

CYGNET 2007 - 2008

Captaincy Goals

1. Aim to provide a good facility for both the competitive and the recreational rower and sculler.
2. Double outings Saturday & Sunday. 8AM - structured on an intense training schedule for the seniors and the committed rower (including intermediates & Vets), 10AM - for general rowing & technique.
3. Set crews at top squad levels for regatta season.
4. Build and develop a strong novice & intermediate squad.
5. Initiate a 4 to 6 week duration Novice beginners course (twice annually)
6. Support for Vet crews with coaching.
7. Structured weights and land training regime for senior, racing & committed rowers
8. Head races will not be seen as the goal for training in senior squads but as part of the training towards entering an eight at Henley Royal Regatta and Henley Veterans Regatta 2008.
9. Decisions will be made on a bias for best interest of the club and/or the majority of its members.

Elect Captaincy Team

Captain – Richard Keyser

- Novices to intermediate squads
- Crew selections, in consultation with PH & coaches
- Club politics

Deputy – Peter Humphries

- Intermediate to senior squads
- Coaching
- Advice on crew selections to captain and coaches

Vice – Marjorie Israel

- General club Admin
- ARA
- Head races and regatta entries, including administration of same

Support Teams

- Alan Cox – Beginners
- Iain Golder – Vets
- Neil Pickford – Trailer / Sculling
- Chris Davidson – Water Safety Advisor

Coaching & Training

- Kathryn Pengelly – Coaching/ergs
- Greg Edelston – Circuits/weights
- Peter Humphries – Rowing specific weights

Coxing

- Marjorie Israel
- Jennifer Davies
- Esme Wingrove
- Bec Dennett