

Liverpool Victoria Rowing Club

An Introduction to Junior Rowing



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Rowing – a sport for all

Rowing is a really good sport for both boys and girls of all ages. Whilst at the international level GB Rowing has an outstanding record of success, Liverpool Victoria is a grass roots club committed to bringing the sport to all.

What age can I start?

We have rowing boats suited for all ages 11 and over.

How do I start?

Contact the Junior Coordinator and arrange an introduction to the club and its facilities. Email: juniorcoordinator@lvrc.co.uk

What kit do I need?

During warmer weather all you will need is a pair of shorts, t-shirt and trainers, along with baseball cap/hat and suncream for sun protection. During cooler weather you will obviously need warmer clothing, but several thinner layers are better than one thick sweatshirt. (It's best not to wear your best sportswear as the dock is a commercial waterway and can be a little oily at times).

In case of bad weather or the occasional capsize you should ALWAYS bring with you a change of clothes and a towel. You will not be allowed out on the water if you do not bring spare clothes with you.

Do I need to be able to swim?



Yes, although it is not very common for juniors to end in the water it does happen from time to time. You need to be able to swim 100m in your rowing kit. The Club does arrange capsize drills at a local swimming pool to give everyone experience of, and practice in how to deal with a capsize.

When are the Junior sessions?

There is a weekly Beginner session every Saturday from 9.30 – 11am at the cost of £4 per session. This will give each Beginner about an hour of activity on the water.

Beginners start to learn the sport in specially designed training boats that are much more stable than the racing boats that you will progress into. Junior training and competition is mostly done in what are called sculling boats, that is that each rower has two oars. Sculling boats are mostly singles, doubles or quads, that is one, two or four rowers in a boat. Younger Juniors will only use sculling boats.

Older juniors (15+) and adults will also row in what are called 'sweep-oared' boats, that is where each rower only has one oar.



We will also use the indoor rowing machines to develop the technique of the rowing stroke in the safety of the Club training room.

Competitive Rowing



Once the basic technique has been mastered it will be possible to transfer to the competitive group.

Competitive juniors have the opportunity of training up to three times a week (or more once they are 16):

- Saturday 8.00am – 12pm
- Wednesdays & Fridays – 4.30pm to 7pm

This will bring you up to the standard required to compete at regional events all around the North West including:

Chester
Northwich

Trentham
Agecroft

Trafford
Hollingworth Lake

And sometimes further away such as:

London - Dorney	London - Tideway
Nottingham	Boston
Henley	

Competing requires that you become a member of the Club, rather than just pay for weekly sessions, and join British Rowing to get a racing licence.

How much will it cost?

Whilst a Beginner attending the Saturday sessions only, it will cost £4 per session. This should be paid on arrival to the Junior Coach in charge.

To move to the competitive group you need to join the Club as a full junior member. Juniors pay a reduced membership fee, details of which are posted in the Clubhouse. Becoming a full junior member enables you to attend all 3 junior training session per week and to race at competitive events.

Club Training Kit

Initially you may want to purchase some Club training kit. For example sweatshirts, t-shirts or tops embroidered/printed with the Club logo from the Uniform Shop in Birkenhead. For further details of where you can get these please speak to one of the junior coaching team.

Club Racing Kit

The racing kit is more expensive and is available from Godfrey Sports at www.godfrey.co.uk and then navigate to the club kit pages.

Given that everyone will be wearing the same kit, please put name labels on your own kit.

Coaching and safety

Every junior session is led by a team of qualified adult coaches supported by junior helpers and launch drivers (all of whom have been subject to appropriate checks, including DBS). In addition, more experienced juniors will also help out with beginner sessions. All water sports have their associated risks and these are managed according to the 'Row Safe Guide' produced by the national governing body for the sport – British Rowing.

At Liverpool Victoria the following specific measures will be in place at all times:

- Safety launches on the water during all junior sessions
- All juniors to undergo a capsized and swim test at least once a year
- All safety equipment checked regularly by the Club Officers

- All safety procedures monitored and updated regularly by the Club Safety Officer
- A risk assessment made by the Junior Coach at the start of each session paying particular attention to the weather conditions
- Rowing will be restricted when there are shipping movement on the dock
- Member welfare overseen by the Club Welfare Officer

The Club also acts in accordance with British Rowing's Safeguarding and Protecting of Children policy. For more detail about this policy and how to join British Rowing please visit their website at www.britishrowing.org

Most of all we want all our members, but particularly juniors, to stay safe and have fun in rowing. It's a great sport – to be enjoyed by everyone at all levels and ages.