



# CYGNET 2022/23 Winter Season

## Squad Training & Season Plan



Welcome to the 2022/23 Season where we will work as a club and as a squad to build on the platform of the last season. This plan sets out how we will approach this season, our aim and objectives and how we plan to focus our training and efforts in competition.

### Season Squad Goals

- To build on the successes and technical improvements of the 2021/22 season, striving for stronger performance and greater competitiveness, to close the gaps and improve results from last season.
- To develop the club and the squad by prioritising recruitment and engagement to increase our numbers and competitive edge.
- To continue to provide an enjoyable, developmental and positive environment on the water and off the water as a sporting and social club.

### We aim to do this by

- Delivering a training plan that develops performance, technical skill, fitness and mindset to row competitively. Dedicated sessions for technique, base fitness, speed work and strength on the water, in the shed and a range of land based training (erg, bike, run options).
- Increasing commitment, consistency and focus within the training programme drawing on a disciplined and active squad.
- Rewarding a) performance and fitness improvements, b) commitment to training plan and completion of training sessions c) time-keeping, discipline and focus for outings and training sessions.
- Increasing outreach to local and civil service / public sector networks for new and returning rowers. Learn to Row to run from 09 October.

The training programme is based around a lot of careful thought and planning to provide a strong and effective platform, to build and grow the squad's competitiveness based on the current level of commitment and our busy lives – balanced against the need for a regular schedule of committed training to build performance, fitness and strength. Your commitment to this programme and to your crewmates will ultimately determine your success (and enjoyment) in the season ahead.

### What we need from you

- **Consistency:** Commitment to the training plan
- **Discipline:** Improved time-keeping (early is on time) and session attendance – dropping out, late arrivals and a lack of training will result in non-selection for outings and races.
- **Focus:**
  - Get ready for sessions – prepare the equipment and boats
  - Reduce time on the hard – cut the faff and time wasting
  - Switch on and stay switched on – make the time on the water count
- **Input:** Help run and improve the club through helping outings to run smoothly, pitching in to lend a hand in the running of the club\*, outreach and recruitment. This is an expectation: we will look to all squad members to provide support and volunteer time.



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**\* Opportunities include:**

- Committee (Secretary and Social Secretary Vacancies need filling)
- Head Races (Club Hosting, Boating and Traffic)
- Learn to Row Course from October – help recruit & lend a hand
- Boathouse Maintenance and Development days

### TRAINING SCHEDULE

The training schedule for the coming term: 4 Land Sessions and 3-4 Water sessions per week. This may increase in the run up to target races (e.g. additional water outing), intended to build base fitness, strength and speed work on the water. All outings and sessions will be on Fitclub and must be signed up for in advance.

MON	TUES	WEDS	THURS	FRI	SAT	SUN
<b>The Shed</b>	REST / Make up day	<b>Coached</b> <b>S&amp;C / Weights Session –by Charlie</b>  <b>The Shed</b>	<b>SQUAD ERG Session</b>  <b>Set by Beth</b>  <b>The Shed</b>	REST / Make up day (for incomplete ergs or weight sessions)	<b>Double Water Outing</b>	<b>Water Outing + UT2</b>
Session 1: 1830  <b>UNCOACHED S&amp;C / Weights: Set by Charlie</b>		Session 1: 1830	Arrive 1915  Erg Start time 19:30		Session 1: Arrive 0700  Briefing on the Hard 0710  OTW 0715 - 0845	Briefing on the Hard 0720  OTW 0730
Session 2: 1930  <b>Squad Erg</b>		Session 2: 1930			Session 2: Briefing 0930  OTW 0940 - 1045	Session 2: UT2 Water / Land  <b>(Water, Erg, Bike, Run)</b>  (Shed Access 1000-1200)

**Notes:**

**Note: outside of these times on weeknight evenings, BBL have absolute priority in the Shed. During mornings, daytime (pre-1700) and Friday evenings open/shared access to the Shed continues.**



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### WATER OUTINGS

- Availability will be locked at on the Tuesday **0900** before the weekend. Once crews have been set, crew members will be responsible for finding a sub – this should be by exception: once signed up you should be committed to the session.
- Briefing time means you and your crew are ready to row, with blades out, boats on trestles, launch on the water. You must arrive at the club with enough time to get changed/ready to prepare yourself and the equipment for the outing.

### LAND TRAINING

- All sessions must be signed up for in advance – this is to secure your slot on an erg / in a boat / in the weights session. Please avoid last minute changes as far as possible for land sessions.
- Charlie will set and coach Wednesday weights sessions, Monday session will be uncoached/unsupervised programme set by Charlie.
- Test / Benchmark ergs will be set and completed **every fortnight**. This will be a **24** rate capped 30 Min threshold erg **to monitor progression and performance**.
- As far as possible we would like ergs to be completed as a squad to build the cohesiveness and timing in rowing as a crew. If you cannot make the squad erg session in any given week please complete the erg in your own time.

### RACE CREW SELECTION

Race Crew selection will be based on performance in test ergs and commitment / attendance at training. If you make yourself available / are selected to race at events, you are expected to attend water outings for at least the two/three weeks prior to the races, to get good water outing practice ahead of the race itself – we do not intend to enter 'scratch crews' into races.

**Sign up for races will locked before entries open, so do make sure you update your availability in good time. You must also ensure you have a valid British Rowing Racing License.**

### TIME-KEEPING & DISCIPLINE

Good time-keeping is essential, you must make sure you arrive in good time for outings and be ready to row with boats on trestles before the briefing time. Late arrivals and late drop outs will not be tolerated in the coming season, and will result in non-selection for coached boats and outings.

Please also remember that we share our boathouse, facilities and hard with BBL, EMA and often interloping members of the public too.

Please be considerate and respectful of others, keeping a good watch out when moving boats and be efficient when boating and de-boating to allow others to use trestles and the hard space.

### STEERING AND NAVIGATION

Expectation is that all rowers have successfully completed their steering tests administered by the Safety Advisor. Steering knowledge and good navigation knowledge are important for all rowers and essential for steers, single scullers and coxes. Please contact the captaincy if you need to complete your steering test. All the information you need to prepare for the test (and good navigation) is here:

[https://www.cygnet-rc.org.uk/spage-safety\\_matters-safety\\_amp\\_navigation\\_information.html](https://www.cygnet-rc.org.uk/spage-safety_matters-safety_amp_navigation_information.html)



# CYGNET 2022/23 Winter Season

## *Squad Training & Season Plan*



### LOOKING AFTER OUR FLEET AND EQUIPMENT

Our boats and equipment are our prized positions and crucial to our ability to train and race as a club. Every care must be taken when moving boats on the hard, racking, de-racking and when going afloat. Repairs and refurbishment are expensive and eat into our ability to improve the fleet and upgrade boats and equipment.

When steering boats, before the outing please make sure you know where you need to be and what the hazards are for the part of the river that you are on and the state of the tide. If in doubt, ask before you go out.

Should damage occur, and accidents do happen, please make sure it is properly recorded and reported: [https://www.cygnet-rc.org.uk/ssform-facilities-the\\_fleet-report\\_damage.html](https://www.cygnet-rc.org.uk/ssform-facilities-the_fleet-report_damage.html)

### VOLUNTEERING AND HELPING OUT

We're a small club that depends on its members to keep it running and make the best of it. Please continue to live the Cygnet Spirit and play your part to help out where you can during outings, on head race days and around the clubhouse to help us run smoothly and share the load throughout the season.



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**RACING FIXTURES – HEADS SEASON** – all online and available for sign up on Fitclub

### 2022

**17 Sept: Scullers Head – Tideway**

**1 Oct: Rhine Marathon – Düsseldorf, Germany**

**2 Oct: Pairs Head**

**30 Oct: Upper Thames Autumn Head – Henley**

**19 Nov: Fours Head – Tideway**

**20 Nov: Vets Fours Head – Tideway**

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### 2023

**29 Jan 2023: Quintin Head – Tideway**

**26 Feb: Hammersmith Head – Tideway**

**18 March: Eights Head of the River (HRR) – Tideway**

**19 March: Vets Eights Head of the River – Tideway**

Off-Season: Mon 20 March – Mon 10 April

Start of Summer Season 10 April

*Training Camp: We hope to run a UK based training camp after Easter to kick-off regatta season (pencil in 13 – 16 & 20 – 23 April as possible dates – details to follow)*

**Friday 23<sup>rd</sup> June: Henley Qualifiers**

### THE CAPTAINCY & CLUB TEAM

**Captain** *for general enquiries*  
Rupert Bailey [cygnet.captain@gmail.com](mailto:cygnet.captain@gmail.com)

**Deputy Captain** **Vice Captain**  
Matthew Gutteridge Henrik Jonstromer

**Treasurer** *for enquiries about subs, racing fees and all things financial*  
Matt Byrne [ejector.seat@gmail.com](mailto:ejector.seat@gmail.com)

**Club Secretary** (Outgoing) *for general enquiries*  
Marjorie Israel [marjorie\\_israel@hotmail.com](mailto:marjorie_israel@hotmail.com)

**Cygnet Water Safety Adviser** Charlie Pretzlik [https://www.cygnet-rc.org.uk/ssform-safety\\_matters-file\\_an\\_incident\\_report-safety\\_advisor\\_contact.html](https://www.cygnet-rc.org.uk/ssform-safety_matters-file_an_incident_report-safety_advisor_contact.html)

### COACHING TEAM

**Head Coach**  
Beth Davidson

**Strength and Conditioning Coach**  
Charlie Girdler-Maslen

**Assistant Coach:** Laurent Couacaud