



Rowing at Keble

A Novice Guide



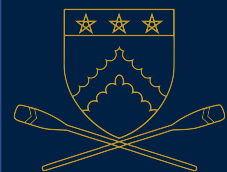


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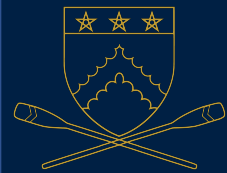
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NOVICE TIMETABLE

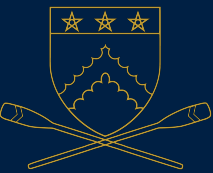
IMPORTANT PLANS!

Saturday 7th October – Novice taster session on the water at Christ Church Meadow Boathouse, with a BBQ

Novice taster sessions on the water, the erg and in the tank will run throughout 1st and 2nd week

There will also be socials which everyone will be more than welcome to join!

Novice swim tests will also be happening – we will book these in when you are available :)



MEET THE TEAM



Club President
Sierra Sparks



Women's Captain
Ciara McCormack



Women's Vice Captain
Niamh Walker



Men's Captain
Jack Dawson



Men's Vice Captain
Alana Zammit



Women's Novice Captain
Alice Banfield



Men's Novice Captain
Jamie Todd



Captain of Coxes
Jade Morris



Treasurer
Lindley Trueblood



Social Sec
Jong Kwon



Social Sec
Lukas Pye



Welfare Rep
Chloe Archer



Welfare Rep
Grace Borchert

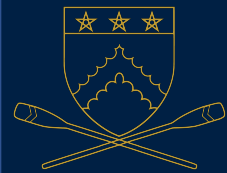


Stash Officer
Vinny Alm



Charlie Knight

KCBC COMMITTEE 23/24



KEY CONTACT DETAILS

Club

keblecollegebc@gmail.com

President

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Captains

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jack.dawson@keble.ox.ac.uk

Novice Captains

alice.banfield@keble.ox.ac.uk

james.todd@keble.ox.ac.uk

Welfare Reps

chloe.archer@keble.ox.ac.uk

grace.borchert@keble.ox.ac.uk

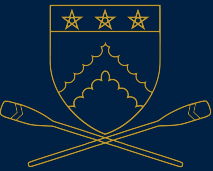
Website

<http://www.keblecollegebc.com>

Instagram

@keblecollegebc





HOW TO GET INVOLVED

Rowing

During freshers' week there will be an opportunities to go to taster sessions. You will get a crash course on a rowing machine, a chance to attend a tank session and (of course) have a go on the water!

The main taster water session will happen on the Saturday of Freshers Week, and rowers will take new interested novices out for their first supervised row on the Isis, Oxford's main rowing stretch near Christ Church. If you are not available on this day there will be other chances, but this will be the main introductory session with a BBQ and lots of seniors there to chat to!

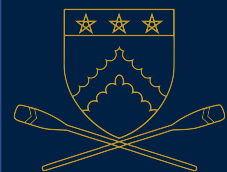
Coxing

One of the most important (and most underrated) roles in the boat is the cox. The cox sits at the stern (back) of the boat, and is responsible for both steering and communicating (commanding) the rowers. They use a microphone and speaker system ("cox box") that allows the rowers to hear them, and control the boat's rudder using strings. Coxes need to keep the rowers in time, and tell them when to change who rows, and at what rate. They are the main motivators in a crew – and the only ones who can see where they are going, so have an indispensable role!

Come to the taster sessions to speak to coxes and get a feel for what it would be like to cox for Keble!

To get involved at any point during the year please contact novice captains Alice and Jamie

Facebook Messenger – Alice Banfield and Jamie Todd



A TYPICAL WEEK

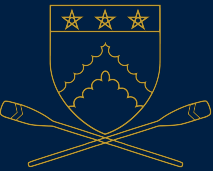
At Keble, everyone gets the opportunity to row, regardless of whether you want to train seriously, just give rowing a go, or are only in it for the socials. We also don't require any previous experience in rowing. In fact, most people who start at KCBC have never rowed before so don't panic if you have no idea where to start!

Generally, the top men's and women's boats will train on the water 4 or 5 times a week and have a couple erg/fitness sessions in the evening. However, novice boats will typically train 1-4 times a week depending on your commitment level and everyone's availability. You can be on the water as little or as much as you want!

Whilst it is true that training sessions can be early in the morning, the group-atmosphere generated in a team sport such as rowing is a major incentive to get up and put the metres in. Plus, what else are you doing that early in the morning? The hash browns at crew breakfasts will make up for it.

Although we have bumps races to prepare for during Hilary and Trinity terms, Michaelmas rowing is about giving a new sport a try, meeting new people and having fun!

At the end of Michaelmas term all novices get the opportunity to race at the novice regatta. The regatta is a knockout-style tournament for novice crews run over 4 days in 7th week. It is the first taste of racing in Oxford for new members and is a culmination of all the training done in Michaelmas.



WHAT TO WEAR

Water sessions

1. Layers, layers, layers – you can take them off in the boat if you get too hot
2. Thermals – a thermal base layer is your best friend. Primark do amazing fleece lined leggings for the cold winter mornings and you can never go wrong with standard decathlon thermals. Uniqlo thermals are also great.
3. Waterproofs – KCBC may love the rain but no-one likes being cold, so make sure you've checked the forecast and have a waterproof if needed.
4. Clothes for after – it's always worth having a dry jumper or coat in the shed for when you come off the water (this can just be whatever you travelled in).
5. Warm, comfortable socks – waterproof socks exist if you're feeling flush.

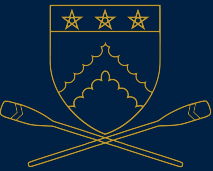
Erg sessions

Erg sessions get hot so you want to make sure you stay as cool as possible. Normal gym wear is fine – legging, shorts, sports bras, lightweight t-shirts etc. Trainers recommended.

Coxes

If you think you have enough layers, add another one. It is cold sitting in the boat if you're not rowing. Bring a couple pairs of socks, leggings, joggers, jumpers, coats and waterproof trousers if you have them. A hat is also a must. Basically you want to look like you're about to go skiing in the arctic.





KCBC SOCIALS

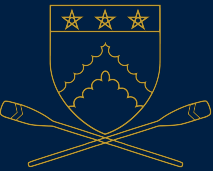
All rowers get Thursday off, which means KCBCs big night out of the week is Wednesday (the standard Oxford sports night)!

KCBC Socials can vary, from pub crawls, to more casual JCR/MCR socials, to daytime events such as lunch and barbeques in the meadow.

At KCBC we try to be a community as well as a sporting club, so as a member of the family rowers and coxes gain a strong group of friends. From crew breakfasts, to late night karaoke, to club ragers, the rowing club provides good times on and off the water.

Joining the rowing club is a great way to connect with people across different years in Keble, as well as meet people from other colleges through crewdates. An unmissable Oxford tradition, a crewdate is where the rowing crews from two different colleges buy a bunch of cheap Tesco wine and go out for dinner together. Prepare your sconces, pennies and shoes...





The primary form of racing that takes place in Oxford (and C**bridge) is 'bumps racing'. Unlike other forms of racing, boats race in a line, where the objective is to 'bump' the boat in front of you, whilst not being bumped by the boat behind you.

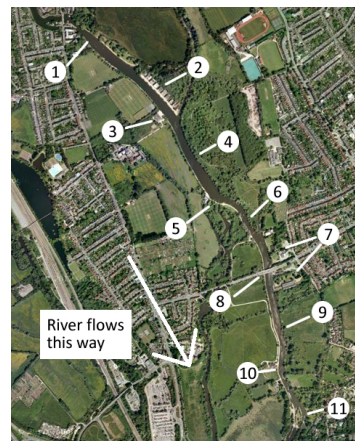
A bump can either be safe physical contact between boats and blades, or if the cox concedes by raising their right hand upwards.

Boats start on 'bunglines' at the foot of the river, 1.5 boat-lengths apart, with 13 total boats in a division.

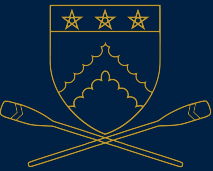
There are two main bumps races every academic year: Torpids in Hilary, and Summer Eights in Trinity. Each last for four days, giving every crew four opportunities to go up (or down!) four places on the table.

If a crew bumps for four days in a row, they are awarded blades, which are the wall paintings you see around college. If you are bumped four days in a row, you are 'awarded' spoons!

Check out www.bumps.live to see an interactive table of how each crew performed!



- 1 - Head of the River
Spinning area + Finish line
- 2 - Boathouse Island
- 3 - Univ Boathouse
- 4 - Greenbanks
- 5 - Longbridges Boathouse
Spinning area + Race desk
- 6 - The Gut
- 7 - Falcon and City Rowing Clubs
- 8 - Donnington Bridge
- 9 - Haystacks
Bumps bunglines along here
- 10 - Isis Tavern
Spinning area
- 11 - Iffley Lock

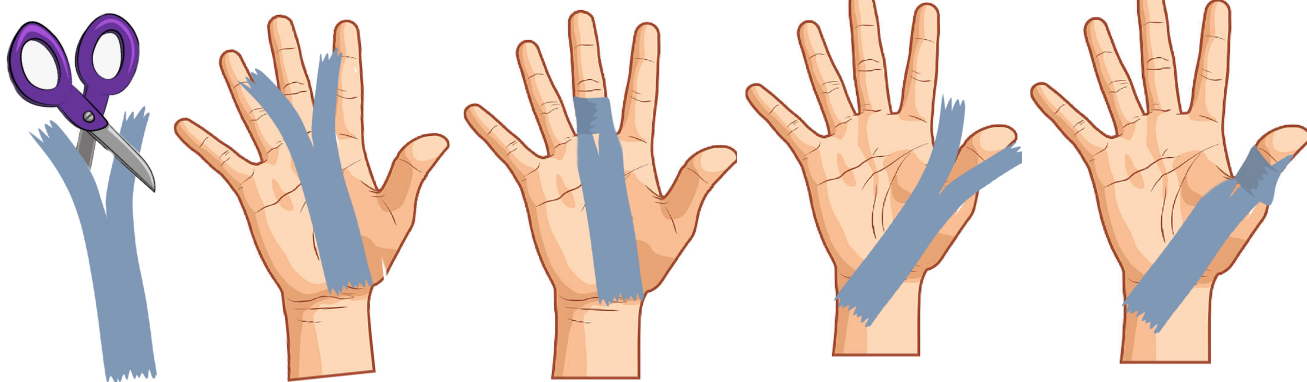


How to cope with blisters

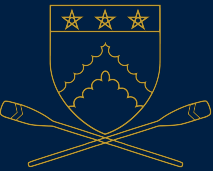
We don't want to put you off, but, blisters are inevitable with rowing, especially if you've never done it before. However, it is important to help them heal quickly and keep them clean. There are also some methods for preventing them.

- Apply tape or plasters before a session and remove it immediately after to let the blisters dry out
- Apply tape from the base of your palm around your fingers rather than across the palm, this can help stop the tape from rubbing off during sessions
- Use antiseptic ointment if blisters are open and inflamed to prevent infection, especially if you get river water in them because the Thames is nasty
- Use surgical spirit to harden hands

How to tape your hands



Apply plasters underneath tape on any open blisters



TOP TIPS

How to: avoid injury

Stretch! Rowing can be straining on the lower back, so ensure that you stretch before and after sessions.

How to: prepare for a morning session

It's worth having a light breakfast before a session to give yourself some energy, something like an energy bar. And bring a water bottle!

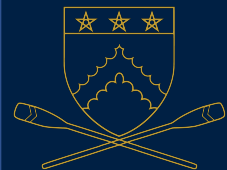
How to: balance rowing and work

The best bit about early morning sessions is that they set you up really well for the day and don't interfere with "work time". However, if you're feeling overwhelmed with work talk to your captains and coaches, your degree always comes first.

How to: improve technique

Coaches will often send videos from sessions and give positive, constructive feedback. Take it into consideration!

How to: have fun at Keble Row. Yeah Keble



PROVISIONAL ROWING CALENDER



Michaelmas Term

0th week – Novice taster session

1st/2nd week – Coxing briefings

6th week – Nephthys regatta

7th week – Novice Regatta
– Novice dinner

Hilary Term

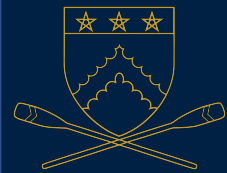
6th week – TORPIDS
– Torpids Dinner

Trinity Term

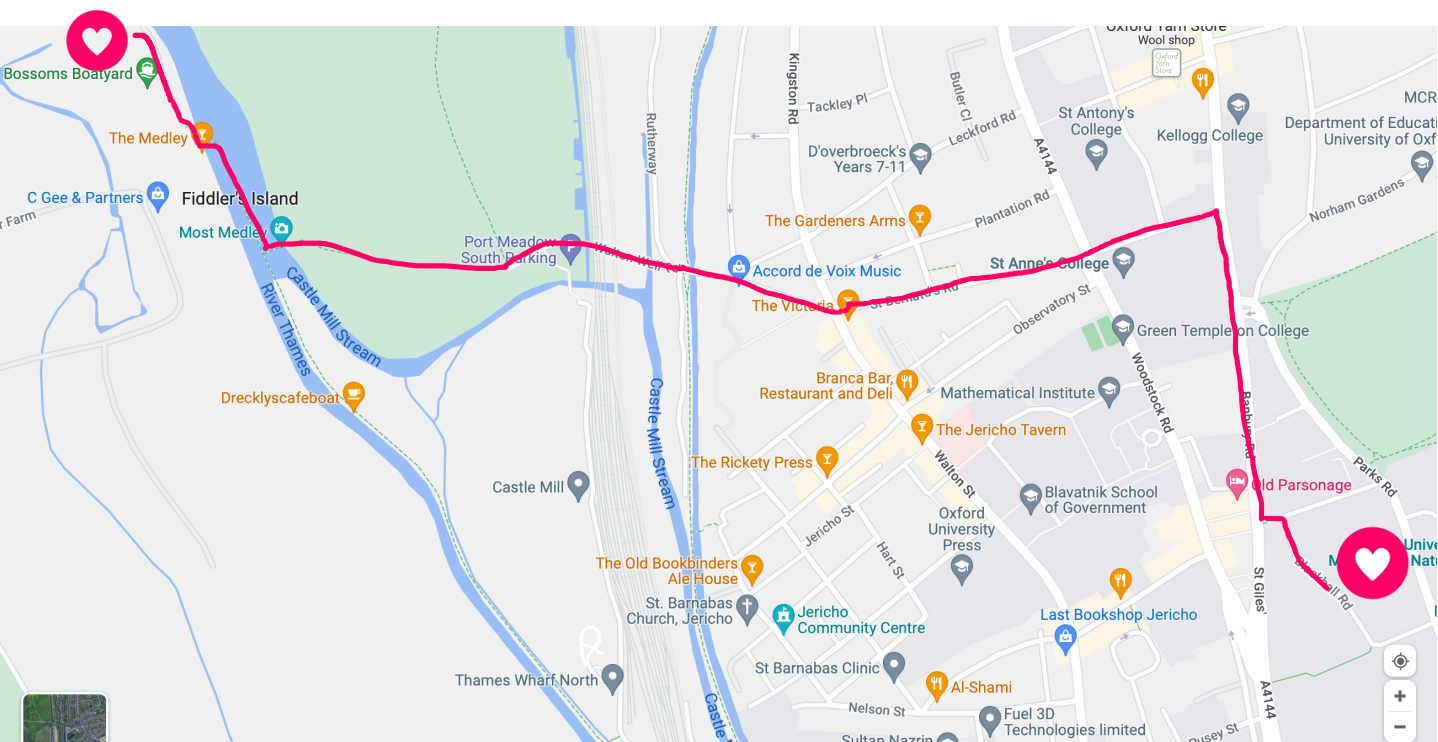
Pre-term training camp TBC

5th week – SUMMER EIGHTS
– Eights Dinner

7th week – Oriel Regatta



Keble College → Godstow Boathouse

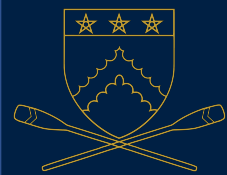


Keble College are lucky enough to have two boathouses, one at the Isis next to Christchurch Meadow, and one on a quieter stretch of river called Godstow. Godstow is where the majority of the training takes place

Address: Oxford OX2 0NL

30 minute walk
10 minute cycle

We will meet at plodge before the first session and walk you guys there so that you are familiar with the route. There are also usually others walking/cycling each morning if you're unsure of the way.



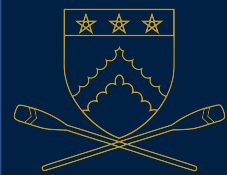
Keble College → Christchurch Meadow Boathouse



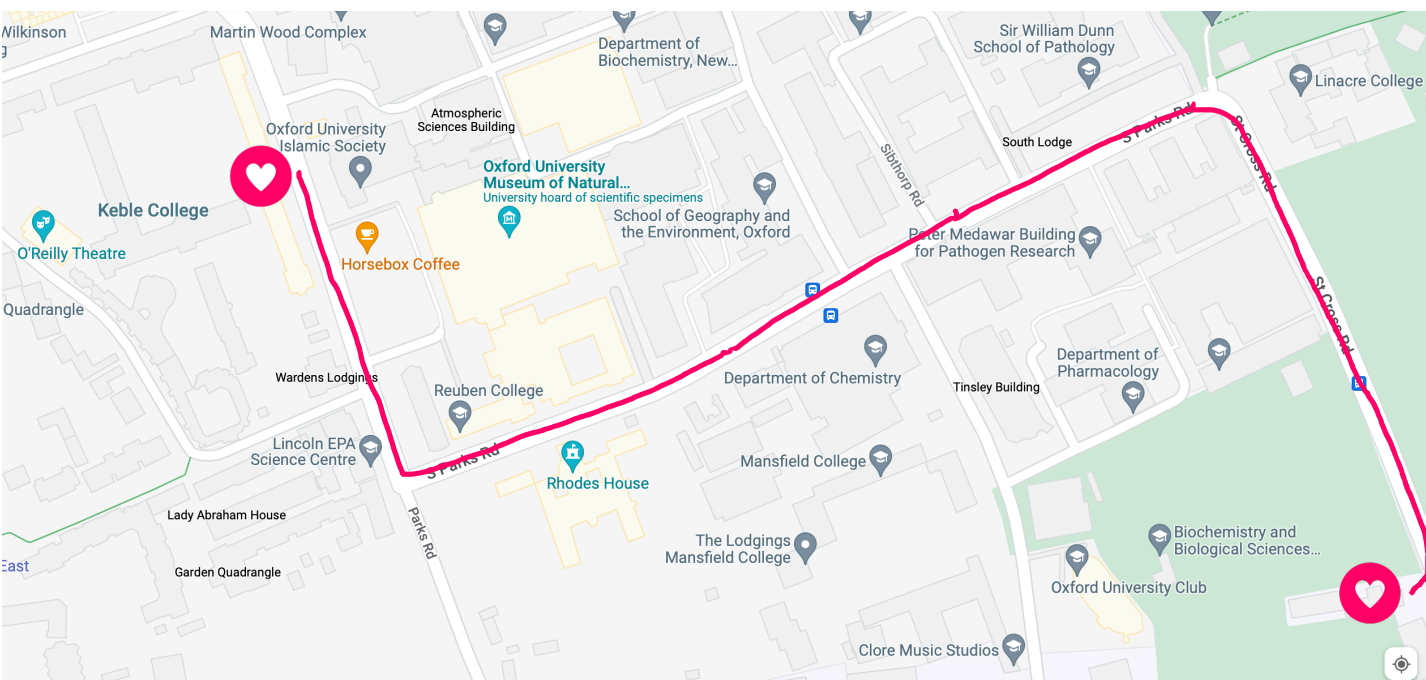
The stretch of river alongside Christchurch Meadow is called the Isis. Although Keble don't usually train here, all major races take place on the Isis.

Address: Jesus and Keble Boathouse, Oxford, OX1 4PP

30 minute walk
10 minute cycle + 10 minute walk (bikes can't enter Christchurch Meadow so have to be locked up outside)



Keble College → Squash courts



Most colleges keep all their ergo machines at the boathouses, but luckily we have a training room set up much closer to home at the Keble squash courts, saving us the 30 minute trek to Christchurch meadow. This is where any ergs, weights, yoga or fitness sessions will be held.

Address: Jesus and Keble College Squash Courts, 11 St Cross Rd, Oxford, OX1 3TN

10 minute walk

5 minute cycle