



RECREATIONAL ROWING PROGRAMME 2024

December 2023

Thank you to everyone who completed the rec rowing review questionnaire. As a result there will be some new opportunities added to the 2024 off-peak programme. A summary below and please look out for updates on Spond and [the Rec Rowing section of the website](#) which has been updated to include [water](#) and [indoor](#) session descriptions and the off-peak water and land based [session timetable](#).

There are also some volunteering opportunities highlighted - please [contact Caroline](#) if you'd like to put yourself forward for these.

There are two drop-in sessions scheduled at 7.30pm on Wednesday 17th January, and 11.30am on Friday 19th January, to find out more information about the programme and to ask any questions.

1. Regular off-peak water sessions

You said

Although the regular slots are still in demand, some of us would like to row at other days and times of day as well and not everyone can do weekdays.

2024 programme

- Some new sessions will be trialed alongside the existing slots covering all subgroups (Beginner, Mixed Dev and Competitive-Learn2Race Squad, see the new rec rowing/off-peak timetable on the website).
- [Session descriptions](#) and [timetable](#) are on the website
- These are all booked via Spond, if you don't see a session you want to join in your Spond then ask the coach to be added to the relevant subgroup.
- Sunrise weekday outings and sunset weekend outings to be scheduled from Spring.
- All sessions bookable via Spond, on a first come first served basis.

2. Boat types

You said

Quad outings are still popular, but many would like to try other formats, including C4+ (coastal coxed four, sweep); R4x+ (river coxed quad), and small boats (double, pair, single scull).

2024 programme

- Where only two people are booked onto a coached session, there is the option to double/pair rather than cancel, subject to experience and agreement with coach.
- Also there is flexibility within scheduled off-peak outings to take different boats than advertised, again as agreed with crew and coach; eg: C4+ instead of C4x+; double alongside quad etc.
- Crews who have racing ambitions in any type of boat can book additional, dedicated blocks of sessions in that boat with their coach (see off-peak racing below).
- Regular weekly R4x+ outings to be scheduled on Spond when conditions are better in Spring; rib cover will be needed along with a competent cox.
- Regular group small boats/sculling session with rib cover to be scheduled from Spring; open to all who have completed a sculling development pathway (including capsizing drill), and experienced single scullers.

3. Longer distance outings

You said

Lots of interest in longer C4x outings (eg Tanners to Sowley, Beaulieu River, Keyhaven, Yarmouth, Newtown Creek etc).

2024 programme

- One-off local distance outings, with rib cover, to be costed and programme from Spring when conditions are better (new risk assessments, for insurance purposes, are being carried out by Kirsty in the meantime).

4. Off Peak Race Squad Option

You said

Many of us have racing ambitions but can't join the LARC race squad training and would like more information on creating a race crew to train off-peak.

2024 programme

- Coastal Rowing League/Dart River fixtures, where boats can be hired and there's no competition for boats/resources with the main race squad, are being identified by Kirsty and will be promoted on Spond. Members can also propose events themselves to

Kirsty. There may be an option of off site training days prior to races/ endurance adventures also at Exmouth/ Jurassica and The Coastal Rowing Centre, Studland.

- [Hants and Dorset ARA fixtures](#) can also be targeted if there is sufficient boat availability; if crews have ambitions for this then one volunteer will need to come forward to co-ordinate entries with the race squad.
- Crews will be able to block book a number of coaching sessions to prepare (outside of the regular off-peak session times); crews to self-organise their cox, transport, accommodation if required etc.
- All racing under LARC to upgrade to race membership (if not already) and to race in club colours - look out for the next [Godfrey club kit](#) ordering window on the Adult Members' WhatsApp group).
- A new rec rowing [events calendar](#) of potential races (and tours) which members can participate is now on the website

5. River, gig rowing and coastal tours and exchanges

You said

- There's definitely interest in rowing river, gig and coastal destinations elsewhere.

2024 programme

- Opportunities to visit other clubs will be added to Spond and the rec rowing [events calendar](#) on the website. 2024 visits currently being explored are: Maidenhead, Putney Town (tidal Thames); Dolphin RC and Coastal Rowing Academy (sliding seat endurance rowing, and gig rowing); Yarmouth (gig rowing), Jurassica, Exmouth.
- Our arrangements for visiting clubs are being agreed and will be on the website soon.
- Again, members can suggest other destinations or organised tours, please [contact Caroline](#)

6. Use of club facilities/land-based sessions

You said:

- For those of us who want to use the gym and club facilities more, some of us would like more info on Rowfit and pilates, and many would like to use the ergs and other equipment. Others would just like to enjoy post-outing coffee and cake in the clubhouse.

2024 programme

- The paid for sessions already delivered by coaching partners (Rowfit and Mindful Movement/pilates (paid sessions) will continue to be offered. Rowfit is bookable on Spond and Mindful Movement directly with Emma.
- The land-based [session descriptions](#) and [timetable](#) are on the website
- Access to the gym will continue to be available to all rec members off-peak. Hours vary by day and season so please check the timetable.

- More information and links will be added to the website in 2024 for inspiration and advice on ergo, strength and conditioning and flexibility workouts.
- Volunteer gym buddies wanted - who can be contacted for training companionship and support and who are happy to put together and film workout ideas - please contact Caroline - including if you would like to participate in [Row31](#), British Rowing's annual January challenge.
- Anyone who wants to access the facilities can [order a clubhouse key via the website](#), and any member is of course free to use the tea and coffee making facilities (these are provided, BYO milk).

7. Club support, socialising and engagement

You said:

- A handful of us would like to volunteer to support Committee roles more, including fundraising, facilities, boat maintenance and social events. Some of us would like more information on club events, to suggest new ones, and to meet up with other members for cycling and open water swimming.

2024 programme

- The details of all interested in supporting more have been passed to the relevant committee members for invitations to any working groups or working parties. Many of these are new posts so it may take a while for them to settle in, but in the meantime anyone who has ideas in these areas can of course suggest these and contact Caroline or the [relevant committee member](#) for support.
- Member led cycling and swimming interest groups in development.

8. Coxing and competent crew

You said:

A few of us would like to cox fellow rec rowers and become competent crew leads; a couple of us would also be willing to coach coxes.

2024 programme

- Two assessed courses to be developed: Steer Cert (for coxes and small boat steerers); and Competent Crew Lead (for leads who can be signed off to become crew leads, book boats and take crews out unaccompanied).
- First steer cert module to be run in early 2024 with a pilot group
- All rec rowers with some coxing experience are encouraged to offer to cox, with rib supervision, in the meantime.