



## From the President

**Dear Friends of UCBC,**

Welcome to UCBC's winter newsletter 2017. The club has been in good spirits this Michaelmas: our novices were very successful in Christchurch regatta and there has been a buzzing social event almost every week. The crews are ready for selection, the coaches are in place, and I think we can look toward the regattas next year with high expectations.

You may have noticed a revived UCBC Facebook page and Instagram account. We hope this brings you a nostalgic smile and maybe even a chuckle.

This summer, led by Stephen Powles, we had rowers from 1966-72 crews come down for an outing on the Isis, preceded by a lunch in the Head of the River. We'd be delighted to have more crews down who are interested in doing the same.



I hope to see as many of you as possible in the new year, whether it's for Torpids dinner, Eights dinner, D+Cs or an outing on the Isis. Remember to subscribe to our social media pages and please donate to the club if you can. Last, but not least, read on for training updates from this year's captains and vice captains: Angus, Lara, Aash and Alisa...

All the best, and a Happy New Year from UCBC.

**Joseph Dolphin**

**President 2017-18**



## From the Captains

**The Senior Men** have made a strong start to the year. We began Michaelmas with 12 senior men rowing and a new coach, Ben Moule. We initially began training together as one squad but by fifth week we selected a first eight to enter Wallingford Head.

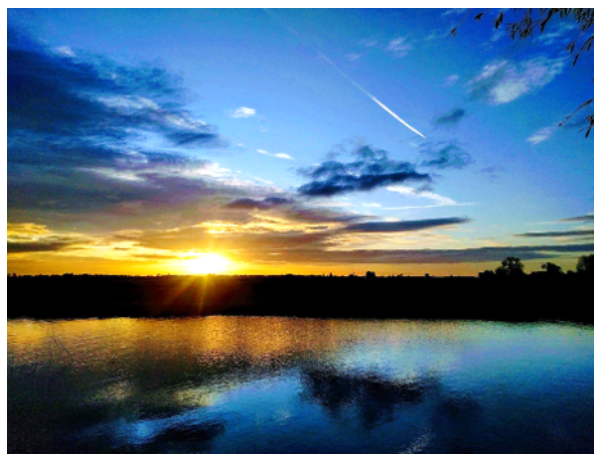
We have been training in an eight at Godstow and everyone has made strong technical improvements which has given us a very good base to build on next term. The land sessions back at the boathouse became increasingly strenuous through the term, the main aims being to build up a solid fitness platform and strong cores, using long UT2 ergs and core circuits.

For the second year running the men finished the term by entering an eight into Wallingford Head. Before the race both the men and women enjoyed a crew breakfast at Ben's house. The men put in a respectable performance showing the many improvements that they had made during the term. Now we can look forward to an exciting Hilary term in which we will be entering Henley 4s and 8s, Men's Head of the River and indeed Torpids. Let's hope that we can use this term's hard work as well as this year's large group of strong novices to get some great results.

A special mention goes to Alex Rowe-Jones and Holly Metcalf who are currently trialling for a place in the OULRC Blue Boat.

**Angus Menzies**

**Men's Captain 2017-18**



*A crisp morning at Godstow*

**This term** has seen a significant changing of the guard for Univ's senior women, following the departure of many long-term key members of the squad. However, our smaller (hopefully not in size!) younger squad, graced with a few new welcome additions, settled down with our (also relatively new) coach Max and adapted well to the situation. We left the chaos of the Isis behind and headed up to train in fours at Godstow, ensuring each member of the squad made significant technical improvements due to the improved quality of sessions and attention paid to each person. The situation also worked to ensure rapid development of coxes, with Lottie Hayton receiving an impressively early X-status upgrade after barely more than a term's experience. Off the water, the core squad committed to a comprehensive land training programme and were rewarded with some huge changes in performance on the ergs throughout the term. This increased focus on fitness will serve them well come Torpids and Eights.

The squad competed in Autumn Fours, which saw a dominant performance



against a Merton A Four in the first round, but an unfortunate defeat in the second against a fast Jesus crew, all with a novice cox who very successfully rose to the challenges of regatta racing. As we got further into the term, our focus turned to developing and amalgamating the novice rowers into the squad with a long-term focus on Torpids next term. Weekend inter-squad eights sessions on the Isis saw rapid improvement across the board for seniors and novices alike, which put the latter in good standing for Nephthys and Christchurch regatta. Coupling these with crew breakfasts and pub trips ensured we all bonded well ahead of becoming one squad next term. A particular training highlight was taking an eight to Wallingford for a joint training session with Oriel Senior Women. The 20km continuous paddle in the beautiful sunshine, and the renewed focus training competitively alongside another boat gives were invaluable for the squad.



*Univ women training at Wallingford with Oriel College*



*The UCBC W4+ at Wallingford Head*

The final focus of the term was Wallingford Head, an external 4.5km head race. Our crew was composed of both extremely experienced rowers and complete novices, but came together admirably in the final weeks with unbelievable competency, willingness to learn and mental strength shown by the novice rower and cox. The four wrapped up warm to face the long hard wait in the December chill, and raced hard amongst very strong competition from other universities and clubs to place 7th in the Women's Four category.

Overall, Michaelmas term has seen a reassuringly strong start from the core senior squad with solid improvements across the board in technique and fitness, as well as some very impressive performances from novices looking to join us next term. Together this will place us in very good stead for external regattas and our Torpids Campaign in Hilary term.

**Lara Drew**

**Womens' Captain 2017-8**

## From the Vice-Captains

**Univ men** saw 20 keen faces wanting to take part in novice rowing. We formed a strong MNA and MNB, and would frequently borrow rowers from these crews to get MNC outings too. The Men's senior side has three school boy rowers, and they were put to good use in coaching the novices, alongside one other coach for each boat.

This year's crop were a very committed and exceptionally strong bunch, with some of the novices having better erg scores than the seniors. With an emphasis on water sessions, they also took rapid strides towards rowing cohesively as crews. This was clear to see in competitions as MNA reached the quarter finals of Nephthys in a convincing fashion before losing narrowly to Magdalen A.

Christchurch was a great event for Univ. MNB beat (the eventual winners of the competition), Wolfson A in their very first race, but unfortunately lost to Brasenose A in the second round. MNA managed to reach Saturday of Christchurch beating Balliol MA, Merton MB and Mansfield MA



*MNA in action*

en route. They were the first Men's crew to reach Saturday since the Men's crew which won in 2012. Unfortunately they lost out to Magdalen A by a quarter length, having gained on them throughout the race.

After a fun novice term, we have a good number of rowers who want to continue to senior rowing, and this will provide the boat club with much needed squad depth on the Men's side. Now we look towards torpids to repeat the good work done during Michaelmas.

**Aashraya Jha**

**Men's Vice-Captain 2017-18**

**This year** saw our novice women putting in some of the strongest performances seen at Univ for a while, with successes in both novice regattas and in their joint training with the senior women, which undoubtedly helped their technique and already positive attitude improve rapidly. It has also been great to see that the novice squad has attracted both graduate and undergraduate rowers from various year groups, which has fostered a friendly atmosphere of inter-year bonding and already very tight-knit friendships.

The biggest achievement on the novice women's side this year has been the integration of novice and senior training, so much so that by the end of Michaelmas, it was quite difficult to tell apart which rowers had only started this year and which had been rowing for longer! The rowers have reaped the benefits of this training – having

had outings both with seniors to improve technique and with the other novices to learn to row well together as a boat – and this was evident in their performance in both Nephthys and Christchurch Regattas.

The Saturday of Nephthys saw crabs and crashes delaying start times, and after having already received a bye into the second round, an unfortunate crash between a houseboat and Univ's subsequent opposition saw the women receiving yet another bye, this time into the quarter-finals. The crew kept calm and maintained a positive attitude during this hectic period, and put in a very strong performance against a Hugh's A boat which had already raced twice that day, losing by around a boat length.

The first day of Christchurch Regatta saw WNA being drawn against a very strong Corpus Christi A crew, with Univ very narrowly losing the race. The coaches of both crews agreed that the race had been of a quality far better than typically seen in the first round. Univ were given a second chance to get back into the regatta in the repêchage on Thursday, which they capitalised on excellently, comfortably beating a friendly Benet's A crew which had three seniors in the boat! Day 3 saw the women being drawn against the very same Hugh's A crew that had beaten them just a week ago at the Nephthys quarter-finals, but this did not stop Univ from storming through the race to take revenge on the opposition, winning a very close race and making it through to the final 16! An

unfortunate crab in their race later that day against a very strong Merton crew meant that the women were just stopped short of making it to the final day; nevertheless, the crew were overjoyed at their performance across the week, and knew that they had given it their all in every race.

Therefore, despite just falling short of forming two novice women's crews - with a couple of women dropping out during the term due to work commitments – the Univ women are proud to have created a super-squad of talented novices, the majority of whom will be continuing on in the new year to take on Torpids. Their commitment and drive, as well as dedication to training with both the novices and seniors, has only served to benefit the club, and we are excited as we look forward to Hilary term, where W2 will bump back into its rightful position in Division 4!

***Alisa Musanovic***

***Women's Vice-Captain 2017-18***



*A proud WNA after bowing out of ChCh*