

**St Andrew Boat Club – Winter Newsletter 2018**

Welcome to your St Andrew Boat Club Winter Newsletter. As we start to see the first glimpse of light in our evening rowing sessions, rowers across all squads are starting to reap the very first rewards of the season for all their hard work. And with the Tideway races just around the corner and many exciting events for rowers at all levels ahead, there is certainly much to talk about. As always, do get in touch with suggestions or news about the club, and in the meantime – enjoy!

**A successful winter for SABC**

It has been a busy winter so far for many at SABC – with the club out in unprecedented force at two Inverness regattas and also competing in races south of the border, as well as in the Scottish Indoor Rowing Championships.

The senior 1 men’s squad has, by its own account, had a mixed winter season with some injuries, but are now on an upswing with rowers preparing for the Head of the River Race next month.

While the senior 1 women have incorporated CrossFit into their off the water training, the women in senior 2 have had regular trips to Strathclyde Park to get ready for competing at Vesta Vets in March.

The juniors have been working hard and have also been able to record their first successes, and Alice Patton even competed at the British U18 Trials earlier this month.

For the most recent regatta in Inverness, the club travelled north with two full trailers, packed with boats, riggers, seats, trestles and a staggering 30 sweep blades and 56 sculling blades. Let’s hope we can show that strength at many more events this season!

Results are published separately on the Members’ Page of the website.

**The Tideway Races are coming – and SABC will be there in force**

The Head of the River Race, Women’s Eights Head of the River Race and Vesta Veterans’ International Eights Head of the River Race on the Tideway are hugely prestigious races with hundreds of boats entering from clubs far and wide. This year, SABC will send one boat to both HoRR and WEHoRR, and two to Vesta Vets. For the full lineup, check the members section of the website

**Off the Water**

Fundraising Committee

A fundraising committee has now been formed and has developed a replenishment plan for the club’s fleet and equipment. That plan will help us ensure that our boats are upgraded regularly as part of a continuous programme.  The committee will seek out various avenues for funding, but also wants to strongly encourage club members to suggest and investigate potential opportunities, such as identifying corporate sponsors or individuals willing to make donations for equipment purchase.  Anyone willing to help should contact the committee on [sabc.fleetfund@gmail.com](mailto:sabc.fleetfund@gmail.com), or speak to Andy Dobson directly.

Chalky’s ‘Notes on Boats’

Our boatman Ian “Chalky” White, along with a group of volunteers, have cleaned and repaired a number of boats over the last few weeks and months, but as always, there remains much to be done. Boat maintenance takes place regularly on a Tuesday afternoons, and there will soon be opportunities for people to get more involved at weekend.

For now, the most important thing is that when there is a problem with a boat, we all take care to update the board in the boathouse immediately. Incidents involving boats also need to be recorded there – as well as the incident book.

The landing steps are in the process of being repaired; you will have noticed already that they are much more stable and even and getting in and out of boats has become a lot less challenging as a result. Thank you to the senior rowers who put in a lot of hours to do that work.

Captain Lindsay becomes Scottish Rowing volunteer coach

SABC captain Lindsay Flockhart has been appointed a volunteer coach for the Scottish Rowing Junior Development Programme. Lindsay was appointed alongside Holly Reid from Aberdeen and Jordan Stanley, director of rowing at the University of St Andrews. The Scottish Rowing Junior Development Programme aims to help junior rowers from across Scotland to achieve their potential – and Lindsay will now support that work. He has been SABC captain since 2015, but we have had the pleasure of his support from the bank as a coach since 2012.

## Social and Gym notes

Canalside continues to be our hub for weekend after rowing meet ups, where they've started serving coffee and bacon rolls on a Sunday morning. Proving popular across the senior squads, all welcome (10.30 onwards).  
  
Energy Gym have reviewed their daily pricing for the first time in... well, ages. Please note our new daily gym rate is now £1.50.

**A final word from the president**

*As you will have read, it has been a great start to the season, even for me with the first win since the 1980s at Inverness in the WVet8, and that crew looks forward to competing at Vesta Vets at the end of March.  All racing members should have had a note from the Treasurer as to what they owe for entry fees - please ask Martha (*[*standrewbc.treasurer@gmail.com)*](mailto:SABCtreasurer@gmail.com)) *if you have any questions and remember that debts need to be settled before further entries can be made.  Off the water our volunteers have continued to be busy - repairing the landing stage, mending boats and generally keeping the club going.  If you have any scope to help with these practical aspects or would like to join the burgeoning list of sub-committees particularly as we move towards fundraising for the new boathouse or a better fleet please get in touch.*

*Now we prepare for the Tideway Heads and the Regatta season and hopefully more St Andrew success!*



**Upcoming events**   
Women’s Eights Head of the River Race (WEHoRR):  
Saturday, 16 March, 11:30am  
   
Head of the River Race (HoRR)  
Saturday, 30 March 11:30am   
   
Vesta Veterans’ International Eights Head of the River Race  
Sunday, 31 March, 01:30pm  
   
Strathclyde Park Regatta - 27 and 28 April  
Durham City Regatta - 11 & 12 May   
Castle Semple Regatta - 18 May   
Scottish Championships - 7, 8 and 9 June

SABC Contact:

<http://standrewboatclub.com/>

St Andrew Boat Club

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