



Beginner Racing Captains

2022-2023



Hi! My name is Rachel, and I am a first-year medical student rowing on the beginner performance squad. I have had experience captaining sports teams in the past, as a Rink Hockey player. This means I have ideas as to what the role will involve and what I can bring to the Beginner Racing squad next year.



Hi, my name is Izzi, I am a first-year geology student, and this is my second year at Leeds. I am in the beginner performance squad this year and hope to be in the senior racing squad next year. I am an encouraging and friendly person who is very passionate and committed to rowing.



WHAT WE WANT TO DO, AND HOW WE WANT TO DO IT

Retaining members (especially beginner men) in a squad where they feel happy.

Boosting squad community and friendship

Being Involved and supportive to the beginners

Performing well! Especially at WEHARR/HARR and BUCS

Beginners only socials in term 1 for racing and recreational squads together to bond the squad together early to boost sense of belonging before Christmas

Organising at least 2 beginners only socials per term (probably 1 racing and one both racing and recreational)

Talking to our rowers! Having a group chat with us and the rowers and making sure that they are OK. Termly google form letting us know what more they want from us and the squad.

Making sure the expectations of the squad are available and well known to our rowers. Including a 3-strike system for dropouts.

Using group chats to communicate with rowers over Christmas - how are they getting on, what training are they doing and so on, just to keep a running narrative.

Actively encourage the squad training together as a group, even for training which isn't scheduled.

Spending time with the beginners. Attending GIAG sessions where possible to introduce ourselves and possibly coaching some of the sessions which don't clash with our training.

Not being afraid to make decisions where needed (within reason and with a discussion with rowers to discuss possible welfare issues)