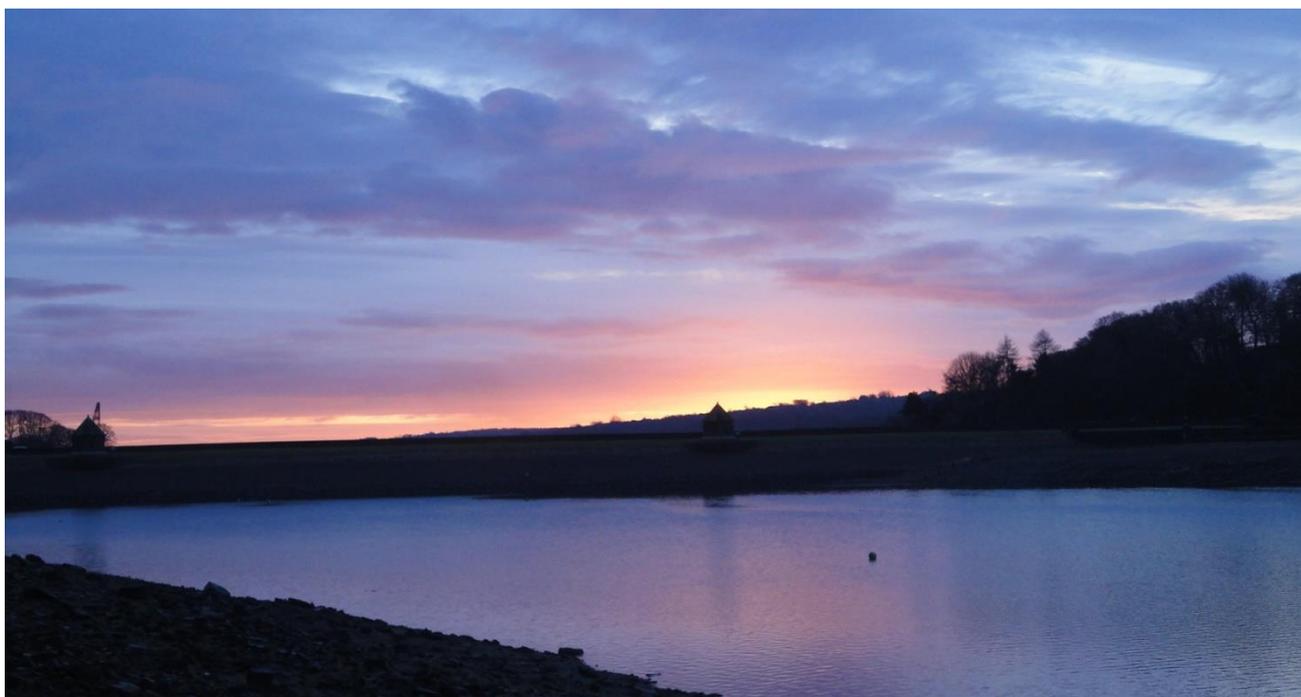


Damflask Diary



A Plum Dawn for Racing

Inside this issue

CSRC's 50th Year	2
Ceilidh Shenanigans	2
Indoor Champs	3
Plum Pudding Regatta	5
New Year – New Goals	6
The Boathouse Baker	9
JJ's Musings	10
Boston Snow Party	11
Coming up... ..	11

CSRC's 50th Year

Welcome to 2018, and the 50th year of this club's existence! I've worked out that the first of my family to see you lot going round in circles on the dam would have been over 10 generations ago. Doesn't time fly!

To kick-off the year we first have a message from our glorious leader about how the club will be marking this half century.

As many of you know, the club is now in its 50th year. I assume that you are all feeling the weight of history and are striving to achieve the club's greatest ever results this year!! With that strongly in mind, we all know that CSRC has an incredible strength and depth in the field of eating, drinking and socialising. Therefore, the club is going to be holding a 50th Anniversary Dinner on Saturday 14th April at the Cutlers Hall. There will be live music, a three course meal and plenty of chances to chat with members old and new. Invites have been sent out, so make sure you book your place! The committee have been trying to contact as many members as possible, and we are really hoping to invite as many past and present members as possible, so if you have any contact details for past members, or would like more details, please contact captain@sheffieldrowing.co.uk.

Catherine

Ceilidh Shenanigans

Suspiciously, no photos seem to have been taken of your annual shindig up in Crookes. I might have to send a photographer next year to ensure embarrassment for all!

I am assured by all who attended that there was much jigging and reeling to be had, if not some slightly dubious waltzing. The band 'Roger the Badger' kept your enthusiastic feet on the dancefloor for most of the night. I'm told that despite the mass disappointment at there being no Orcadian Strip the Willow, there were still plenty opportunities for throwing or being thrown around with the likes of the Flying Scotsman, The Dashing White Sargent and The Cumberland Square Eight.

Some "non-rower" guests were heard to say that the combination of rowers and ceilidh made for a slightly more energetic dancing style than they had been used to! Praise indeed, though I suspect only a rower would think that!

Indoor Champs

Unfortunately they don't let Herons on the tube in London, no idea why. So for this race report I have handed over to Fran Scarisbrick;

On a cold, dark morning in December, a merry band of CSRC members hopped on a train and headed for the wonderful Velo-park in London. They were kept thoroughly entertained all morning with some highlights being; cheering on 91 year old competitor Peter as he completed his 2km test and seeing the brave and excited 12 year olds stepping out to compete.

The atmosphere of the whole event was lovely - with everyone supporting each other in their competition with the machine.

Four of our women's squad; Kate, Meri, Libby (borrowed again from Tees University as we just can't quite let her go!) and Fran took to the competition floor in the afternoon for the open women's 2km. Despite being mildly put off by lunch trollies full of sandwich's being wheeled past us (?) and some pretty heavy flash photography, the machines took second place as the squad managed some adrenalin fuelled PB's.

Then the relays! The women's relay team were able to watch and cheer on the novice squad team from the warm up area. Our very wise novice team had spent some of their pre-race time picking up tips on relay change overs from the women's GB squad. Impressive performance from Steph, Jody, Malky and Tom - steely determination and good form all round. Still with slightly wobbly legs from the 2ks the women's squad relay team were quick off the virtual stake boats with Kate taking the first leg, backed up by Meri who always gives everything, then Fran. Libby hopped on to bring the team to the finish line in style - at which point we were surrounded by some excitable GB rower's (who'd just finished their relay) cheering for Libby and for Sheffield. Libby gritted her teeth and did the club proud!

Leaving the park tired and happy we bumped into Adam Neill and friends carrying beers back into

the velodrome...if it's good enough for GB squad it's good enough for CSRC



Fran



Libby with some GB support!



Novice Relay Team (Before or After?)

Plum Pudding Regatta

The annual Plum Pudding Regatta was again a festive fight to the finish and despite some adverse weather conditions, four mighty athletes rose to take the ever coveted puddings. The winners this year were Meri Middleton, Tom Phillips, Ian Ripley, Libby Reagan and cox Eli Turner. It is to be noted that both Tom and Libby were returning from their sojourns at University for the highlight of the racing year that is the CSRC scratch regatta. Thanks to everyone involved for making the event run so smoothly and for all your efforts on the water for making the event so entertaining!



Happy Rowers



The Winning Crew (+Simon)



Club Photo (Have Calendar – Will Advertise)

New Year – New Goals

Just in case you've given up on your New Year Resolution already, here are a few tips and thoughts on goal setting from a few club members. Whether it's rowing a circuit of the dam in a single scull without capsizing or succeeding at a national level event, goals are a critical part of rowing.

My goal for this year is to eat more cake, now I've tried it fish just don't cut it any more.

Firstly we hear from our resident coaching expert, Janet Vickers on how to approach goal setting;

Locke and Latham talk about motivation and the link to Smart goals, this acronym is well known

- Specific
- Measurable
- Achievable
- Realistic
- Time phased

Motivation is linked... you can find it and just as easily lose it... many theories here too.

Motivation is intrinsic or extrinsic; the former being more lasting in theory, but money and shiny glittery stuff does work.

In the absence of the shiny stuff the most effective thing is to set personal process goals like pb's and technical stuff you can control.

S&C helps us manage this with training and testing blocks.

For sculling this could be to master square blades in a 1x. A length of the dam and count the bad strokes when the blades clip, or maybe the good strokes is more realistic?

Technology helps, always keep times and distances for outings, use mps, splits and comments. Monitor stuff and look for change but don't overdo this. You need to feel it too. Vicky is good at this; ask if she will show you her book.

1. Keep a book & write stuff down; both qualitative and quantitative things.
2. Hang out with those who want similar stuff to you.
3. Never give up, keep trying!

Rowing isn't easy, worthwhile stuff rarely is.

4. You have to be in it to win it! Take a punt & enter stuff. You might not win at first go, but you will learn something from every race experience.

4. Small boats make big boats faster.

5. What goes around comes around.

6. Make a plan, race the plan.

Now we know how to do it, we hear from a couple of esteemed club members on their goals for the next year. We'll re-visit this piece at the end of the year to see how they got on.

Completely anonymous female member of the club

My goals for the year are to train for and compete at some national events – National Masters Championships, possibly Henley Masters and Fours Head – as well as more local events, including defending our W.MasC.2- course record for the Great Ouse Marathon. Training for this last event will include making sacrifices to the Wind Gods in the hope that they stay away this year!

I'm also going to do my best as Club Chair and make progress with re-organising DFRC and the new boathouse project. Even though I have size 9 feet, Donald has left some pretty big shoes to fill!

Completely anonymous male member of the club

I find setting rowing & sporting annual goals very useful. I'm busy with work, family, and domestic life. I find being human easy and have the ability to talk myself out of a training session. But if I have one written down in my diary (yes, I am olde Skool and still have a paper and pen diary) I can see the event approaching, often feeling guilty with the need to complete and tick off the next session. I enjoy the reflective process, looking back at data and seeing how I compare to the goals I have set myself. I find time has a way of warping things and blurring the low point of training, making it all look rose coloured.

After nearly 20 years of rowing, with Novice pots stashed away collecting dust in the garage, I still feel like Gollum at the end of a race feeling sick, wrenching, murmuring "my precious", but weirdly, the process is addictive!

My ability to set personal goals was initiated by JV who motivated a group at circuits to set aims and share them. Setting goals showed a commitment to something, ultimately leading to self-judgement and external scrutiny. With this in mind, I felt exposed at first putting myself up for criticism. In this state it was easy for me to reduce my horizons and feel negative about myself. JV without me knowing helped eliminate this negativity and opened my mind and that of the group by setting new horizons, pushing us on further. The chance of failing to achieve a goal motivated me and overtime I developed resilience. Let's face it we all need resilience to row at Damflask out of, what is by nowadays standards, a primitive boathouse! But the small part of me that is an adopted Yorkshireman believes that we can use this to our advantage, when the chips are down in a race and the tank needs to be emptied in less than perfect rowing conditions CSRC members can do it and do succeed.

Setting personal rowing/sport goals has helped me create my identity and a sense of real achievement. I believe if you fail to commit, you commit to fail.

Simon Turner's wisdom has also demonstrated to me the importance of setting a structured training programme with crew commitment and with micro and macro cycles to increase the chance of achieving our specific aims. Following this programme was painful and on occasions simply not enjoyable but when we achieved our aims, the sacrifices were worth it. When we didn't hit some short term goals it was disappointing but we learnt from the experience and moved on to ultimately reach our long term aim.

In regular crews I have found it has been really important to be honest from the outset and talk about goals and limitations. Having a common goal and a crew understanding is a nice feeling, it creates unity resulting in us all pulling in the same direction eg towards the bow ball!

Are there any Downsides to setting goals and aims? Mmmm, yes! I found it can create stress and conflict. To achieve a difficult goal I have had to make sacrifices and be selfish. This can cause tension with friends and family in and out of my rowing life. People close to me have asked "is it worth it just to row? It is at the end of the day only rowing!" I must point out comments like this were from muggle non rowers!

The years I haven't been SMART with my rowing goal setting are the years I felt I failed to achieve at all.

At times I have found goals difficult as they have been compromised or not met, sometimes due to factors I can't control, eg sickness, equipment failure or the weather. The older I get the more I have learned to be tolerant, things are not as black and white as I once thought and there is a bigger picture than simply success or failure. I enjoy racing my single for the autonomy, however I now get less from rowing alone and more from working in a crew. Enjoyment for me now comes from the journey with other people and it is nice to reminisce about joint experiences of rowing over a beverage or three, especially when dressed up like a sweaty sunburnt deckchair at Henley.

Previously I have fallen into the trap of setting the same goals year on year. All crews have a limited lifespan, crew life is difficult and it needs real commitment (and a sprinkling of luck) from all. Peoples health, priorities and lives change and in my experience this has meant goal posts also changing. This experience has helped me become more flexible and adaptive about achieving my goals.

Some of my previous rowing goals have been;
Staying in lane, not catching a crab, winning novice sculling and sweep pots, competently rowing on the dark side (bow side). All of these were major achievements for me at the time. A decade on they feel easier to do but are none the less important foundation blocks in fulfilling this year's goals. If I don't maintain these now relative simple targets the latest challenges won't be achieved.

So to put my money where my mouth is;
2018

Personal goals- not get injured, use exercise to stay sane & reduce stress, spend quality time with the family, get less fat and not to smash anymore winning glassware in the dishwasher!

My rowing goals include a win in a head and regatta, a pennant at Vesta, race and win in a love double ;D)

Cross training goals are to cycle the Way of Roses and Eroica Britannia as well as to walk one of the Yorkshire Three peaks.

The Boathouse Baker

With this new feature from our favourite cake enthusiast you can tempt your friends with your culinary skills and then overwhelm them with your nutritional knowledge!

Everybody loves flapjacks, right? They are really easy to make, incredibly quick and taste nice. Oats are a low glycaemic index (GI) carbohydrate, aka a 'slow release carb' which gives you a steady release of energy as you digest them. In contrast, the sugar (and syrup) in flapjacks will also give some high GI carbohydrates, which you will digest more quickly and therefore get a quicker release of energy. However, the high fat content also slows down digestion a little bit. This means that flapjacks can be useful as something easy to eat an hour or two before racing or training, to allow you to get a steady release of energy. They probably aren't the best choice for immediately before a race because the energy release might not be quick enough (but they're not the worst choice either!). And of course they make a fine post-race treat (and have the benefit of being a decent enough recovery snack to help you to replenish your stored energy supplies). These are quite a cakey version rather than a crunchy one, because cakey ones are a bit easier to swallow than crunchy ones when you shovel them into yourself while driving to a head race, and they also make less of a mess in the car.

Ingredients (Makes 16 decent sized flapjacks)

280 g (10 oz) butter

140 g (5 oz) sugar (Light brown, caster, or granulated)

170 g (6 oz) golden syrup

350 g (12 oz) oats (Rolled or porridge oats, not pinhead oatmeal)

120 g (4 oz) plain flour

Instructions

1. Prepare a tin. For thick chewy flapjacks, something about 8" x 8" (20 cm x 20 cm) is about right. For thinner crunchier ones use a bigger tin. If your tin is a bit old, grease it well to stop the flapjacks sticking, or line it with baking paper if you are really worried. If it's non-stick or silicon you shouldn't need to.
2. Preheat your oven to 180°C (about 160°C for a fan oven, or 350°F).
3. Put the butter, sugar and syrup in a saucepan and heat over a low-medium heat, stirring until the sugar is completely dissolved (keep the heat relatively low so that it doesn't boil).
4. Stir in the oats and flour.
5. Spread the mixture into the tin; smooth it out but don't press it down too heavily.
6. Bake for about 20 minutes, until they are golden brown (the shorter the time the softer they'll be, and if you've used a bigger tin to make crunchier ones, cut down the time to stop them getting too hard).
7. Cut into squares in the tin while still warm & allow them to cool before taking them out.

Nutritional information

One flapjack (if this recipe is divided into 16) provides 36 g of carbohydrate, 3 g of protein and 16 g of fat which gives an overall nutritional value of 300 kcals per flapjack. So that's a lot or a little number of calories, depending on the way you think about it and why and when you're eating it!

Modifications

- Nuts, seeds and dried fruit are obvious additions – this recipe can handle about 1 cup of added dried bits before the texture changes too much and they fall apart.
- Try replacing some of the butter with peanut butter.
- You could replace some of the golden syrup with honey, but don't use treacle, it just gets nasty!
- Adding some lemon or orange zest is nice, or replace some of the golden syrup with a bit of marmalade.
- If you don't like the cakey / slightly stodgy texture of this recipe, take out some or all of the flour and put in more oats instead.

JJ's Musings

Hi All,

Happy Christmas/New Year (ed - end of January ☺) to you all! Firstly a big thanks to everyone who took part in & helped with the various festive goings on. At the forefront of my mind are the Christmas Ceilidh and the Plum Pudding, but there were a few others (such as festive circuits) all of which made for an enjoyable close to the year. I hope everyone had fun. With a bit of luck there will be some photos accompanying this indicating that people did indeed enjoy them!



Looking forward to the 2018 social calendar. The principle event this year is the CSRC 50th Anniversary Dinner, which will be held on **Saturday 14th April**. Please put the date in your diary.

In terms of normal/routine social events, I have a few ideas in mind and suggestions from others that I'd like to share with you (I would of course welcome any other suggestions and ideas). So, in no particular order we are thinking about:

- A trip to one of the escape/puzzle rooms in Sheffield;
 - Go-karting, although I might need to get an idea of what people would be willing to pay beforehand;
 - A visit to the Climbing Works (this would require people who are also Climbing Works members to be willing to sign in a couple of guests each);
 - A litter pick in the area from the boat house up to and including the Loxley Road (maybe coinciding with the boat house spring clean). Not specifically a social event but perhaps a good way of giving a little bit back to the local community (we can always go for coffee/breakfast afterwards);
- And of course when I run out of ideas I'll just default to a Friday evening visit to the Doctor's Orders!

I'd also suggest that maybe the occasional squad social might be a good thing (I'll leave squad leaders/members to organise those - I'd only request that people keep me informed, both to avoid clashes and in case I can help).

As an overall thought, I'd like to ask that people do support club social activities wherever they can. And within that I include regular activities like S&C, circuits and post-circuits pub/food. As we don't have a clubhouse where people can socialise after outings, we are at a bit of a disadvantage to other clubs in terms of opportunities for socialising and therefore to some extent club cohesion. It's also entirely possible (particularly in winter, with weekend squad timings) that there will be some club members who you will rarely see or may not even know at all. So the socials and regular land-based activities provide a good opportunity to remedy this and to get to know your fellow rowers a bit better, hopefully to the benefit and increased enjoyment of all.

Now to lighter matters; I have taken up the issue with Heron of my newsletter photo. However, despite an extensive search of my archives for a photo showing me looking somewhat more sporting/rugged/nonchalant I seem to have drawn a blank. So it looks like the beer & double chin photo will have to stay for now!

Finally, before the dust has even settled from the 2017 Christmas Ceilidh, I can announce that the date for the next one is **Saturday 15th December (2018)**. Hopefully being a little earlier this will avoid people missing it because they have already gone home or are already in the midst of family Christmas arrangements (I know this was a problem for some people this year). Please get the date in your diary now. If you're being really organised there's a fighting chance that the Plum Pudding regatta will be the day after, on the 16th..... Right, that really is it, no more Christmas until the end of the year!

Boston Snow Party

In what were incredibly wintery conditions, four intrepid Sheffield boats headed over to the edge of the rowing world. Known for its bleak scenic aspect and cold ditch like attributes, Boston can be an incredibly difficult race to succeed in. The mens and womens eights, both aiming for the races on the Tideway in March were looking to mark the start of this year with a good performance. The womens 8+ built on their decent performances in the autumn to notch up a win putting over 40 seconds over their nearest rivals. The mens crew weren't quite there, losing to an impressive Nottingham boat by a similar margin, but putting a decent time down and beating several other crews to be near the top of the time sheets.

The junior women's quad, egged on by the prospect of beating their parents in the Crossley double (nice one!) put in a very respectable performance in a senior division being less than 30 seconds slower than the Hallam senior womens quad. I think there should definitely be some winning pots on the horizon if this quad can get a race in their own age group.

Crew	Division	Position – Boat Class	Position – Category	Time (5000m) Downstream
Open 8+ Tier 1 - Palmer	1	2/10	2/3	18.00.7
W8+ - Turner	1	1/4	1/4	20.39.5
Open 2x Tier 2 - Crossley	1	9/9	5/5	24..02.2
W 4x- Tier 2 - Morley	1	4/4	2/2	23.58.9

Coming up...

There are several races to look forward to over the coming months, hopefully getting progressively warmer. It starts with Head of the Trent on 25th Feb, Yorkshire Head on 4th March, HERR & WHERR on 10th-11th March and finally Vets Head on 25th March. With all these races coming up I'll be expecting to be reporting on winning ways in the next issue so don't let me down!



I hope you have enjoyed this month's update from the Dam. Any suggestions for content or photos you would like to see in the next issue please email;

heronatheneck@gmail.com