

KSRC Weekly Newsletter

April 14th, 2010 Issue 24

King's in great shape after training camps to Ghent and Monmouth



The victorious 1st VIII after winning the Flemish National Championships, the full tour team & the Girls 1st VIII!

Ghent Training Camp - 2010

As I stepped onto the coach, after handing in my passport and insurance card, I could sense the excitement radiating through the vehicle. Everyone was ready for a week's worth of rowing, with a fantastic opportunity to get some real experience of "side by side" regatta's and also training on a brilliant lake, situated in Ghent, Belgium. The coach journey was fairly daunting, but personally I felt as though we were already passing through the border in no time. Spirits were high, and many spent the time talking to friends about the days to come, listened to iPods, and some even battled out with a good old fashioned game of Top Trumps! Upon arriving in France, en route to Belgium, we noticed the sunny skies with not a cloud in sight, and fortunately this weather stayed lovely throughout our time there, making the experience even more enjoyable. The coach pulled up by the lake in the early evening of Tuesday and the rowers got their first view of the beautiful lake in Ghent. It is narrower than most rowing lakes in the UK, consisting of a 5 lane course, which is a lane narrower than the National Watersports Centre in Nottingham. Before we relaxed by the lake, boats needed to be taken off the trailer, all stations were go as we started to assemble for the mornings hard work. Soon we found ourselves pacing up the banks of the lake, watching as crews swept past, with the occasional sight of familiar British crews. Our accommodation was a hostel situated in the green Belgian countryside, about 35 mins from the lake. It was a great place to relax and unwind with plenty to do. Much was learned as we trained on the lake, all crews picked up improvements through the week. To go with the improvements made the regatta has boosted our confidence for the upcoming British Regattas. With a laned regatta already under our belts, the experience will be extremely valuable for races to come, especially for the younger year groups. After an intense week of training every day, we arrived at the weekend, with the Gentse Rowing Club International Regatta. Our crews were competing with a high level of European crews and to come out with so many medals is a great achievement. From my perspective, as a J16, it's fantastic to be experiencing that regatta feeling again, lining up with 4 or 5 other crews and fighting side by side. The fact that everyone showed off the King's colours so well, from J15's right through to seniors is a standard set for following years to come. Everyone needs to keep training hard, and not rest on our laurels, as National Schools Regatta is just around the corner!

Harry Brightmore – J16 '10

Dates for the diary:

GB Dorney Trials	25/04
Inter-Regionals	25/04
Merseyside Regatta	01/05
Wallingford Regatta	02/05
Chester Regatta	08/05
Shrewsbury Regatta	15/05
National Schools	28/05

Lost Property

Inevitably after the two training camps there is a lot of lost property! This can be found upstairs in the club and can be reclaimed for the next week before it is taken into school.

Quote of the Week:

“This Sat Nav isn't much use on the continent...”

Further Reviews and Results from Ghent and Monmouth in Issue 25



Weekend Training Times

Please note the weekend training times continue as of last term. Crew lists and squad lists are available from the coaches and also on the blog/ website. All squads will be training on the first Saturday back.