



Liverpool Victoria Rowing Club

An Introduction to Junior Rowing



Poulton Bridge Road, Wallasey

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juniorcoordinator@lvrc.co.uk



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.

e-mail 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. During cooler weather you will also need warmer clothing. (It's best not to wear your best sports wear as the dock is a commercial waterway and can be a little oily at times)

You should also bring a change of clothes and a towel (just in case you fall in).

Do I need to be able to swim?

Yes, although it is not very common for juniors to end up in the water it does happen from time to time. You need to be able to swim 100m in your rowing kit.

When are the Junior Sessions?

There is a weekly beginner session every Saturday from 9:00 till 10:30. 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 they will progress into.



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):



- Saturdays 10:30 – 12:15
- Sundays 11:45 – 13:30
- Wednesdays 17:30 – 19:00

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

Chester	Northwich
Lancaster	Warrington
Salford	Hollingworth Lake

And sometimes further away such as Shrewsbury and Ironbridge

How much will it cost?

Whilst a beginner it will cost £1.50 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. The annual membership fees that can be paid on a monthly basis are:

Years 7 – 11 £90 per year (or £7.50 p.c.m.)

Year 12 – 13 £108 per year (or £9.00 p.c.m.)

These are about 40% and 50% of the adult subscription (£216).

Becoming a junior member includes giving you access to more training sessions and when racing club racing kit will be available in which to row.

Club Training Kit

Initially you may also want to purchase some club training kit for example sweat shirts, t-shirts or hooded tops with the club logo.

These are available from Wirral Textile Motifs, 113-117 Royden Road, Overchurch, Upton 678 6076 or www.wirraltextilemotifs.co.uk.

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.



Coaching and Safety

Every junior session is led by a team of qualified adult coaches (all CRB checked) supported by junior coaches (more experienced juniors who are keen to put something back into the sport).

All water sports have their associated risks and these are managed according to the “Safe Guide for Rowing” produced by the national body for the sport – the Amateur Rowing Association.

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

- Safety launches on the water during all junior sessions
- Beginners required to wear buoyancy aids until sufficiently competent for this to be unnecessary
- All juniors to undergo a capsize 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 in charge at the start of each session paying particular attention to the weather conditions
- Rowing will be restricted when there are shipping movements on the dock
- Member welfare overseen by the Club Welfare Officer.

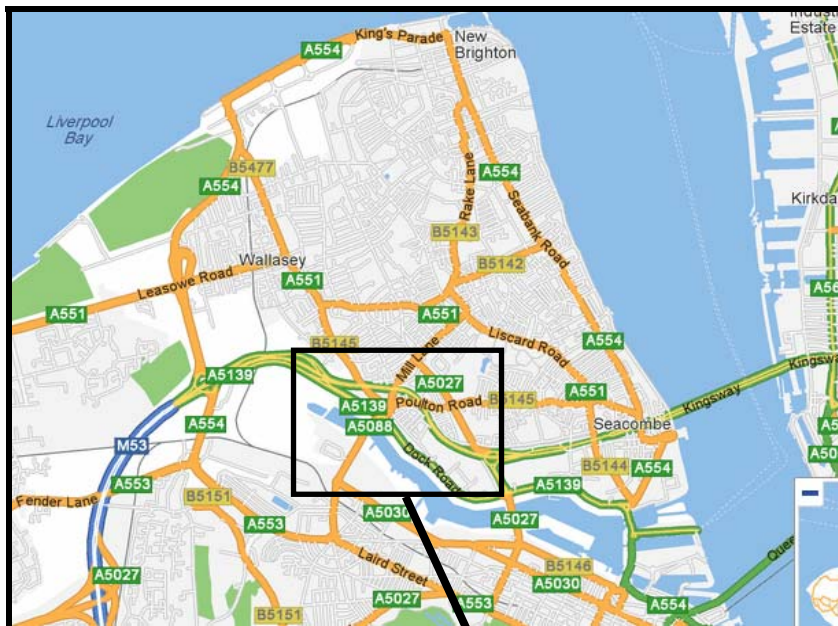
Liverpool Victoria Club Officials

President	Peter Duff
Chairman	Jim Bibby
Captain	Calvin Wilkinson
Deputy Captain	Janet Vorberg
Vice Captain	Mike McDonough
Vice Captain	Heather Parry
Secretary	Elizabeth Clifford
Treasurer	Richard Lacey
Safety Officer	Helen Griffiths
Adult Beginners	Clare Hannibal
Junior Coordinator	Rob Hughes
Club Welfare Officer	Kate Wilkinson

Junior Coaching Team

Rob Hughes	Daniel Cowin
Ted Blackwell	Matthew Cowin
Dion Robotham	Daniel Madden
Mike McDonough	Michael Strother
Heather Parry	Nathan Whithead
Bev O'Neill	
Helen Griffiths	Richard Chapman

Location of the Club



Clubhouse

