

Mark Proberts

Row Sab Manifesto



About Me

My rowing career started back in 2017 at Yarm School Boat Club. Since then, I have rowed for numerous clubs including Tees RC, Durham ARC, Tyne ARC, Oxford Brookes and Marlow RC. I have rowed countless races up and down the country, from local races to large-scale national regattas and everything in between! I am currently completing my undergraduate degree at Oxford Brookes however, I have been the Assistant Coach at Univ and St Hugh's during this time, so I have been fully immersed in college rowing during my time in Oxford.

Whilst I may not be the typical candidate for the Row Sab role, I believe that my extensive experience in coaching and participation in several clubs outside of Oxford, which all vary in levels of success and abilities, will ensure I am uniquely suited for this position.



Aims

- My primary goal in this role is to maintain effective communication between the OURCs committee and the college boat clubs.
- College rowing is already very popular; however, pushing further to get as many people rowing as possible would benefit the colleges' rowing community and the students' studies, as exercise is proven to help mental health within universities.
- With my vast experience assisting with the running of various racing events both inside and outside of Oxford College Rowing, including large-scale races like the Junior Sculling Head to smaller-scale events like the Univ Ergatta. This varied from running timing teams to marshalling crews on the water. I will aim to implement this experience into events run by colleges and OURCs to ensure that they run in the smoothest and safest ways possible while being efficient and fun for everyone involved in both the process and the racing itself.
- I'd also like to run more capsized drills throughout the year to enable more college members have access to small boat outings whenever possible.
- With experience helping coxes both at college rowing level and at elite level outside of Oxford, I assist the captain of coxes in updating the current coxing guide to help coxes, especially novice coxes, understand how and why coxing the Isis safely is important and what criteria is essential in becoming an experienced cox.

