

## Union Boat Club Update

### 5 December 2018



### Training

The training schedule for the next few weeks will be sent out tomorrow.

At this stage the plan is for official training to continue up to, and including, Friday 21 December. And to resume with an “at home” training camp on Wednesday 2 – Friday 4 January.

Official training will restart Monday 14<sup>th</sup>.

There will be other training times over this period, we will keep the schedule up-to-date and send out texts as we can.

Bob will also provide a fitness plan for rowers to work to over the break. **It is important that rowers take responsibility to keep up with their fitness.** Rowers could work together to help motivate one another.

It would be helpful if you could keep your intentions to row or not row up-to-date on the Event Scheduler in our online management system.

### Annual Club Christmas Row



8.30am Sunday 9 December 2018 (This Sunday)

Come along this Sunday for our annual Xmas club row and Trophy races.

Races will be held in the morning. Random crews will be drawn on the day, all rowers, ex-rowers and family are encouraged to have a go.

It will be a fun-filled morning followed by a BYO Barbeque.

Great, if everyone could wear UBC blue and a bit of Xmas cheer.

We'll mix everyone up, Young, Older, Experienced and not so Experienced – eights / quads / whatever. See you there!

### **Sports Dietician Presentation – Important for all rowers and parents**

5.30pm Monday 10 December at the Boatshed

Diet has a big impact on performance, learn more on how to eat right for great health and sports performance.

UBC have secured a great opportunity for all **athletes and PARENTS** (because they do the shopping and cooking) to hear a presentation from a Mariana, a dietitian with specialist sports knowledge, about what athletes need to eat, how to train and perform well.

Presentation will start at 5.30pm and will have plenty of opportunity for folks to ask questions.

Afterwards there will be time to meet the coaches and vice versa.

We will be happy to answer any questions and discuss concerns you may have. There will be a quick discussion on appropriate clothing for rowing. That blisters are an occupational hazard and how to deal with them, safety on and by the water, the difference between rowing and other sports and the requirements.

A light supper will be provided.

### **Hawkes Bay Cup Regatta**

<https://www.rowit.co.nz/regattas/hbrc2019>

**Clive River - 2:30pm Saturday 5 – 12:30pm Sunday 6 January**

This is a great fun regatta for everyone. We have accommodation and spaces for tents and campervan. Families are welcome and encouraged to come along.

We will be leaving on Saturday morning and returning Sunday afternoon.

Entries close on Sunday 30 December and so we will be looking soon for those who wish to attend so that we can make up crews.

### **More .....**

There will be more information coming, but for now have a great Christmas.

Regards in rowing

The UBC Committee