



## Issue 43... Wow what a party!!! Junior Captain's Pudding Evening a Fantastic Success!



### Junior Captain's Pudding Night...

Everyone brought cakes or puddings and despite eating for England (ably assisted by Ruth, Graham, Roy and Peter and various members of the rowing club) we failed to make much of an impression on the impressive fayre.

Well done Rosie, Lucy and all who contributed to this great evening.



Squad Bonding over Games and Disco



Then run off the calories on the final furlong

<p><b>Don't Forget</b></p> <p><b>The Blake Challenge Cup Returns!</b></p> <p><b>Closing Date this Weekend</b></p>	<p>This is an old Worcester sculling tradition that is open to scullers of all ages.</p> <p>You will find further details on the information page below.</p> <p>Don't delay in getting your entry in before 21<sup>st</sup> July.</p>
<p><b>Attention All Juniors</b></p> <p><b>Learn To Row Training Course...</b></p> <p><b>But Your Attendance is Requested on the first morning</b></p> <p><b>Monday 21<sup>st</sup> to Weds 23<sup>rd</sup> July</b></p>	<p><b>Capsize Drill and Swimming Test for All Juniors.</b></p> <p>If you have not done a capsize drill or swimming test in the last 12 months please come to the Kings School swimming pool for 9.30am on Monday 21<sup>st</sup> July. Apart from the capsize drill, you will be asked to row 100mtrs in light clothing. So bring a towel and a change of clothes!</p> <p>If you are rowing the boats to Kings, please be at the boathouse at 9.00am.</p>
<p><b>Forthcoming Regattas</b></p> <p>26<sup>th</sup>/27<sup>th</sup> July - Bewdley</p> <p>9<sup>th</sup>/10<sup>th</sup> August - Stourport</p> <p>24<sup>th</sup>/25<sup>th</sup> August - Ross-on-Wye</p>	<p>Those of you who are down to compete make sure you keep up your training and read the articles on nutrition in the Rowing &amp; Regatta magazine!!!</p> <p>There is some essential reading on rigging boats as well.</p>
<p><b>New juniors registration form</b></p>	<p>If you have not yet completed one please do so post haste and hand to Coach Sarah. You will find a form with Myosotis Issue 42 or on the WRC website <a href="http://www.wrc1874.co.uk">www.wrc1874.co.uk</a></p>

Your Coaches