



## Northern Rowing Council

25<sup>th</sup> January 2016

**Present:** - Charley Curtis (Vice - Chairman), Pamela Walton (Secretary), James Andrews (British Rowing Area Participation Manager), John Mullholland (Water Safety), Gabrielle Moore (late arrival 8pm, Rec Rowing Rep), Gilliam Latham (para rowing rep), Carol Singleton (Competitions Rep), Dave Foote (invited as fixed seat rowing rep), Steven Thompson, Eddie Bryant, Phil Tully (Education), Alan Granlund (Treasurer), Colin Percy (Events and Calendar), Pauline Higgins (Junior Commissioner).

**Apologies:** - Michael Laing(Chairman), Barbara Millns (Regional Rep) and Peter Hoare (Umpires)

Register support for Michael Laing who is currently supporting his wife.

Coaches survey is to be re done and done regionally.

		Action by
1	Mins of last meeting agreed as correct and seconded by Gillian Lathan and Pauline Higgins.	
2	<p><b><u>Junior Commissioners report – as per report posted on NRC website</u></b> with the below additions.</p> <p>Club get together – Ade Roberts GB junior coach, who went through how much how often and the level of training which is appropriate to ages. Workshop went so well that there was not enough time to go over additional subjects. Feedback from a club was that more core strength work and possibility of strength and conditioning workshop. James Andrews to speak to Jacquie Johnstone to set up a workshop, John Mullholland suggested that “guinea pigs” be brought down of different ages/abilities, para athletes and juniors/masters to help the workshop have specific focus. The addition of junior captains was really useful to highlight the not using weights and to focus on strength and conditioning.</p> <p>Breakdown of injury statistics from Anne Marie, Pamela to pursue as this would be use</p> <p>The Junior Skills day at Hexham was planned at the end of November 2015, which had to be cancelled to the river being unrowable. Tees 28<sup>th</sup> February 2016 and Durham 13<sup>th</sup> March 2016</p>	<p>JA</p> <p>PW</p>



<p>are still planned, had interest from George Harriett's who would like to be involved and they will hopefully encourage George Watson down also. JIRR trials 28<sup>th</sup> February 2016 at Cambois, will try and get the women's 4's in 1<sup>st</sup> division to help with proposed ski trip.</p> <p><b>Para rowing report (Gillian Latham) – as per report on NRC Website.</b></p> <p>Since the report Ian Ronald and James Rose have successfully progressed to the Invictus Games, Ian being within 15 metres short of a gold medal time.</p> <p><b>James Andrews – as per report on NRC website.</b></p> <p>Financial Director position being advertised currently. The Sport England whole sport plan will be put onto the website. A session coach will just do the first part of the course and encouraged to do the first aid. To be a Club Coach will still have to do all the pre requisites.</p> <p><b>John Mullholland – Water Safety Rep. (Report and Powerpoint NRC website)</b></p> <p>Problems with I.T. to do comparison of last year's safety audits. Discussion then as to the safe fitting of wing riggers on Wintechs. Hexham have the briefing on their website for reference. Mark Bell and Stuart to put a guide together re trailer towing and weights. John Mullholland to investigate and put new information onto Northern Rowing website.</p> <p>Phil Tully raised the question of lights on boats, could this be put onto Northern Rowing website? and also raised at national meeting.</p> <p><b>Recreational Rowing – Report on NRC Website)</b></p> <p>Charlie asked if anyone was free for the 20<sup>th</sup> February 2016, need to raise problem re rivers with the Environment Agency, NRC to raise this at next council meeting. Charley to check with Barbara Millns to see if she is able to attend.</p> <p><b>Alan Granlund – Treasurer</b></p> <p>Nothing much to report. British Rowing will put something towards</p>	<p>Mark Bell Stuart PT &amp; JM</p> <p>BM &amp; CC</p>
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<p>yesterday's regional get together. James Andrews to speak to Hazel re how this is to be done.</p> <p>Phil Tully Coaching – <b>As NRC Website</b></p> <p>Colin Percy – <b>Competitions (As per NRC website)</b></p> <p>Hoped to publish some of the slides from yesterday's competition review workshop. Everyone will have individual points system; this should help the regatta secretaries when offering categories. Discussion regarding the regions events needs to be had with reps of events. Ponteland Junior Head is planned to run as long as sufficient support and look towards the schools to provide volunteers to help run.</p> <p>Events programme is on website and 2017/18 possible clarification as to clash between Tyne and Tees.</p> <p>Who is going to be in charge of Sunday League?. To send reminder out about the spirit of the league. Traditionally the crews who won the league generally progress to regatta's. Now going to be the Explore League. Colin Lawson and Colin Percy to lead and appoint someone to do the rulings.</p> <p>Great Tyne Row – need to fix this year's date and next years.</p> <p>Chairman – council report from 28<sup>th</sup> November 2015 – <b>see report on NRC.</b></p> <p>Two members of a university rowing club were banned from all sport for the next 3 years. Council would like to make it clear that it is a person's responsibility to ensure that you don't take supplements or drugs and ensure don't take things like lemsip. Check anything on global dro <a href="http://www.globaldro.com/UK/search">http://www.globaldro.com/UK/search</a> .</p> <p>Andy Parkinson came up and visited the region, an invite was extended to the chairman and vice chairman to put forward any good practice throughout the region at the next meeting the following weekend. A thanks to the region for all they do to engage the northern region.</p>	<p>Schools</p> <p>CP &amp; CL</p> <p>CP</p>
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	<p><b>Dave Foote (Fixed Seat) 1<sup>st</sup> time at NRC.</b></p> <p>Currently 8 on the water and 2 in build. Totally different atmosphere in Skiff rowing to sliding seat rowing. What they do is very local, community orientated. The Skiff role is what has the Northern Rowing Council got to offer the Skiff community, challenge to NRC a clear list of what is in it for Skiffs. Also to help the fixed seat clubs have a voice and also at national level.</p>	
	<p><b><u>Any other business.</u></b></p> <p>Lakeland Rowing Club have expressed their wishes to change regions to the Northern Region. NRC are happy with this, after the ratifications had been ran Nicole Lamb to do an inspirational talk to juniors who came from the North East.</p> <p>Volunteers were requested for a future appeals panel. Eddie, Carol, Gillian and Pam. Charley) to speak to the club direct and Pamela(Secretary) to inform group formally.</p>	<p>JA PH &amp; JA</p>
	<p><b><u>Dates of next meetings</u></b></p> <p>21 Mar 2016 <b>(At Tyne)</b>, 27 Jun 2016 and 19 Sep 2016. The AGM will be on 28 Nov 2016</p>	