

ROWING - Rowing at FBYC

The gig rowers are on the water every Friday at 4:15pm and gig rowing at FBYC continues to go from strength to strength.

Recently, we were delighted to invite National Sea Rescue Institute Station 10 to join us for a row. As traditional Cornish gigs were originally designed as life boats, it felt especially fitting to welcome our local sea rescue crew out on the water. It was a great success, and we're pleased to say we're continuing to build and maintain this partnership.



If you've been thinking about giving gig rowing a try, now is your chance. We're always keen to welcome new rowers. Please contact PC +27 83 780 6704

For the coastal scullers, February has seen a steady hum of activity. While our Freedom Paddle teams are just beginning to find their rhythm and move into their early training sessions, the bay has remained a consistent draw for everyone.

The morning crews have enjoyed some clear, quiet conditions lately, often sharing the water with the local penguin colony.

With Coach Derrick back in action following his knee replacement, the hunt for the perfect stroke is back on. He's as persistent as ever - we're convinced he has eyes in the back of his head - with his laser focus on that "elastic stretch" and "trampoline effect" he's always after. It's good to have him back, even if it means there's nowhere to hide your technical glitches.

Looking ahead, the calendar is filling up, starting with the Velddrif tour in early March.



This outing on the Berg River is as much about the birdlife and the Weskus-kuier-konsert as it is about the rowing, promising a proper West Coast experience. For those looking for a different challenge, the early stages of training are underway for the Hout Bay Beach Sprint Regatta, an event we hope will see some of our senior Lawhill rowers in the mix. Looking further ahead, the club is also beginning to plan a Coastal Regatta to coincide with the Simon's Town Festival in May. Between the technical focus on the water and the tours on the horizon, it's a busy time.