



This is a quick update for clubs on the progress so far and plans for 2009...



### LEARN TO ROW COURSES 2009

Before Christmas I will be looking at scheduling the 2009 learn to row courses on evening and weekend days so that I can best co-ordinate my time between clubs.

### DAYTIME ROWING

- Nottingham Rowing Club had an existing funded workplace learn to row scheme, where local firms' employees did indoor and outdoor daytime rowing for health.
- I have provided a follow on course on a pay as you row basis from the end of October to further develop the rowers so that they feel more confident to take out 2X and 1X sculling boats and to become full club members in 2009.
- This has resulted in the retention of 10 rowers from the two firms targeted (the Environment Agency and Nottinghamshire County Council), whose offices allow flexible working and are within 400m of the rowing club.
- Proceeds have been used to buy a CORE PERFORM ergo seat
- DOES YOUR CLUB HAVE FLEXIBLE/SHIFT WORKERS THAT ARE LOCATED WITHIN 1/2 mile of the CLUB for whom a similar scheme might work in 2009?

### DEVELOPING ADAPTIVE ROWING

Nottingham is putting in an Awards for All bid and a local funding bid to obtain some adaptive seats, floats and oars to allow both juniors and seniors with a disability to row on ergos and on the water. The National Watersports Centre will be used as a wheelchair accessible venue with safety boat cover for on water rowing. I am keen to introduce/develop adaptive rowing in other clubs

### OVER 50's LEARN TO ROW/EXERCISE REFERRAL

I would like to further develop the use of clubs in the daytime by offering some daytime learn to row courses for over 50's retired individuals or as part of an exercise referral scheme. This would be along the lines of a dry start/wet start scheme

### COXING

I am keen to help run courses leading to the level 1 certificate in coxing/steering for clubs' new/developing coxes. The course format is flexible

### COACH MENTORING

I would like to sign up some coaches for some individual help on whatever topics you would like, e.g. rigging, coaching styles, developing an annual programme, technique analysis etc. You need to have done an IA or level 2 or be signed up to do a level 2.

### TECHNICAL ANALYSIS SEMINARS

I have run seminars for coaches at Derby, Nottingham and Leicester where coaches have got together to look at a variety of technical examples to compare thoughts on technique. Further seminars will look at rigging and coaching methods to change peoples techniques, e.g. what analogies to use, coaching styles such as amplifying error/right way wrong way coaching techniques etc. I would like to book dates for clubs to have these in Jan/Feb/Early March

### 2009 TOUR OF WINDERMERE

I'm organising a tour of lake windermere in 2009 (date tbc) This will involve borrowing boats or taking boats up and rowing routes of up to 26 miles on Windermere.

### I CAN HELP!

Contact me on 07980 617757, or email [stuart.jolly@gbrowing.org.uk](mailto:stuart.jolly@gbrowing.org.uk)