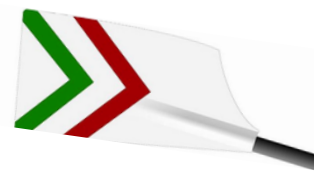
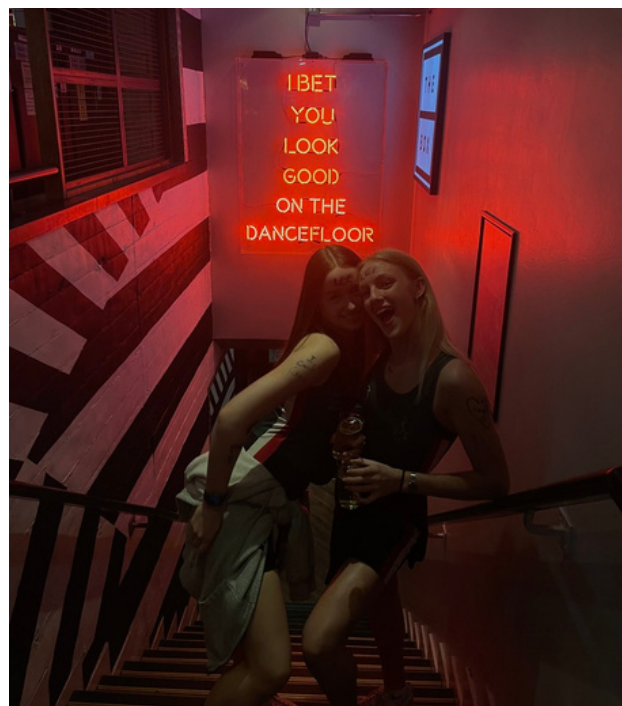


LUCIE & ZOE



Senior Recreational Captains 2022/23

We are very excited about the opportunity of running for Senior Recreational Captains next academic year. Going into our third year of study here at Leeds (Lucie- English Language and Linguistics and Zoe- Fashion Marketing), being members of the club for a few years and members of what was previously known as the 'Inters' this last year, we feel as if now would be the perfect time to step up our commitment and become captains of our squad. Rowing is now a big part of both of our lives, the squad has enabled us to make great friends whilst enjoying rowing in a relaxing and friendly environment. We love being able to partake with the freedom to style our own sessions and not have the intensity of the performance squad. Our main aim would be to continue the versatility of the squad, its friendly, relaxing environment and make sure there is something for everyone wanting to join.



Lucie:

I started rowing last academic year and was a member of the novice performance programme. After a successful first year rowing, competing in many regattas, and making great friends with the girls I rowed with, I was keen to carry on this year and progress my skills and knowledge as a rower. After training quite intensely last year, the 'inters' squad this year has allowed me to continue with a comfortable level of commitment and develop my knowledge in a natural environment. This role would be great to develop my leadership skills and I would love to give back to the club by helping progress the squad and helping it achieve its full potential. Learning to row last year, being a part of the 'inters' this year and also starting to coach this year I feel as if I have the motivation and skills to be an effective captain of the senior recreational squad.

Zoe:

I first began rowing at school as a compulsory aspect of PE in 2017 and decided to continue to take part in it throughout the rest of my school career after taking a liking to the sport. Coming to Leeds, I was keen to get back involved with the sport however was reluctant due to the level of the commitment that I thought might be required. However I couldn't have been more wrong. Joining the 'inters' squad has allowed me to continue to take part in a sport which I love at an enjoyable level, alongside making new friends and sticking to a schedule which is flexible. I believe taking on a role as one of the Recreational Captains would not only allow me to progress in my leadership skills, but also give me the opportunity to give back to the club which has made this possible. After carrying out the role of netball captain at school, I have experience in what it takes to run a squad with transferable management and organisational skills providing me with the key attributes needed to be captain of the Recreation Squad next academic year.

Our Plan:

Racing:

- We firstly believe it is essential for racing opportunities and therefore race crews to be announced as early as possible. This allows for crews to effectively train together and have the best opportunity to achieve good results.
- Higher intensity sessions with the opportunity for more coaching closer to racing events in order to curate the best possible crews and the best possible outcomes.
- Having back-up plans and effective communication with other squad captains, committee members and Dan when races do not happen or obstacles are faced.

Socials:

- Meeting with the squad at the beginning of the year is a top priority for us in order to integrate the squad and help everyone get to know each other; this will allow for some familiar faces around the boathouse
- Making sure there are regular opportunities to mix with different squads and therefore ensure inclusivity of everyone.
- Being a large squad with training being non-compulsory, regular squad socials will be arranged to ensure everyone is able to meet everyone and get to know each other outside of being in the boat.

Training:

- Making sure boat, equipment and transport plans are communicated clearly to make sure we utilize time down at the boathouse and make the most of training sessions.
- Making sure transport plans and weekly plans are communicated early and effectively so the squad knows what is expected of them ahead of time; we would like to carry on the 'three strikes' rule that Fliss and Swiv started this year, we don't want to have a zero policy rule on dropouts, however if members don't have valid reasons a strike will be given in order to prevent future disruption to outings.
- Information on canal and racing rules to be provided for new members of the club to ensure safety of members and equipment.
- Regular feedback opportunities so that we know what members want from training or what they would like to see happen.
- Making sure we utilize and request volunteer coaches to coach our squad, something which we don't really have at the moment; this allows for the progression of our rowers and the progression of skills for our volunteer coaches.
- Ensuring that individuals are comfortable in any boat they may be placed in; we are happy to run or request an introduction to both sculling and sweeping skills
- Making sure it is made clear at the beginning of the academic year that members are allowed to request boats and crew for their sessions.
- Making sure that members are aware of erg sessions they are allowed to take part in to improve fitness both on and off the water.

Tracking/commitment:

- Acknowledgement of those who are showing commitment, improvement and displaying positive attitudes around the boathouse; we will do monthly announcements to acknowledge these people
- Making sure there is a place for members to log and track their erg scores, training sessions and other exercise sessions so both members and us as captains can see the progression of our squad.

Equipment:

- Ensure the whole squad is aware of what is required of them to look after and maintain the equipment provided; an idea would be to create guides that are readily accessible if members are unsure
- Ensure it is made aware that if there is a problem with a piece of equipment, no matter how big or small, the problem is reported to Dan or a member of committee as soon as possible.

We are both extremely excited and eager to have this opportunity. Our top priority if we get elected is to make sure that the squad remains as we know it; versatile, friendly and as relaxing as members choose to make it! We want to ensure this so that our members feel at ease when at the boathouse and that personal lives and other commitments can fit in with training prospects. Making sure members get the most out of UOLBC is essential in what we want to do, we want members to view the club as defining their university experience in a positive way. By carrying on the work of Fliss and Swiv this year, we believe that we can be effective in our outcomes and ensure a friendly and approachable environment for our squad to thrive in.