



## From the President

Dear Friends,

It seems like yesterday that the seniors were enthusiastically signing up novices at the UCBC freshers fair and being astounded at their willingness to brave the driving rain and get in a boat at the UCBC taster day to start their rowing career! Fast-forward one term and UCBC stands in a strong position for Torpids, with great performances and growth across the board and genders.

Thanks to continued kind donations to the 1990 Fund, the seniors were able to train at Godstow with new coach Jonathan Cheesman, who implemented a comprehensive whole club land training programme. This had the effect of bringing the squad members into closer contact with each other and bonds have formed between the most experienced and newest members of both genders as they battled his tough sessions. The sprinting circuits and core team competition as the sun set over Univ Sports Ground were particular highlights!

The Senior Men and Women performed well through the entire term and entered a Men's Four and Eight and a Women's Eight into Wallingford Head, where, despite broken steering, the Women won their sub division! The standout performance of the term, however, came from the Novices, who delivered UCBC's strongest performance in Christchurch Regatta in the past five years or so. Four boats were entered (a WNB for the first time in 3 years!) and the First Men's Eight reached round three.

The first Novice Women's Eight, who had been stunning fellow novice crews and coaches alike throughout the term with their almost concerningly impressive technique and power, dealt with a substitute (and significantly heavier) cox for the last four rounds to beat Merton A to finish 3rd out of all the Women's Novice boats in Oxford College Rowing! The Senior squads look forward to welcoming this fresh new talent into their ranks next term.

A huge thank you goes to all the committee members, Jono, student coaches, college staff and senior members who have worked tirelessly behind the scenes to continue to help UCBC to grow, both in size and in success. We are especially grateful towards the Friends and Old Members who continue to support us financially and in person riverside, and we hope to see many of you at the Dinosaurs and Cassandrians Dinner, and at Torpids in late February. Look out for details via email and on our Facebook page.

Best wishes, and Merry Christmas,

**Lara Drew**

**UCBC President 2018-19**



*WNA (Nephtys Regatta)*

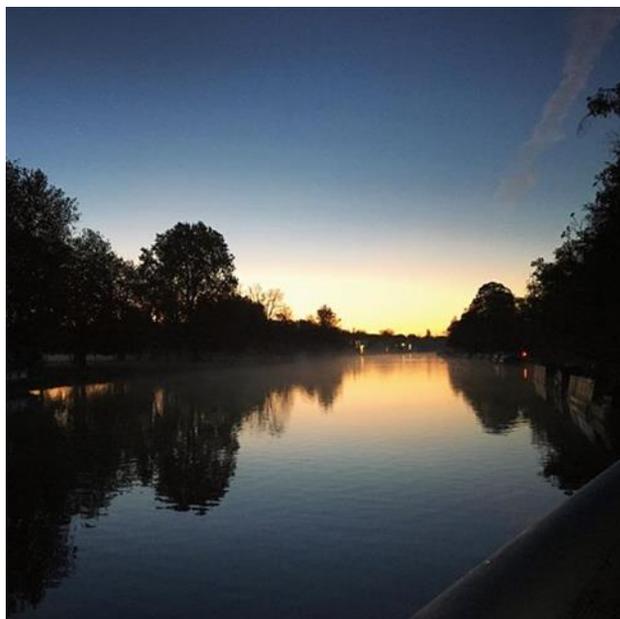
## From the Captains

**Michaelmas Term has brought** a lot of change to UCBC's Men Squad. Alongside our usual crop of bright eyed and enthusiastic novices we have, alongside the Womens Squad, appointed a new head coach, Jonathan Cheesman. Jonathan has brought in a number of new approaches that have at times left even our most senior members resembling the novices as their technique and fitness are pulled up to new standards. While exhausting this new attitude to training, nutrition, and fitness has already started to yield results with the senior Men's Squad making the most of Michaelmas Term and setting us up well for a strong Torpids campaign. Outside the erg room and Godstow the Mens Squad has been involved in racing this term with Autumn Fours, IWL, and Wallingford Head all providing valuable experiences for crew members who haven't encountered racing outside the chaos of Bumps. Come Day 1 on the bunglines I'm sure they'll think back to these cold Head races and draw on the hard kilometres rowed to race us up the division.

Michaelmas Term is however mostly about the new faces of UCBC, our cherished novices. The committee did a fantastic job in recruiting again with the creation of two Mens novice boats. Both impressed Jonathan, the Senior men, and their volunteer coaches with their attitude to training and ability. The two crews then went on to produce very strong performances with MNA making it to the Friday of Christchurch Regatta. So big congratulations to our novices and a huge thanks to our novice coaches: Ruairi Clayton, Andy Bridger, Sophie

Wicken, Katie Hammond, Mark Brookes, and Patrick Hudson, and also to Dylan Dissanayake the Vice-Captain for taking the lead in organising it all. Now we all look forward to these novices making the step up to the Senior squad next term in time to challenge for seats at Torpids. To this end we will be holding a UCBC winter training camp with the squads assembling before term starts to get a jump on the opposition and work off any fitness damage done by Christmas. Michaelmas Term then has seen a lot of change in both the Mens and Womens Squads but all of it for the better as the whole boat club looks forward to the challenge of a racing term.

***George Russell***  
***Men's Captain 2018-19***



*Sunrise on the Isis*

**Throughout Michaelmas Term,** the senior women's squad followed an intense training programme set by our new coach Jonathan Cheesman. Our week consisted of four 2-hour sessions, which included warming up, stretching, ergo sessions and/or circuits. For the first half of the term, we were also lucky enough to be able to use the University College Sport Grounds to do our weekly running circuits session. These were open for the whole

of college to attend, which brought a new level of inclusivity to the boat club. In addition to this, we had 3 outings a week at Godstow, mostly in the four, which brought much technical improvement across the 8 weeks.

During term we entered two competitions: Autumn fours and Wallingford Head. The former gave us a lot of motivation to train harder as our crew lost against a very strong St Catherine's crew. Following this, we enjoyed great success at Wallingford Head, entering a four consisting of a former W1 rower now turned novice cox Sophie Wicken, our President Lara Drew, a new senior Sarah Faulkner, one of our new comers Alice Evans and myself. We were unlucky with the draw and were one of the last boats to go (having spent 3 hours on the water) but came well-prepared with ample warm layers (see picture below). We started the race positively, quickly finding our rhythm at rate 28 and rapidly made progress closing the gap between us and Brasenose from over seven lengths to just one. Unfortunately, as we were overtaking Brasenose, our rudder cable broke and even with our attempt at pressure steering for the first time, we hit a tree and came to a full stop (our boat escaped unharmed!). However, thanks to our



*Women's squad at Wallingford*



*Women's squad training at Godstow*

amazing cox we wasted no time in doing a summer eight's style start to bring us back to a single length away from Brasenose at the finish line. Although the second half of our race was affected by our lack of rudder control (our coach reckons we lost 20 seconds in total) we came first in our division and only a few seconds behind the first college four (Pembroke). All in all, the race represented an impressive demonstration of the determination of our rowers and revealed the improvement that our new coach's rigorous training programme has heralded. This bodes well for W1's prospects next term.

The squad stood at 12 women strong, with 5 novices from last year becoming seniors and 2 new comers. All will be continuing to row this year, so this term has set an excellent base for what is to come for W1, W2 and W3. The squad are looking forward to an exciting Hilary term, which will begin with a training camp at Abingdon, where W1 will continue to train throughout the term. We are hoping to compete in Women's Head of the River (Saturday 16<sup>th</sup> March 2019) in London, so please do come and support Univ!

**Emma Lepinay**  
**Women's Captain 2018-19**

## From the Vice-Captains

**Michaelmas term started with** 18 new, keen rowers eager to get stuck into the novice program. After a couple of weeks of trial outings, a strong, grad-dominated MNA was formed based primarily on the boys' water technique, with MNB consisting of a rotational squad of 10. With the help of various senior members of UCBC coaching both sides, two cohesive and tight-knit crews were able to blossom. However, issues with swim tests unfortunately proved to be a far too frequently recurring theme, resulting in a couple of our boys being unable to compete in the regattas. Nevertheless, the squad powered through and after a promising performance in Nephthys, the boys were raring to go and tackle Christchurch Regatta head on.

An unlucky start, which involved a seat coming off of its railings, meant MNA quickly found themselves 2 lengths behind Worcester A in their first race, but miraculously ate up the gap with just 7 (and a half) of the crew rowing. It wasn't enough though as they were pipped on the line, but a strong comeback in the repechage against St. Hughes B saw them



*MNA after Christ Church Regatta*

record an easy win and set up a round 3 matchup against Wolfson A. The crew put in a valiant effort but the famously strong Wolfson boat were too much to overcome, and MNA bowed out graciously on the Friday. MNB (more commonly known as the MNBeasts) also put in strong performances in their two races but were unable to get the better of either of their opponents, exiting Christchurch with some powerful rowing in the repechage.

Many thanks to all of the coaches and subs who made the novice term possible and so enjoyable. With the senior men's side for Hilary term shaping up, we have the largest squad for some time already signed up and I'm delighted that so many novices are continuing their rowing development into the senior team.

***Dylan Dissanayake***

***UCBC Men's Vice-Captain 2018-19***



*WNB (Christ Church Regatta, Thursday)*

**Michaelmas term has seen** an exceptionally promising start to the year for the women's novice squad. Despite the rain plaguing the taster day barbecue, much interest was generated during fresher's week with enough new recruits to form two women's novice boats. Under the capable guidance of coaches Hannah Farley, Giulio Mazzotta and Lara Drew (and with some aid from their vice captain), the squad mastered the basics of rowing at an impressive pace. Due to scheduling restrictions and ongoing swim

test trials, their training was largely mixed even after the boats were set, with WNA having 2 dedicated water sessions per week and the remaining 4 as mixed outings with the WNB girls. In addition, the squad had 2 erg sessions each week and women's captain Emma Lepinay ensured some of the keenest new recruits had the opportunity to practice rowing with the seniors in their outings. The squad tackled their training with enthusiasm and dedication, growing into a force to be reckoned with by the end of the term.

WNA enjoyed their first taste of racing at Nephthys regatta, where they won victories against St. Hughes WNB and St. Catherine's WNA before being knocked out by eventual winners New College WNA.

Christ Church regatta brought successes and a great regatta experience for both crews. Though WNB unfortunately had to enter as a friendly boat, the girls racing gave it their all on the Wednesday and Thursday. Wednesday saw great support from the women's senior squad, with girls stepping in as substitutes so that the remaining WNB girls could experience the regatta. Though unfortunately they lost to New College WNB, they experienced a startling victory against St. Anthony's WNA on the Thursday, charging ahead of them at a rate 38 they maintained without incident along the whole course.

WNA had one of the most successful Christ Church campaigns Univ has seen in years. They won comfortably against Oriel WNA on Wednesday, winning a bye for Thursday before continuing with another strong victory against Exeter WNA on Friday. Saturday brought a last minute crisis with their cox out of action due to an unfortunate injury, but men's captain George Russell stepped in at short notice to cox the girls to victory in their first 2 races against Christ Church and Queen's on the Saturday. They finally met their match in the semi finals against Wadham, but came back in their final race to secure 3rd



*WNA (Christ Church Regatta, Saturday)*

place with a well-fought win over Merton. Not only has the women's novice squad achieved huge success this term, they have displayed a huge enthusiasm towards rowing that has been wonderful to see. With many set to return in Hilary, the women's side looks toward to an expanded squad with the addition of a W3 boat.

I would like to thank the novice coaches Hannah, Giulio and Lara, whose dedication and expertise shaped the novice squad into the strong rowers and coxes they are today. I would also like to thank Emma and men's vice-captain Dylan for their help and co-operation in organising the women's novice training, previous vice-captain Alisa for her help and support this term, and George for stepping in to cox both WNA and WNB in Christ Church. Finally, I would like to thank all of the senior members of UCBC who were always ready to save an outing (or even a race!) by subbing in at the last minute, and creating a welcoming and supporting environment that our new rowers can enjoy being a part of.

***Sarah Faulkner***

***Women's Vice Captain 2018-19***