



Welcome to Liverpool Victoria Rowing Club.

Rowing – a sport for all

Rowing is a really good sport for both boys and girls of all ages. Liverpool Victoria is Wirral's only rowing club and is keen to welcome people of all abilities to the sport.

What age can I start?

Our rowing boats are suitable for children in year 7 and above, although this is size dependant - they need to be big enough to fit in and carry the boats. It is a very relaxed environment so if you are keen but not sure about anything you can arrange to come down, have a chat with the coach and if you want to, have a go and see how you find it.

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.

How do I start?

Contact the Junior Coordinators on Email: juniorcoordinator@lvrc.co.uk and we can arrange an introduction to the club and its facilities. We will need parents to fill in a consent form which you can find on a link on our website to allow juniors to participate.

Training.

All the junior rowing sessions are run by the coach.

Beginners' training is 10.30 – 12.30 on a Saturday.

Once their skill has developed and they are at a level to begin racing the juniors will given the option to join the racing crew training which is held from 8 – 10.30 on a Saturday and 5.30 – 7.30 on a Wednesday.

Weather and light dependant these sessions are held on the water but they also involve use of the indoor rowing machines to help develop technique and fitness. During the winter and if the weather isn't safe to train on the water the sessions will be held indoors involving circuit training and rowing machines.

All juniors are expected to sign in when they arrive. A sign in sheet is kept in the entrance to the rowing club.

Beginners start to learn the sport in specially designed training boats that are much more stable than the racing boats that they will progress onto. 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, which means 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, which is where each rower only has one oar.

Fees.

For the beginners it is £5 per session paid at each session. Once a member of the race training session you will need to join the club and pay the junior annual membership fee which can be paid yearly or monthly. The fees are published on the website. This will cover the cost of the midweek and weekend training sessions.

Help.

All sessions are run by the coach. To allow all the sessions to take place we are reliant on parent help. This may involve helping on the landing stage, being an extra pair of eyes during an indoor training session or if you have the appropriate qualification helping in the safety launch. Without this help the sessions can't be run for the children's safety.

We request that all parent helpers have a DBS check. This is free of charge and arranged through the Club Junior Coordinators and Club Welfare Officer.

In addition to this the more experienced juniors help out in the beginners' sessions.

Kit.

The dock area can get cold. It is essential that the juniors have the appropriate clothing to keep warm. Hoodies are not allowed for safety and layers are better than bulky clothing that can get in the way when rowing. Very loose clothing isn't recommended because it can get caught in the runners on the boats. Hats are advised in the winter. The boats have grease and oil on them which can get on clothing when the boats are being lifted on and off the water so it is best not to wear your best sports clothes.

In the summer sun cream is recommended as the reflection of the water can increase the sun's effects. A lot of the juniors find hats with visors useful. Juniors are allowed to wear vest tops or t-shirts and aren't allowed to train in just a bra top.

In the unlikely event of a capsize it is important that all rowers have a towel and change of clothing. If they don't they won't be allowed to row.

Please make sure all kit is labeled so that it can be returned to you if left at the club.

For safety reasons long hair must be tied up completely to avoid getting caught on the boat in the event of a capsize.

Drinks – It is essential that all juniors come to training with a refillable sports bottle. There are facilities to refill them if required. Training is thirsty work.

Communication.

There are a team of junior coordinators that assist in the organisation of the junior section. The email contact for them is juniorcoordinator@lvrc.co.uk They can help with any information you may need or any concerns you may have. Just drop us an email and we will get back in touch with you as soon as we can.

We aim to keep parents informed of upcoming events and plans within the club. We use an app called Team App which is a platform that allows 2 way communication with parents allowing us to keep you up to date with upcoming events and any changes to training. To get the app you search for Team App in your app store. You then search for junior Liverpool Victoria. If you click on this then apply to join stating the child's name and your relationship to the child. Once you have done this your application will be reviewed by the junior coordinators and once approved you will be able to view the page. For safe guarding reasons the app is not currently available to the children.