



Captain's Meeting Minutes

7pm, Tuesday 1st week Michaelmas Term 2018

9 October, 2018

Habakkuk Room, Jesus College

Chair: Felix Drinkall, OUBC President

Attending:

Balliol - 1 Brasenose - 1 ChCh - 2 Corpus Christi - 2 Exeter - 1 Green
Templeton - 2 Hertford - 2 Jesus - 2 Keble - 1 Lady Margaret Hall - 2 Linacre - 1
Lincoln - 2 Magdalen - 1 Mansfield - 2 Merton - 2 New - 2 Oriel - 1 Osler
House - 1 Pembroke - 1 Queen's - 3 Regent's Park - 1 Somerville - 1 St. Anne's - 1
St. Antony's - 1 St. Benet's - 2 St. Catz - 3 St. Edmund Hall - 2 St. Hilda's - 1 St.
Hugh's - 4 St. John's - 1 St. Peter's - 2 Trinity - 1 University - 1 Wadham - 1
Wolfson - 2 Worcester - 1

1. **Welcome!** Introductions

2. **Minutes from Last Meeting:** uploaded online, from TT18.

3. **Matters Arising:**

- Joe Hitchen (completed action point)
- Entry system working online. These track status upgrades, and clubs can see coxes' status. You will need ID to access. If there are bugs present, please report to OURCs Webmaster.

4. **Squad Reports:**

- OUBC

I have appointed two Vice Presidents in Achim Harzheim and Benedict Aldous. I have also appointed Anna Carbery as secretary. Brendan Gliddon is also our new assistant coach and has integrated well into the programme. He and Sean have a good rapport and he has been keen to learn how we do things as well as bringing his own expertise and experience.

The composition of our current squad is 10 returners, 8 people who rowed for their college last year, 5 graduate first years and 5 undergrad Freshers. It's an encouraging mix with a healthy amount of continuity and a diverse mix of experience. The squad is very young with 19 undergrads out of a possible 28. Whilst this is encouraging for future years, it is a little concerning for this year's campaign. It does however mean that we can expect to see a considerable amount of improvement throughout the year.

The general attitude of the squad has been really encouraging. It's been a really fun team to be a part of. If we can maintain this positive atmosphere I am sure that it will allow people to flourish and improve more on the water. It has also been a good culture for coxes to develop as they have the confidence to try new things and learn from their mistakes. I think that maintaining this culture will be particularly important for development of the coxes.

One of the most exciting things about the squad is the large amount of undergraduate Freshers, it is at its highest in recent years. If we can increase our presence in the junior rowing scene we can hope for the number to continue to stay this high, or hopefully increase.

- OUWBC

The OUWBC began our pre-season training on 3rd September. Amongst our athletes, we have two returning Blues, one Blue from Cambridge, a number of returning Osiris athletes, as well as some promising new junior and U23 international recruits. The main focus for the pre-season has been time on the water in various different combinations and boat classes, to try and get everyone rowing in the same style. We have also completed a number of tests, including physiology tests, and a 5k and 2k ergo test. In general, people have been responding well to the training and making good sense of the teaching on the water. The mood in the squad is positive and determined as we approach the start of term.

- OULRC

The 2018-19 season has started well. We have six returning blues and two returning reserve crew members, and several strong recruits, from both the UK and abroad. We started the season with a series of tests, which showed a strong top-end, but highlighted the need for some work on physiology.

On the water, progress has been rapid, with more experienced athletes in small boats, and those newer to the sport in eights and coxed boats. Our coach is happy with the performance of the squad so far.

Organisation and commitment thus far has been excellent, with good athlete-retention for this part of the season. Our goal is to carry this forward into the first weeks of term. We have a busy schedule of racing throughout the season, and are looking forward to competing.

In general, we have seen a promising start to the year, and are confident that we can keep the momentum going into the main part of the season.

- OUWLRC

Our squad entered the British Universities Championships regatta 5th-7th May. The highlights: Lwt8+ won gold and therefore qualified for full blue status; Championship Lwt2x

finished 4th and hence qualified for the European Universities Games, this year held in Coimbra, where they finished 4th overall.

Following Summer VIIIs our seniors trained in small boats. We entered singles, doubles and pairs at a number of events, including: Henley Women's Regatta, Metropolitan Regatta, Reading Town Regatta, Henley T&V. We also ran a successful development squad for people who may be interested in trialling next year. Those who attended dev squad benefited from training with our coaches in Wallingford as well as land training sessions. We entered two 8+s and a 4+, all consisting entirely of dev squad athletes, at Reading Town Regatta. Four members of dev squad were invited to our pre-season training camp in Sarnen, Switzerland 10th-16th September alongside the returning athletes, 2 coaches, our squad nutritionist, and our sports psychologist. We trained on a 5km stretch of lake, with an emphasis on small boats. We also ran a number of sessions educating the new athletes about the importance of nutrition and recovery, boat maintenance and what to expect during the approaching season.

Our training with the full squad began 19th September. For the upcoming season we have planned to attend several races and fixtures.

5. Ordinary Committee Member (OCM) appointments:

(Unanimous ratification)

Jo Egan, Jesus

Pete Bond, Regent's Park

Jameson Lee, Worcester

Emma Sadler, St. Hugh's

● *Making your current Ordinary Committee Members:*

Sacha Tchen, Corpus Christi

Ty Rallens, Merton

Scott Houghton, Wadham

Joe Hitchen, Hertford

Joe Lord, St. Benet's

Jo Egan, Jesus

Pete Bond, Regent's Park

Jameson Lee, Worcester

Emma Sadler, St. Hugh's

Cameron McGarry (Webmaster), Corpus Christi

● *Current Executive Committee Members:*

Kate Halcrow (Secretary), Lincoln

Katie Davies (Captain of Coxes), Merton

Lukas Koch (Treasurer), Merton

OPEN/VACANT: Sponsorship Officer

- Rowing Sabbatical Officer: Keir Bowater, Jesus
- Chair: Felix Drinkall, President of OUBC, Lady Margaret Hall

6. **Senior Umpire (SU) appointments** - (Unanimous ratification)

Rachel Quarrell
 Laura Dance
 Ian Maconnachie
 Lynch Mason
 Patrick Lockley
 David Locke

- Senior Member: Dr. Paul Azzopardi, Worcester
- Senior Treasurer: David Locke, Lady Margaret Hall

7. **River Closures:**

(Unanimous approval/ratification)

- A4 approved
- IWL (A) approved
- IWL (B) approved
- Nephthys approved
- ChCh approved

7. **RowSab Safety:**

- **Lights** -
 - Remember to use in the dark in morning outings
 - Use 360 degree lights
- **Audits** -
 - see emails for BR safety audits; still several clubs outstanding.
- **Swim Tests** -
 - Issues with swim tests on Sunday and Friday, due to logistical reasons
 - Consequently, swim test date added on October 15th and/or 21st (TBD)
 - If you've made bookings, please send people to them. You get charged.
- Question from Captains: Q: Will we definitely have an extra date? A: Yes!

8. **Extra Slots:**

- New, Pembroke, Corpus, Lady Margaret Hall, Jesus, St. Edmund Hall, Magdalen
- 7 of them open, 11 people requested. Granted based on several elements with weighted priority in terms of need and how many you requested to use.

9. **Transfers:**

1. Ryah Thomas: Somerville to St. Antony's, Approved.
2. Zachary Zajicek: Somerville to Oriel. Approved.

10. Treasurer:

- Lukas Koch (treasurer@ourcs.org.uk)
- Get in touch with him directly via email if issue with report.
- Association fee: 35 GBP. Reason? To pay a portion of RowSab salary.
- Fines that we collect benefit OULRC. They do not benefit OURCs.
- Please send the name and contact information for your new club treasurer to Lukas.
- Note: Please read the constitution to aid in communication with the Treasurer.

11. Christ Church Access:

- Details: Opening hours extended. Evening hours not.
- Questions for Captains:
- What clubs have ergs ONLY at BH? Lincoln, ChCh, Benets, Jesus, SEH, Pembroke, Exeter, Brasenose, Queens, Corpus.
- What clubs have ergs at BH but ALSO college? Keble, New, Balliol, Merton, Wadham, St. Johns, Worcester, Oriel, St. Hugh's. *Some clubs only have one/two ergs at their college or boathouse.
- Question: Do we know about specific access through Merton, Brasenose gates? A: TBD.
- RowSab to follow up on evening access

12. AOB:

• Secretary:

Kate Halcrow to speak

- Introduction to the role and who I am as Secretary
- Pregnancy details: you can expect another Race Sec for IWL (E) and Torpids.
- We'll be training people up! Please send anyone interested in Races or OURCs to secretary@ourcs.org.uk. It's really fun!
- Look after your novice coxes! Please have crews help check lifejackets and lights.
- Women's Group/Gender Parity:

Harriet-Rose Noons, Wadham/Hertford

Emma Sadler, St. Hugh's

Jo Egan, Jesus

Steph Hall, Wadham

Anna Murgatroyd, Nuffield/ChCh

Paris Jagers, Merton

Ellie Shearer, Nuffield

Berenika Kotelko, Jesus

Rebecca te Water Naude, OUWBC

Lara Booney, Oriel

• Chair:

Felix Drinkall to speak

- Introduction to OU Dev. Squads -- come and chat

- International Trips -- OU looking for a new sponsor, please be careful and know what you're getting into. Be careful with the Oxford name.

Outstanding/Notes:

- Committee Meeting held prior to Captain's Meeting (6pm, 9 Oct. 2018, Habakkuk Room @Jesus College). Constitutional rules were not interpreted, no actions taken. Those present: Keir Bowater, Kate Halcrow, Katie Davies, Lukas Koch, Joe Hitchen, Joe Lord, Jo Egan, Jameson Lee, Sacha Tchen, Pete Bond.
 - Transfers from Peters/Jesus to be held next CM.
 - OPEN OURCs positions to be discussed next CM.
 - Sponsorship Position (remains vacant)
 - Webmaster Position (soon-to-be open)
 - OCM positions
 - Racedesk help
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