

Walbrook Junior Handbook



Rowing as a Walbrook Junior 2020/2021

Walbrook Juniors

We have a vibrant and active Junior squad at Walbrook made of young people between the ages of 12 and 18.

Juniors are usually at least 12 years of age on or before the 1st Sept in the year of joining i.e. year 8 and above although we may accept Year 7 if there are spaces. Beginners are encouraged to try the sport through one of our summer “learn to row courses” and are usually accepted during the autumn term.

Junior Section Objectives

We aim to provide a supportive and friendly environment in which Juniors can make new friends and develop both their personal and rowing potential.

The squad is a racing squad and aims for all juniors to train for and compete at appropriate Head or Regatta Races, with crews being selected to ensure all targets are realistic and achievable.

All will be encouraged to enter local events as long as they have achieved a level of competence as decided by the Chief Junior Coach. In addition, high performance athletes will aim to attend:

- Schools Head of the River (J16 and above)
- National Schools Regatta
- National Championships
- Henley Royal Regatta (J17/18 boys and girls)
- Henley Women’s Regatta (J16/17/18 girls)

The Chief Junior Coach will encourage any junior that may be of the standard to participate in selection trials for the Thames Region South Interregional Team, and British Junior International teams selected each year from J16-18 year groups. This identification will be made from the J15 year onwards. International teams included are the Great Britain Junior team, the Coupe De Jeunesse and the GB v France match.

Training Commitment

Training commitment is dependent on age and experience. In general, juniors should expect to attend regularly in order to be selected for crews. We are sorry but we are not able to accept juniors who only want to attend on an ad-hoc basis. As a guide, the typical number of sessions attended by junior members is expected to be:

J12 – J14 : 4.5 hours a week

J15 – J16 : 8.5 hours a week

J17 – J18 : 11.5 hours a week

Juniors who want to compete at a high level can expect to complete additional fitness training in their own time.

Those wishing to train on a regular basis but not at high performance level will be offered a programme dependant on the number other of other rowers at their level.

If conditions allow all training will be on the water until the end of October. The timetable will be):

	TIME	AGE GROUP
MONDAY	16:15 – 18:00	J17/J18
	16:30 – 18:00	Learn to Row Group A
TUESDAY	16:15 – 18:00	J15/J16
WEDNESDAY	16:30 – 18:00	Learn to Row Group B
THURSDAY	16:15 – 18:00	J17/J18
	16:30 – 18:00	J12/J13/J14
FRIDAY	16:30 – 17:30	J15/J16
SATURDAY	08:00 – 09:45	J17/J18
	11:00 - 12:45	J17/J18
	12:15 – 13:45	J12/J13/J14
	13:00 – 15:00	J15/J16
	14:00 – 15:30	Learn to row Group A
SUNDAY	08:00 – 09:45	J17/J18
	10:00 - 11:45	J15/J16
	11:00 – 12:30	J17/J18
	12:45 – 14:15	J12/J13/J14
	13:00 – 14:30	J15/J16
	14:15 – 15:15	Learn to row Group B

n.b. J12 = school year 7 etc.

After the autumn half term, mid-week sessions will be onshore. The training schedule will depend upon the level of access to gym equipment at the time.

The training schedule is often impacted by weather conditions, river closures and rowing events. Ad-hoc changes to training will be notified via the parents WhatsApp group. Permanent changes will also be updated in the junior section of the club website.

The club operates within government and British Rowing Covid guidelines and the training schedule may need to change as these develop.

Types of Activities Carried Out in Sessions

1. On water rowing - capsizes are possible and likely but are prepared for through drills and training. Coxes must wear life jackets at all times and are trained to use them correctly.
2. Capsize and swim test - all junior members must complete a capsize drill and do a swim test of approximately 50m. This is usually done as part of learn-to-row training. This involves a controlled and monitored capsize of the boat followed by a short swim to ensure the participant is safe in the event of an accidental capsize.
3. On-land rowing - Ergo fitness training of various types.
4. Land training - only featherweights are used for beginners and those not sufficiently developed to safely use weighted equipment. Circuit training involves body weight.
5. Running – juniors will always be accompanied by at least 2 coaches – one at the front and one at the back who will be in contact via a phone with each other.
6. Cycling; on occasion we may offer optional cycling sessions. These will require a safe bike and a helmet for all who choose to join. The coaches will ride at the front and back of the group, but if a rower chooses to attend this session, it is the responsibility of themselves and/or their parent/guardian to ensure they are sufficiently competent to ride safely. Any routes used shall be published in advance to help you decide.
7. Stretching – to increase flexibility.

Joining Walbrook as a Junior member

To ensure that members have similar levels of experience, junior members usually join the club at the start of the season, in September. Existing members will be given priority for places in the following season. Learn-to-row sessions usually run during the Easter and summer holidays which allow potential new members to try the sport. They are then able to apply to become full members the following September.

As learn to row sessions were not available in 2020 new members will be taught to row in small groups during the first six weeks of the new season.

All members must maintain an up-to-date record of their contact, health and other details on LoveAdmin which is the host site for member details. Applications for membership are made through LoveAdmin and are confirmed by the system administrator which will trigger a request for the payment of membership fees.

Occasionally it is possible for junior members with rowing experience to join the club part way through the season. Parents should contact info@walbrookrc.co.uk

Admission Criteria

Admission is not based on ability and all are welcome as long as our numbers in each age group have not been exceeded.

We will endeavour (subject to coaches being available) to accept 25 in each of the following age groups:

- BR J14
- BR J15/J16
- BR J17/18

If the J14 age category is not full then the remaining number will be accepted firstly from J13 (Year 8) and then J12 (Year 7) age groups.

If an age group is over-subscribed following our Sign-Up Sunday then we will accept juniors in the following priority:

- Juniors who are siblings of existing junior members
- Juniors who are children of existing senior members
- Those juniors of any age group who have completed either our summer learn-to-row course or our Easter learn-to-row course
- All remaining applicants who can commit to all the age group sessions for age groups which are not full
- Any other applicants

We reserve the right to adjust our numbers if equipment or coaching dictate this and to increase/decrease the number in any age category if the Junior Chief Coach agrees.

A condition of membership is that the young people agree to abide by our Junior Code of Conduct and that parents agree to abide by our Parent Code of Conduct. In addition, parents must agree to pay membership fees and race fees by the due date. Fees are for the full year and are non-refundable (see section below on fees).

Kit and Clothing

Training kit on the land should consist of t-shirts and shorts, with a good pair of trainers (Sports Direct is generally best for these). Trainers are vital for all weights, ergs, circuits and any running sessions that may occur. Please note some land sessions carried out in colder weather will need stretchy track suit bottoms.

Juniors are also encouraged to purchase a club sweatshirt, to keep warm at regattas and head races. Club kit is supplied by Godfrey and can be accessed at <https://godfrey.co.uk/club/walbrookrc>

On water kit varies with the season. Rowers may row in a t-shirt and a pair of shorts. During the winter months for some races and training sessions when it is cold, with a wind chill, we will strictly enforce a 'no skin' rule – meaning that no bare skin may be visible. For these events and sessions rowers should wear either club or BLACK leggings (available cheaply at Sports Direct) and a BLACK base layer long sleeve top under their all-in-one (again – Sports Direct has proven the cheapest). BRITISH ROWING RACING RULES STRICTLY REQUIRE ALL CREW MEMBERS TO RACE IN CLUB KIT AND BE UNIFORMLY DRESSED.

When boating in cold or wet weather on any occasion, rowers must wear extra layers, such as tracksuits, additional long sleeve t-shirts, and a light pocket-less waterproof, which can be

removed during the session as needed. Winter races will be preceded by a significant amount of time queuing in the boat sitting still during which it is vital that rowers remain warm. It is better to have excess layers that one can remove than to be underdressed!!! Furthermore, rowers must bring a change of clothes to all water training sessions in case of capsize.

We will refuse to let our juniors take part with insufficient or improper kit.

IT IS NOT POSSIBLE TO ROW IN GLOVES OF ANY KIND.

The essential kit list for every session:

1. Base layer top
2. Leggings (black is best so they can be used for training and racing)
3. All-In-One (required for racing)
4. Cap/Hat/Visor
5. Extra layers:
 - Long sleeve top(s)
 - Thermal base layers
 - Thick socks
 - Gilet/Turtle Shell (club kit available for order)
6. Trainers/running Shoes (both land and water)
7. Sports bras are essential for girls (tops or all-in ones MUST be worn on top)
8. Inhalers as required (rowers requiring an inhaler will NOT be allowed to take part in a session without one)
9. A 10mm spanner
10. A change of kit and a towel
11. Water bottle – sharing is not allowed!

Cost

Membership fees include all sessions held at the club, they cover coaching plus a contribution to running costs e.g. boat maintenance, insurance and repairs. Additional fees are charged for races to cover boat transport to another venue, entrance charges and entry fees or training camps off site. Junior members who compete also require a rowing licence from British Rowing. Rowing is an expensive sport so please be aware that costs can mount up.

Walbrook Annual Membership fee: covers the period from September to mid-July and includes additional training sessions during school holidays. If offsite training camps are arranged there will be an additional charge for these. Membership fees are payable by

BACS to HSBC 40-44-46, Walbrook Rowing Club 51446967. Please put your child's name followed by MF (short for Membership Fee) in the payment reference box.

The annual Walbrook junior membership fees are currently:

J12, J13, J14: £590, J15, J16 : £650, J17, J18 : £700

As the club needs to commit to coaching costs for the year it is preferred that all fees are paid at the start of the season in September. If requested fees can be split and are payable half in September and Half in January.

If junior members are told to leave the club because of misbehaviour membership fees will not be refunded.

Teddington Watersports Centre ("TWC") are the Management Company for the site. TWC are responsible for the upkeep of the premises; paying general maintenance, utilities, insurance, cleaning and many other expenses that occur from time to time. This is payable for 12 months from the date of joining and is £135 (junior membership as at June 2019).

Racing fees and costs: indicative costs per race are £20 which covers entry fees and transport of the boats.

British Rowing Racing Licence. This is required in order to race and currently costs £29.50 per year (as at June 2019).

Communications

Although coaches are paid, the club is run by volunteers, so it is up to children and parents to keep track of training sessions and race dates. The club website is a good source of general information and we will seek to keep this up to date. If there are any questions associated with information on the site please email juniormembership@walbrookrc.co.uk

Informing coaches that children will be late for, or will not be attending, training sessions should be done through the parent WhatsApp groups. These can be accessed as follows:

Walbrook J12-J14 2020/21

<https://chat.whatsapp.com/GE1wTHM9XWrL0Fp07YTrMK>

Walbrook Juniors J15/J16 2020/21

<https://chat.whatsapp.com/BSFnAELapMcJ4CZDDc4Mj7>

Walbrook J17/J18 2020/21

<https://chat.whatsapp.com/GoCFDZGpwL9HzHa63wFB3Y>

There is also a WhatsApp group for new joiners this year so that parents of rowers on the learn to row sessions can communicate. These parents should also join the J12-J14 Group.

Walbrook New Junior 20/21

<https://chat.whatsapp.com/Kj9IcS85I6465oapvCbqgX>

For child safety reasons membership of these groups is for parents only. They should be used if you have a question about training sessions. Any long messages should be sent to the Chief Junior Coach directly. Absences from a session should be for illness only. Any other absences should be reported to Chief Junior Coach directly.

Details of races, who is racing and when they should arrive, is done via email. The information is normally available one week before the race.

There is a junior twitter account @walbrookjuniors. We encourage all parents and students to follow and comment on tweets on this site while ensuring that they do not share inappropriate content.

If you have any general questions please email juniormembership@walbrookrc.co.uk and one of the parent reps will help with your enquiry.

Welfare

Walbrook Rowing Club has a duty of care to safeguard all children involved in rowing at the club from harm.

All children have a right to protection; young people with additional needs and others who may be particularly vulnerable must be considered.

Walbrook Rowing Club will ensure the safety and protection of all children through adherence to guidelines produced by the British Rowing, the sport's governing body. These include:

- Safeguarding and Protecting Children,
- Anti-bullying,
- Physical Contact in Rowing,
- Photography and Use of Imagery,
- Information Sharing,
- Role of the Club Welfare Officer.

See the Walbrook website for our full Welfare statement and links to the above policies.

All regular coaches of juniors at Walbrook will have been fully DBS (Disclosure and Barring Service) checked to the enhanced level, will have had appropriate references taken up, are registered members of British Rowing and hold a coaching qualification. Any other person who may occasionally help out at sessions will not be left alone with children and will be directly supervised by a qualified coach at all times. These assistants will be personally known to the coaches they are working with.

All junior coaches will be offered the opportunity to regularly update their safeguarding knowledge by attending appropriate conferences, which the club will pay for.

Communication between coaches and parents is achieved via the relevant WhatsApp group. Only coaches, volunteers or staff that have been through relevant safeguarding checks will have access to the club's WhatsApp messaging system. No junior is contacted directly as the

club is aware that whilst text/email messages are cheap and direct forms of communication they can place young people, and adults, at increased safeguarding risks.

We take the welfare of our juniors very seriously. If you have any concerns please contact the Club Welfare Officer via welfare.officer@walbrookrc.co.uk
The current post holder is **Jude Bowen** and she can be identified, visually, from the Welfare Officer's poster on the noticeboard inside the boathouse.

In cases of physical or sexual abuse or if the child is at risk then Richmond Borough Children's Social Care Services will be contacted.

Our Codes of Conduct are based on the British Rowing Guidelines and those of Sport England's Club and apply to all Junior Squad Members, Parents/Carers and Coaches.

Junior Code of Conduct

As a member of our Junior Squad you are expected to:

- enjoy the sport of rowing
- perform to the highest ability at every opportunity
- row / scull within the rules and respect officials and their decisions
- respect your opponents
- be punctual and keep to agreed timings for training and competitions or inform your coach if you are going to be late
- wear suitable kit for training and racing
- take great care of equipment and facilities and report any damage promptly to your coach
- not smoke (smoking is not permitted anywhere on Club premises nor whilst representing the Club at competitions)
- not consume alcohol or drugs of any kind on Club premises or whilst representing the Club.
- not leave Squad training sessions before speaking to your coach or the coach in charge of the session.
- not run, play on the landing stage
- not jump in the river from the island or mainland site
- not use free weights without supervision by a coach
- only use boats/blades specified for use by Juniors and as allocated by the coaches
- not boat without a coach and actively contribute to the club as a whole

Misbehaviour at training sessions will not be tolerated. Health and Safety is a key issue when rowing and junior members who misbehave are a danger to themselves and others. As a result, any junior members who, in the view of the coaches, continues to misbehave despite warnings will be told to leave the club.

Code of Conduct for Parents

As a Parent or Carer of a member you are expected to:

- Encourage your child to learn the rules and play within them
 - Discourage unfair play and arguing with officials; the officials' judgements must be accepted
 - Help your child to recognise good performance, not just results
 - Never force your child to take part in sport
 - Set a good example by recognising fair play and applauding the good performances of all
 - Never punish or belittle a child for losing or making mistakes
 - Support your child's involvement and help them to enjoy their sport
 - Use appropriate language at all times
 - Support the Senior Coach by making efforts to speak to him/her regularly before/after training sessions
 - Ensure your child wears appropriate clothing for racing and training and brings spare clothing, food, towel and water bottle to each session
 - Assist in crew selection by notifying the Senior Coach in advance when your child is not available
 - Encourage your child to comply with the club rules
 - Ensure that your child arrives on time
- Pay any fees for training or events promptly

Code of Conduct for Junior Coaches

As a junior coach you are expected to:

- Consider the well-being and safety of participants before the development of performance.
- Develop an appropriate working relationship with athletes based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part. If you need to use touch to assist an athlete in understanding a move to improve their performance, be aware that this may cause discomfort for cultural, or other reasons, and ask permission to do so first.
- Promote the positive aspects of the sport (e.g. fair play).
- Display consistently high standards of behaviour and appearance.
- Hold the appropriate, valid qualifications and insurance cover.
- Never exert undue pressure on athletes to obtain personal benefit or reward.
- Never condone rule violations, rough play, or the use of prohibited substances.
- Abide by the Club's Safeguarding and Protecting Children, Anti-bullying, Physical Contact in Rowing, Photography and Use of Imagery and Information Sharing Policies.
- Be aware and abide by RowSafe.

- Keep records so that selection procedures are open and fair.
- Arrive on time and be ready to start the session on time.

Photography

During racing, and training, coaches may take video recording of land and water sessions to aid feedback and further development. Footage may be kept for comparison and in certain circumstances may be uploaded onto the website e.g. to celebrate success. Similarly, still photographs may be uploaded to the website or used for publicity. Parents can choose to opt out of photos and video being taken of their children each year when membership is confirmed on the LoveAdmin website or at any time by informing a parent representative.

Parents are advised that any pictures they take of other children at the club or events remain private or are only shared with the consent of parents of other crew members.

Junior Captain

The Chief Junior Coach in consultation with the assistant coaches will nominate a Junior Captain. This position will run from September to July.

Important Dates

If Covid restrictions allow we expect to enter **some** of the following events (actual events that we will be entering will be confirmed closer to the time, at least 2 weeks before).

EVENT	DATE	COMMENT
Term 1		
Weybridge Silver Sculls	October	
Kingston Small Boats	November	River Closure no rowing unless racing. Help is greatly appreciated from parents to sell food, as a fund raiser.
Teddington Head	November	River Closure; no rowing unless racing. We need lots of help from parents on this day as it's a big fund-raising event for us.
Hampton Head	November	
Burway Small Boats Head	December	
Term 2		
Weybridge Head	January	
Hampton Head	February	
National Sculling Head	March	Time needed off school
Kingston Head	March	River closure; no rowing unless racing. Help is greatly appreciated from parents to sell food, as a fund raiser.

Term 3

Ball Cup	May	
National Sculling Regatta	May	
Thames Ditton Regatta	May	
National Schools Regatta	May	J14s will require time off school
Weybridge Ladies Regatta	May	
Henley Womens	June	
Kingston Regatta	July	
Molesey Regatta	July	
British Junior Championships	July	
Staines Regatta	July	
Dansen Dashes	August	

Crew selection procedure

Criteria for selection for racing crews for major events will take the following into consideration

- Attendance
- Ergo scores
- Technical ability
- Time trials/seat racing
- The coaches' unbiased view of the fastest crew

Crews will only be entered in high performance events if the coaches feel that they are able to perform at the level of that competition. Percentage gold medal times may be used to determine this.

When do we stay off the water?

We have a strict system of assessing conditions to allow all groups in the club to row. There are different rules for each category of member and depends on their ability. The assessment looks at river speed, air temperature, wind speed, water temperature, etc. The river is allocated a colour of green, yellow, red and black. The status of the river can be found on the Environmental Agency web site. Juniors will not boat on "red boards" or in hours of darkness. Often, they will not boat on yellow boards. Sessions will still take place on land and everyone should assume that each session will take place unless otherwise notified.

Parents may like to look at

<https://thecpsu.org.uk/resource-library/>

<https://thecpsu.org.uk/resource-library/2016/parents-in-sport-videos-for-parents-of-talented-athletes/>

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TO BE UPDATED

**The Clubhouse,
Trowlock Way, Teddington,
Middlesex, TW11 9QY**



CONFIDENTIAL

For attention of Janet Evans
Company Secretary

It has been explained to me that I need to pay a basic site fee to Teddington Watersports Centre in addition to the fee requested by either Royal Canoe Club (including Outrigger Paddlers); Walbrook Rowing Club; The Skiff Club or Kingston Royal Dragonboat Club. I understand the basic site fee is for site usage only.

Full Name:	Title:
Address:	
Preferred email address: (NB for juniors we need parent/guardian email)	
(Juniors) Date of Birth:	Telephone

My application for basic site usage is :

FAMILY SENIOR JUNIOR STUDENT OUTPORT

My **primary club** is: (please tick one only)

ROYAL CANOE CLUB KINGSTON ROYALS DRAGON BOAT CLUB

WALBROOK ROWING CLUB SKIFF CLUB OUTRIGGERS

Canoeing - Dragonboating - Rowing - Skiffing

www.teddingtonwatersports.org.uk

Company No. 00259282 | Canoe Club (Freehold) Ltd trading as **Teddington Watersports Centre**
VAT Reg No. 919351121

Fees for 2019

FAMILY MEMBERSHIP	£495.00 (<i>Based on 2 adults and children under 18years</i>)
SENIOR MEMBERSHIP	£195.00
JUNIOR MEMBERSHIP	£135.00
STUDENT MEMBERSHIP	£160.00(<i>If over 18 years and in fulltime education</i>)
OUTPORT MEMBERSHIP	£130.00 (<i>Students may apply for outport membership, provided their place of study is more than 50 miles from Teddington</i>)
SOCIAL MEMBERSHIP	(<i>For individuals who do not participate in water sports or use the gym</i>). For further information about Social membership, please contact your chosen club

Please sign and post this form with a cheque payable to: **TEDDINGTON WATERSPORTS CENTRE** or **TWC** c/o Janet Evans, **Company Secretary** at The Clubhouse, Trowlock Way, Teddington, TW11 9QY

You can also pay online via BACS,

Ref: TWC to **HSBC plc** | Sort Code: 40-44-46 | General Acc. No. 61434888

Please confirm: Cheque enclosed £..... or BACS payment made **YES/NO**

SIGNED DATED/...../.....

By returning this form you consent for your data to be stored electronically by TWC for the purpose of administration of your membership for as long as you remain a member. Data to be stored in accordance with Data Protection Regulations (GDPR) as at May 2018

Canoeing - Dragonboating - Rowing - Skiffing

www.teddingtonwatersports.org.uk