



Regional Masters Eights

We are looking for more male and female rowers to join our squad competing as composite North East Regional Eights. We are looking to compete in national events such as: Vesta Veteran's Head of the River, British Rowing National Masters Regatta and Henley Masters Regatta in 2014.

We rarely compete in local competitions as we all compete within our own crews at own clubs.

The group has been formed to increase opportunities for masters wanting to compete at this level where there are too few older rowers in their own clubs to form crews.

Training commitment: 1 x week, moving up to 2 x week two weeks prior to competition. (This is to fit in around your usual club commitments)

Sessions are held: on Thursday mornings (hosted by Tyne United Rowing Club).

Session times: start at 9.30am and finish at 12.30pm (rowing from 10am – 12noon)

Cost: There will be a charge for the sessions to cover costs – these will be advised later (the more people we have the lower the cost per person)

To join the group you must:

- Have experience of sweep oar rowing
- Be able to commit to training regularly at the allotted time
- Be committed to improving your technique
- Be committed to improving your fitness
- Be available for the national events cited above
- Be willing to compete for your seat in the boat
- Be sure that your club isn't already putting Masters Eights into national competitions.

(Having a sense of humour is useful too!)

We will provide:

Equipment; changing facilities; coaching; organisation; tea/coffee and a chat afterwards; a great stretch of water!

Those of us who have been involved for a while have found it a very sociable experience and great for forging better links between clubs in the region.

If you are interested in joining us, please contact: linz.charlton@btinternet.com. Please state your name, club, previous experience and rowing points.

P.S. We are also looking for suitable coxes. If you know of someone who wants to be involved but doesn't want to get hot and sweaty please let us know. We will provide training (this could be useful back in your own clubs!).