

**EXECUTIVE HEADTEACHER**

Mr K Ford

**HEAD OF SCHOOL**

Mr G Pendlebury

Bobmore Lane  
Marlow  
Bucks  
SL7 1JE

Tel: 01628 483752

info@gms.bucks.sch.uk

www.gms.bucks.sch.uk

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Dear all,

As you all know, National Schools Regatta is no longer occurring at Dorney Lake but instead returning to the National Watersports Centre (NWSC) in Nottingham where, historically, it was for many years.

This means that this will now largely require more paperwork from our end as we will now be organizing transportation and accommodation for most of the rowers. This is varied depending on the age group and boat type that they will be competing in.

This letter will outline and clarify the logistics and standards involved in this trip.

**Key points:**

- Regatta dates: Friday 23<sup>rd</sup> May – Sunday 25<sup>th</sup> May (goes into May Half Term).
- The total cost will vary depending on age group/boat type.
- The costs are covering transportation, accommodation, food, marquee pitch, coaching/supervision.
- BOTH payments & MS Consent Form to be completed via WisePay.

The aim of this regatta is to compete at the highest level, finding our national ranking at our major National Championships. It is a culmination of all the hard work the rowers have put in since September and is the pinnacle of most Junior Rowing in Great Britain for most ages and, in particular, for those in Y9, 10 and 11.

**Location:***Accommodation*

- Premier Inn Loughborough hotel, Southfield Rd, Loughborough LE11 2TS

*Racing*

- National Watersports Centre, Adbolton Ln, Holme Pierrepont, Nottingham NG12 2LU

**Selection:**

With the Regatta moving to Nottingham this requires more advance planning of bookings and boat strategy. Therefore, the strategy will likely be as follows:

**Friday 23<sup>rd</sup> May events**

- WJ14 8x+: A total of nine Year 9 girls will make up the WJ14 8x+ to compete at this event.
- WJ15 4x+ A: Four Year 10s will make up this crew and be coxed by our senior cox.
- WJ15 4x+ B: Five Year 10s will make up this crew.
- OpJ14 4x+: A total of five Year 9 boys will make up this crew.
- OpJ15 4+ A: Five Year 10s will make up this crew.
- OpJ15 4+ B: Five Year 10s will make up this crew.

**Saturday 24<sup>th</sup> May ONLY events**

- W2nd4x-: Four Y12 & 13 Girls will make up this crew.
- Op2nd4x-: Four Y11, 12 & 13 Boys will make up this crew.
- OpJ16 4+: Five Y10 & 11 Boys will make up this crew.

**Sunday 25<sup>th</sup> May ONLY events**

- WJ16 4x-: Four Y11 Girls will make up this crew.

**Saturday 24<sup>th</sup> & 25<sup>th</sup> Sunday events**

- WCh4x-: Four Y12 & 13 Girls will make up this crew.
- OpCh4x-: Four Y12 & 13 Boys will make up this crew.

The rowers are fully aware that this means that **not all** athletes will be attending National Schools Regatta. As stated, this is a highly competitive national regatta. Those students who do not attend this one will compete at many local / regional regattas as laid out in the selection policy and entries criteria documentation.

Competition for selection is essential to any programme and only makes the programme stronger. Selection for the boats above is based upon training in the season to date as well as critical on-water and on-land tests completed in the coming weeks.

We do aim to make this as inclusive of all students needs as far as possible.

**Transportation logistics (exact timings to be confirmed at a later date):****Friday crews:**

WJ14 8x+; WJ15 4x+ A; WJ15 4x+ B; Op J14 4x+; Op J15 4+ A; Op J15 4+ B

Travel to and from Nottingham in a single day via an externally booked coach company. This will involve an early morning departure from the RSC and a late evening return.

**Saturday ONLY crews:**

W2nd 4x-; Op 2<sup>nd</sup> 4x-; Op J16 4+

Travel to and from Nottingham via school minibuses. Departing mid-morning on Friday 23<sup>rd</sup> May. Returning in the evening on Saturday 24<sup>th</sup> May.

**Sunday ONLY crew:**

WJ16 4x-

We will be asking the WJ16 4x- parents / carers to transport their children to NWSC on Saturday 24<sup>th</sup> May please. These athletes will then return in the evening via the school minibuses on Sunday 25<sup>th</sup> May.

**Saturday & Sunday crews:**

WCh 4x- & Ch 4x-

Travel to and from Nottingham via school minibuses. Departing mid-morning on Friday 23<sup>rd</sup> May (alongside the Saturday ONLY crews). Returning in the evening on Sunday 25<sup>th</sup> May (alongside the Sunday ONLY crew).

**Please note that any rowers missing lessons are expected to catch up on any work missed due to competing at this regatta.**

**Accommodation:**

Some rowers will not be staying overnight, some will require a 1-night stay and others a 2-night stay. All accommodation will be at the Premier Inn Loughborough hotel, Southfield Rd, Loughborough LE11 2TS. Rowers will be in rooms of no more than two individuals with males and females in separate rooms.

The journey from the hotel to the lake is approximately 25 minutes and will take place using the school minibuses / school towing vehicle. Therefore, upon departure from the hotel each day, it is essential that the rowers have all of their required belongings.

**Staffing:**

The following coaches will be in attendance during the weekend:

Trip Lead: Mr F Murison

Deputy: Mr L Sloan

Female Lead (accommodation): Miss R Pendlebury and Miss E Huddleston

Coaches: Mr D Haynes; Mr N Harding; Mr P Barnett

**Meals:****Friday crews:**

Those athletes travelling to and from Nottingham during Friday should ensure that they pack suitable food for the day. However, the boat club will be providing a 'lunch' spread at the GMSBC Marquee.

**Saturday ONLY crews:**

Should pack a personal lunch for travel time on Friday 23<sup>rd</sup> May.

The meals provided will include:

- Dinner on Friday 23<sup>rd</sup> May
- Breakfast and lunch on Saturday 24<sup>th</sup> May.

**Sunday ONLY crew:**

Should pack a personal lunch for travel time on Saturday 24<sup>th</sup> May.

The meals provided will include:

- Dinner on Saturday 24<sup>th</sup> May.
- Breakfast and lunch on Sunday 25<sup>th</sup> May.

**Saturday and Sunday Crews:**

Should pack a personal lunch for travel time on Friday 23<sup>rd</sup> May.

The meals provided will include:

- Dinner on Friday 23<sup>rd</sup> May.
- Breakfast, lunch & dinner on Saturday 24<sup>th</sup> May.
- Breakfast and lunch on Sunday 25<sup>th</sup> May.

**Notes for all athletes:**

Specific and bespoke foods for post-race recovery should be personally packed.

A small amount of personal money is advised if the rowers wish to purchase dinner from a service station on the way home or any additional food or drink on sale at the event.

**Cost:**

With all this varied transportation and accommodation, the cost will of course vary depending on the athlete. Breakdown of costs will be as follows:

**Friday ONLY crews:**

£55 per rower

**Saturday ONLY & Sunday ONLY crews:**

£150 per rower

**Saturday AND Sunday Crews:**

£300 per rower

If anyone believes the potential cost of this event to be an issue, please contact Mr Murison (Director of Rowing) on [fmurison@gms.bucks.sch.uk](mailto:fmurison@gms.bucks.sch.uk)

**If your child wishes to attend the regatta, please log on to WisePay to both pay and also to complete the MS Consent Form by Friday May 2<sup>nd</sup>. If this deadline is missed, your child's place may be offered to another student.**

**Behaviour:**

As always, the rowing code of conduct signed by all rowers at the start of the season exists during this trip. We are going away to achieve our best possible performances at our National Championships. There will be strict rules in place including:

- Only students allocated to sleep in a particular room are allowed into that room.
- Bullying will not be tolerated.
- The GMS and race schedule must be followed.
- Instructions from the coaches, officials and volunteers must always be followed.

More guidance will be provided to the rowers. Some of the rules are obvious as to why they apply. One we will be very strict on is the "only those sleeping in the room are allowed in the room". We are staying in a public hotel and having respect for the hallways and common space is important. Rowers are attending this event to perform at the highest level and their actions are expected to allow and enhance this.

Any non-following of the rules will result in a call home (to emergency phone number provided) and parents / carers may be asked to collect the rower from NSWV straight away. No refund of money would be provided in this situation.

## **Health and Safety:**

This is still rowing, just in another location. The normal dangers of rowing exist, and the standard guidance will be followed. Simple things, such as appropriate kits and overall hygiene, are integral to completing a national race day/weekend. The students will be provided with a full briefing of the rules and navigation. This is an externally organised event run by National Schools Regatta who will provide further safety details in the lead up to the regatta. While students will be in groups most of the time, which often will be supervised, there will of course be times (particularly during the sleeping hours) where the students will be on their own. A briefing regarding fire safety and what to do in case of emergency will be given to the students upon arrival. Much like a fire drill at the school, a level of self-awareness is also expected. We have stored documentation of all emergency contacts and will use them if needed. We will encourage the students to speak to a coach directly about any issues they may be having - rather than contacting home for you to then contact us. A protocol will then be followed to determine if parent / carer contact is needed. If for any reason there is an emergency at home, please do contact us before going direct to the student. Depending on the urgency of the situation, I would encourage first an email addressed to myself ([lsloan@gms.bucks.sch.uk](mailto:lsloan@gms.bucks.sch.uk)) and Mr Murison ([Fmurison@gms.bucks.sch.uk](mailto:Fmurison@gms.bucks.sch.uk)). If you feel contact with us via mobile is necessary, a school mobile number can be used (this will be provided at a later date).

Please ensure you have read the above fully.

Kind regards,

Mr F Murison and Mr L Sloan