



LANCASTER UNIVERSITY BOAT CLUB

**MID-TERM
UPDATE:
2019/10**

Hello all and welcome back to the 2018/19 academic year!

We can already tell here at LUBC that this year is going to be a hectic and rewarding one with the sheer number of novices that we have recruited! We currently have multiple crews for both the novice men and women squads with some looking extremely promising!

Sadly, our first race of the season wasn't meant to be at Dee Head and so we are yet to see our squads in action this year, however we will be attending the Head of the Lune on the 17th November which will be the perfect opportunity to show our talents on our home river.

I apologise for the short update, however I cannot wait to update you with a newsletter at the end of first term once we have been able to get our year underway with our abundance of athletes both old and new. Get ready for this year! It sure will be exciting.

Some important dates to note in the meantime:

Lancaster Head: **17th November** (Week 6)

Rutherford Head: **7th December** (Week 9)

Tyne United Head: **25th January** (Week 12)



Lauren Watson, Alumni Relations Officer 2019/10

BUCS Head: **22nd - 23rd February** (Week 16)

Roses: **25th April** (to be finalised)

BUCS Regatta: **8th - 10th May** (to be finalised)

Women's Henley: **19th - 21st June** (Week 29)

Henley Royal Qualifiers: **26th June** (Week 30)

Some words from COACH:

Good day everyone.

We're back! Bigger and better than ever.

This year, we have more returning seniors and more athletes already rowing, joining LUBC for the first time, than in my previous two years. The net result is that we have the largest senior squad I have ever had.

There is a numbers bias toward the men, but the women have done well to recruit at

Freshers some very experienced rowers to bolster their group.

Additionally, we seem to have overcome our recruitment issues of last year and have approximately 120 Beginners going out on the water this week. Actually, it might be 119 as one of them failed the swim test!

And we have four truly remarkable coxes. Louise, back from Henley qualies; Amy, last years ill-fated WIV+ cox; Helen, back from industry and Jonny who has come up from Dulwich College. All with exceptional rowing brains making my job so much easier.

Things are good, we could do with some new coxed fours but things are really good!

With so many good athletes this year, the potential is huge.

The winter racing program starts with Dee Head in a couple of weeks and culminates with BUCS Head in March (and no, we're not doing the Tideway).

After last years' debacle in Gloucester, BUCS Head has been brought back onto the Tyne; we'll have two or three opportunities to race the course in anger beforehand so we really excited about that and very much up for the challenge.

After that into the Sprint season.

We're all feeling particularly buoyant about the sprints as we have so many racing options open to us.

But the real fillip is that regardless of what happens this year, a lot of the senior athletes have at least two more years at Lancaster. This means we have time to run a full development program for the Beginners and integrate them into the seniors at a pace to suit the individual athlete rather than rush them all in as we have had to do in the past.

So, we're beginning to future-proof the Boat Club, building on the successes of the athletes who have won our last two Roses; got two high placings at BUCS Regatta; cleaned up at Durham; won two Metropolitan Regatta medals; got us to Henley Royal and last but by no means least is Toby, the athlete who has got himself onto the BR BUCS Performance Talent Program, putting him in the top 20 male student athletes being monitored by British Rowing.

As always, if any of you want to come out in the launch with me for a training session just let me know (advance notice is required I'm afraid) - lubtheadcoach@gmail.com.

Just hook the blade on.....

COACH!





while we've got
your attention...

As always, we'd like to thank you all for your continued support be it financially, from the river bank or simply a message of well wishing - we greatly appreciate it. As a squad, we achieved a lot last year and couldn't have done so without the help of your Castrum funds.

Now more than ever we're aiming for big things and we need even more support to achieve this. Please consider signing up to a Castrum membership today to help put us back on that Henley start line, and put LUBC back on the map.

Your money will no longer go to the central LUBC bank account but instead to a separate Castrum account where it can gather and be spent on the important things, like growing our rather outdated fleet. This means your money won't be spent on little repairs or engine fuel, but instead on the big things, the things that will really make a long term difference to our club. I hope that you consider helping us to achieve our goals.

Thank you.

**SIGN UP TO
CASTRUM**

CASTRUM

Standard £5 membership: Access to LUBC equipment and facilities

Premium £8 membership: Access to LUBC equipment and facilities &
free

ticket to annual Alumni Regatta and ball

Contact us on: lubc.alumni@gmail.com if you would like to know more