

Masters Report for NRC AGM on November 16, 2020 by Gabrielle Moore, DARC

Jeff Watling (who recently gave up being Chair of the BR Masters Committee) has written a manual which has been used to teach through many clubs regarding exercising and rowing to suit the bodies of masters rowers.

Two years ago I reported that the masters committee were concerned about how to encourage masters coming off Learn to Row course to stay in rowing.

The committee has since discussed what makes a successful masters squad and has been looking at existing examples and has recently drawn up a document produced by Jeff Watling, "Building a Successful Masters squad".

This has been some time in the making and will soon be put out to clubs via social media so watch out for it!

There has been much discussion about the handicap age brackets especially at the older end of the range and some fine tweaking may be done before Nationals next year.