

EMMA-LUCY PINCHBECK

for ROWSAB 2011-2012

Proposed by: Jenni Gossen OUWBC (Lincoln)

Seconded by: Ed Lent OULRC (Keele)



EXPERIENCE

Events & Admin:

-2 years full-time as an events co-ordinator for Royal Air Force VIP Events Team (2006) & Celebrations Wedding Planning (2008)

-Admin, committee duties and organisation as President of CCCBC (2010-2011) including building our new website; also as VP of OXWip (2010). Financial admin for Severn Glocon while interning (Aug 2009)

-Race Committee volunteer for Gloucester Regatta (Aug 2007)

Rowing & Racing: Corpus Christi BC & Gloucester RC (2007-present), OUWBC (2009- 2010), sub for City of Oxford RC & St Johns BC M4.

Coaching: Corpus Christi BC (2009-present), Gloucester RC (Assistant, Junior VIII+ & IM2 M4+, 2007)

INTENTIONS

- Support OURCs and the various race committees, drawing on proven, *practical* experience.

- Meet Captains in person; compile a Captains briefing document with FAQs & OURCs info.

- Improve volunteer coaching; compile a briefing document with basic drills and training suggestions; look into cheaper coaching seminars; publicise British Rowing courses.

- Prioritise water-safety by communicating with water safety officers; offer help with British Rowing audits; introduce spot-checks on boathouses; increase participation in/number of capsized tests.

- Recruit talented rowers to the university squads by asking Captains and Coaches to ID talent; design flyers about Dev. Squads for circulation in boathouses/training facilities; advertise each Squads basic fitness & skill expectations early in Trinity in advance of Trialling.

-Start a volunteer database of Senior/ Experienced Coxes who would be willing to offer seminars/mentor college coxes looking to improve or prepare for their Senior Status assessments.

- Share knowledge; ask club physios, nutritionists, & coaches to contribute to OURCS website; regularly email out a (voluntary) list of coaches & colleges seeking coaches; encourage Captains to bring other members to Captains Meetings; operate an office "open-door" for those seeking advice.

MOTIVATION

I hope to start my British Rowing coaching qualifications this year and work in Sports Communication eventually. I noviced in 2006 when a bad Torpids became known as "doing a Corpus", but as President in 2011 I saw CCCBC transform because better rowers shared training, kit & knowledge. Similarly, serious injury rather than winning races taught me to value training & nutrition advice, water-safety, and, indirectly, the pleasures of coaching rather than rowing. As Row Sab, therefore, I want to offer the support, advice and resources to all Oxford's rowers, through OURCS, to enable them to succeed.