience. Originally, both the 1<sup>st</sup> and 2<sup>nd</sup> Vllls were to row at Bedford Head, but the 2<sup>nd</sup> VIII were unable to make it. The 1<sup>st</sup> VIII enjoyed the opportunity to race there immensely, and it provided us with great experience.

Lent Bumps was fairly successful for the 1<sup>st</sup> VIII, with an overall result of up 1, bumping FAT II and Christs', but getting bumped by Robinson (on their second attempt).

Before the Head of the River Race (HoRR), both M1 and M2 spent three days training on the Tideway, boating from Tideway Scullers, an opportunity made possible through Phil Rowley. This was both enjoyable and beneficial with the coxes especially gaining from the opportunity to row over the course several times before the race with Phil in the launch pointing out the best stream. The results from HoRR were strong and the men's side of the boat club are looking forward to an enjoyable and productive May Bumps.

## **Ellie Healey, Women's Captain, on the women's progress this year:**

It has been a variable year so far for women's rowing. We successfully managed to put out one senior VIII and 3 novice women's boats – one more novice boat than in previous years! The 1<sup>st</sup> women's VIII achieved a fantastic 13<sup>th</sup> place in the senior Fairbairns beating crews such as Jesus, Magdalene and Churchill.

Moving into Lents, with a successful term behind us, we had a shuffling of the crews, promoting two novices into the 1<sup>st</sup> boat. The 1<sup>st</sup> VIII came 5<sup>th</sup> in Newnham short course beating 1<sup>st</sup> boats from Kings and Peterhouse. The Lent Bumps results were down three for W1 as we were unlucky to be in front of some quick crews and 1<sup>st</sup>-Bumps nerves affected performance. However, we pulled off a gutsy row-over on the last day to avoid spoons! I don't believe the disappointing Bumps result reflects W1's performance over the last term; everyone worked hard, and in many respects we were just a bit unlucky.

W1 went to London for the Women's Eights Head of the River Race. It was our first bit of off-Cam racing and it was very exciting! The race was the longest we had ever done but this suited our crew. We started in position 287<sup>th</sup> as a new entrant, but moved up to position 176<sup>th</sup> with a time of 21:37.38, beating other 1<sup>st</sup> college VIII's such as Magdalene, Peterhouse and LMBC. Everyone really enjoyed the day and hopefully we have re-begun the tradition of Selwyn women entering this race and achieved a much improved starting position for next year's crew!



Taking into account our performance on the Bumps chart last term the women have been working hard over the holidays. We set up a forum on the SCBC website where we have been posting the exercise we have been doing. We are quite a competitive bunch and we've seen some personal best 2km trial ergs grace the screens this term.

We're all looking forward to proving that we can do better this term. Improving our technique, pushing harder and bumping more often...hopefully in nicer weather!

I would like to thank Phil Rowley, Laura Kaye and

Suzy Talbot for coaching on the women's side of the club last term and also thanks to Julian Granger -Bevan for taking on coaching W1 this Mays.

## **Lower Boats Rowing**

This year saw a good start for the men's lower boats. Due to the hard work of Seniors we managed to get four novice boats out, including a post-graduate MCR boat. The first competitive rowing for the new novices was Clare Regatta. NM1 and NM2 were unlucky to be drawn against strong crews, but both put in good performances. NM3 had a fantastic run in the Plate; beating 3 2<sup>nd</sup> VIII's before losing to Fitz II in the semis, the eventual winners. NM4 put in a strong performance but just didn't have the power to match Christs' II. These performances set us up well for Fairbairns, where we managed to get 3 crews in the top 31. This positive novice term was carried over into Lent term.

M2 trained hard and were better than their result of down 2 in Bumps would seem to show. On Day 1 they gained on the boat ahead then held them at around a length for the entire course, showing how evenly matched they were to a crew that ended with a result of up 3. They were then left trying to fend off two strong and out-of-place 1<sup>st</sup> VIII's.

M3 worked hard but were disappointed as the use of substitutes and very strong winds down the course meant they did not manage to get onto Lent Bumps. However, 3 members of this M3 joined a new M2 for HoRR. A few days training in London seemed to work wonders and they had a fantastic result, finishing just 14s behind M1 in 295<sup>th</sup> - 70 places higher than M2 had come the previous year. They beat a number of 1<sup>st</sup> VIII's, including crews that had been racing with M1 in Bumps. Overall, a good term that ended very strongly and will hopefully be carried on into the Mays.

*James Robinson and Ashley Chadwick*

The 2009-10 year has, both for the novice women's boats and W2, been about laying down strong foundations for the future of women's rowing at Selwyn. We were encouraged by the enthusiasm of many of the new first-years and were delighted to be able to select three novice crews for the term, a feat which would not have been possible without the time and effort put in to coaching by many willing Seniors. NW1, NW2 and NW3 took part in Queens' Ergs and Clare Novice Regatta during the term, proving themselves a match for competition from far larger colleges. Rowing over the 2.6km Fairbairn course at the end of term, the girls finished 28<sup>th</sup>, 42<sup>nd</sup> and 50<sup>th</sup> respectively from 59 crews. We were very proud of these results, particularly as both NW1 and NW2 beat the 1<sup>st</sup> Novice Women's VIII's of Caius and Queens'.

Moving into Lent term we were impressed by the dedication shown by the previous term's novices who formed the entirety of W2. Although they knew from the start that they would be facing far more experienced crews in Lent Bumps, the girls were undaunted and progressed well under coach Laura Kaye. They raced in Newnham Short Course and Pembroke Regatta in preparation for their first set of Bumps. When the time came in late-February for W2 to put their progress over the term to the test, they demonstrated perhaps above all the dogged Selwyn determination never to give up. Faced with technical re-rows and equipment failure, their eventual result of down four did not do credit to the effort that they had put in all term, as they were forced to concede that this time, the 'luck' of Bumps had been against them. However, an ambitious training plan over Easter and for next term mean that W2 are determined to engineer four days of skilful rowing in the Mays, which they hope will provide a fitting end to the year.

*Sophie Sellars and Ceitidh Forbes*

### **Henley Fund at SCBC**

SCBC would not be able to function were it not for the time and hard work put in by ex-Selwyn rowers. We would be nowhere without their coaching and dedication. To name a few, we would like to thank Laura Kaye, Lisa Taylor, Suzy Talbot, Rosalie Dench as well as our consistent subs in James McLeod and Joe Callaghan.

### **Henley Fund Support moves Selwyn up in the coaching world**

This year SCBC were fortunate enough to employ Phil Rowley, assistant coach of the 'Great Eight' who won both the Head of the River and Head of the Charles last year, as our overall head coach. With both the Men's and Women's first boats operating from a similar training plan the club felt more of a single unit than previous years with the gym a constant hive of activity.

Early Michaelmas was spent ironing out individual technical flaws in the boat and improving base fitness and strength in the gym. Off water video sessions watching both ourselves and professional rowers proved very useful in determining individual technical flaws and how they could be corrected. After one of the video sessions the 1<sup>st</sup> Men's eight were set the

task of rowing like the victorious 1997 Blue Boat with their relaxed, free flowing style. Whilst we may have fallen a little short overall, vast improvements were definitely made!

After a busy Christmas training programme both 1<sup>st</sup> eights began working for bumps with increased volumes of sprint and high intensity work, often with Phil there giving some very vocal encouragement. Testing continued on land monitoring progress and on the water work began on building the 'perfect bumps race'. With a variety of exercises and drills Phil ensured we kept the boat sat up and moving through the corners, maintained cover at high rates, had the power to deliver the 'killer blow' and could get the race underway with a quick start. The last objective was particularly successful with both crews having a faster start than any nearby crew, M1 never failing to achieve whistles off the start.

Phil Rowley brought a new way of looking at rowing to SCBC. A mentality was introduced where training wasn't just on the erg or in the boat. Most members of the club have now started doing five minutes of stretching in the morning and others can be seen sitting up straighter at dinner or in the library, trying to improve their posture in the boat and in general. Not only that but the club's new sense of unity means there is always someone there to push you to train harder, hopefully resulting in some very fast crews come Mays.

*Thomas Gibb*

### **Henley Fund Donations in action**

The Henley Fund contributes considerably to the costs of the club. They continue to give generously to enable us to provide top-class coaching to our athletes. They are also supporting the refurbishment of two of our Vllls over the Easter vacation. The Vllls are being sent back to Janousek for a Strip and re-spray, as well as several more serious repairs to ensure their continued river-worthiness. Funds are also being provided for the purchase of a much needed replacement scull and new ergometer. The new men's IV (Mac) purchased last year continues to be regularly used, and provides a useful resource for the club.

*Chris Cottingham*



*M1 at Head of River Race 2010*

## May Bumps

May Bumps run from Wednesday 9th June to Saturday 12th June 2010. We have a selection of crews racing and it promises to be an exciting event with both our first boats having the chance to move up into the first division and M2 hopefully repeating their success of last year.

It would be wonderful to see as many Selwyn supporters as possible on the banks cheering us on. Every cheer spurs on the boat that little more. If anyone would like any help with where to go etc. please do not hesitate to get in contact.

Below is a table of the division times. Reports of how the Selwyn crews are doing will be emailed to the Henley Fund list as well as posted on our website, [www.selwynrowing.org.uk](http://www.selwynrowing.org.uk).

Division	Start Time	
	Wednesday - Friday	Saturday
M1	19.45	17.45
W1	19.00	17.00
M2	18.15	16.15
W2	17.30	15.30
M3	16.45	14.45
W3	16.00	14.00
M4	15.15	13.15
W4	14.30	12.30
M5	13.45	11.45
W5	13.00	11.00
M6	12.55	10.55

## New Captains

At the end of Lent Term the Captains for next year were elected. Thomas Gibb will be Overall and Men's Captain and Sophie Sellars was elected the new Women's Captain. Both are keen to see Selwyn move back up the Bumps charts and to build on the overall success of the club.

## Henley Fund Dinner

SCBC are planning to invite the Henley Fund to Boat Club Dinner at the end of May Bumps 2011. This is truly a great night where past and present Selwyn rowers can meet and share a story or two. Further details are to follow but anyone who is particularly interested in arranging a crew reunion for this event please contact Jenny.

## Donating to The Henley fund

Donations to the fund make a massive difference to rowing at the Selwyn so if you feel able to support us in anyway then please do. There are several ways to support us:

– *Regular Subscription:* These can be set up as annual or monthly payments and for whatever amount you feel able to contribute.

– *One-Off Payment:* These can also be made to the fund for any amount or if you would like to support a specific purchase then please contact us about this.

– *Your Tax Return* allows you to donate to charity any tax refund you may receive for the year. You'll find the relevant boxes to tick in Section 19A of your return. If you want to nominate the Henley Fund to benefit in this way, the Fund's code is QAL93WG and you will need to enter this in box 19A.3 of your return.

– *Include the Fund in your Will* (as "Selwyn College Permanent Henley Fund")

If you are a UK taxpayer then completing a giftaid declaration increases the value of your donation by almost 30%.

Gift-aid forms and forms to make a donation are all in the alumni section of the Selwyn College Boat Club Website – [www.selwynrowing.org.uk](http://www.selwynrowing.org.uk).

Or get in touch with us at the boat club via Jennifer Thomson, or at the Henley Fund via Fiona Morrison (Fiona.Morrison@lcp.uk.com) or Brian Hornsby ([brian.hornsby@ntlworld.com](mailto:brian.hornsby@ntlworld.com)/01372 818138.)

## Email lists

Emails are sent out to the Henley Fund list every day of Bumps in order to keep you up to date. If you would like to be added to the list please email Jenny and you will be added to the list straight away.

## Contact Us

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