

Lyme Regis Gig Club



Race Preparation

Throughout the year we spend countless hours on and off the water in preparation for the race season. Good race preparation helps you and your crew deliver all that training into the race. Below are some basic rules to follow to ensure you don't waste all those hours of training by not being physically and mentally ready (both individually and as a crew) as you could be. Not every crew will want to take every race too seriously, but when it matters, make sure you are as ready as you can be.

Days leading up to the race

In the three to four days leading up to a race;

1. Don't do any heavy training sessions. If any ensure light training focused on technique and flexibility
2. Make sure you stay mobile with lots of stretching
3. Eat healthy with lots of fruit and veg. No need to carb load, you're not running a marathon!
4. Avoid alcohol and excessive amounts of caffeine and sugars. All of these will cause imbalances in your metabolism which results in prolonged energy highs and lows

Day before the race

1. Prepare you kit, make sure you're not hunting around for clothes, snacks, directions etc on the morning of the race
2. Ensure you have clear directions and know the timings of the day
3. Read up on the race order, weather forecast, etc
4. Check if you need to be there when the boat arrives and if you are launching

On the day

1. Try to do everything as a crew
2. Ensure you agree a time to meet your crew and make sure you are there in good time
3. Once at the race venue, check the boat and provide any help needed in setting up
4. If you are the first crew on the water, check pins, spare pins, stretchers, etc
5. If you are doing a land warm up, do this as a crew. Agree when you are doing it and don't be late. Get your body fully warmed up as often there's not much time on the water
6. When your race is next up, be at the water to see the boat in, assist the crew coming in, congratulate if applicable and ensure a swift turn around. This will get your crew best placed on the start line
7. When your blade first touches the water get your race head on, your race has started when you are in the boat. Let the cox do the talking from now on.
8. Row as you've trained to row, don't try to perform an individual miracle
9. Let there be only one cox in the boat
10. Accept with grace all adulation (if applicable)!
11. After your race get the boat back to shore and for the rest of the day relax but make sure you give the remaining crews your absolute support especially helping with the boat

LUCK IS WHAT HAPPENS WHEN PREPARATION MEETS OPPORTUNITY