

MECBC Committee Meeting

7.00pm - 8.00pm, Friday 6th October

Minutes

Present: Clarrie Petit (CP), Taine Ranagan (TR), Issy Pearce-Mason (IPM), Felicity Parker (FP), Leanne Hagger (LH), Alice Levin (AL), Barley Collier (BRC), Danielle Oxborrow (DO), Lily Stratford (LS), Yue Zhang (YZ), Bethany Cross (BC)

Apologies sent by: Joanne Skinner (JS), Wing Ying Chow (WYC)

1. Fitness

(JS) - Clarrie's changes to fitness

- CP in contact with Mark over summer regarding fitness targets for crews, including W2 only doing half of the requirements for W1
- Those who complete less than 70% of their fitness requirements will not be invited to the boat club dinner that term
- Cheap hand weights available from Tiger, but also fine to run sessions without weights; kettle bells only useful for squatting
- We will be working out in the long room rather than the squash courts as it is a nicer environment

(JS) - Gym membership

- YZ awaiting confirmation of funding from JCR

2. Outings

(JS) - Warm ups before outings

- CP - We should run a self led warm up when we arrive to the boat house (warm up and stretch for 5 minutes)

(JKS) - Fines for being late to outings

- fine = 5 burpees per minute late, needs to be enforced once crews are set

3. Fundraising

(BC) - When do we want a fundraising erg? near the end of Michaelmas?

- Weekend of week 8 won't clash with other things
- BC - will ask College president to begin the erg
- Aim of raising enough to eventually buy a new IV

(BC) - Are there any other fundraising things we want to do, e.g. an assault course?

- No additional sponsored event in Michaelmas alongside erg but potential for a sponsored run later in the year
- (LS) Look into sponsorship from local factories/big industrial plants/hubs, e.g. refineries who have to sponsor things

- BC/LS/BRC to organise a raffle at Fairbairns Dinner

(BC) - Clarification on the concept of an old block boat room

- BC/FP Meeting with Daniela from the development team, explained that this plan will be mostly dealt with by the development team, we do not need to take further action

4. Novice

Coaching:

NW1 - Taine

NW2 - Nadia

NW3 - Maria

NW4 - A mixture of coaches

5. Publicity

(WYC) - Facebook page response rate

- All to reply to messages, even if just to refer novices to the LBC email address

6. Seniors

Crews

- W1 will be coached by Mark and be a VIII
- W2 will be coached by Watson and probably be an IV

7. Equipment

- FP, We have new blades for the scull
- Non MECBC to pay £10 for an outing and £40 for a race to hire MECBC sculls/TFL

8. Constitution

- FP has noticed some out of date areas of the constitution, agreement that she will make changes as per the current constitution, to be approved by CP and JS

9. Socials

(LS/BRC) Fairbairns Dinner

- We want it on December 1st to avoid the Varsity Ski trip and other departmental trips

Swaps

- Lily organising a swap for novices
- General agreement it should be with PBC to forge ties between our two colleges

Neptunes Dinner

- BC - we need to book dome now for Neptunes dinner (provisionally) for the same date as Pembroke Regatta
- BC needs to send a save the date to alumni for Neptunes dinner
- BC to organise a meeting with Daniella regarding invite list
- TR all boat club to also be invited