



### First Ever Junior Camp for Fixed Seat Rowing

October 13<sup>th</sup>/14<sup>th</sup> saw the West Region hold its first ever camp for junior from fixed seat clubs, at Stithians Reservoir in Cornwall.

The camp, run in association with the Cornish Pilot Gig Association, and the South West Lakes Trust benefited from funding from the Henley Stewards Charitable Trust to support costs such as facility hire and coaching.

A total of 30 juniors from Appledore, Torridge, Mounts Bay, Zennor, Cadgwith, Padstow, Flushing/Mylor and Trelawney attended the camp, which could have been filled twice such was the demand. The camp was designed to help the juniors develop their technique, and have the opportunity to try out different boat types.

The juniors were divided into five groups of 6, and rotated around a series of activities over the course of the weekend. This included two coached session in a gig, a session in flashboats, a session in virus boats and a session on rowing machines.

Many thanks go to all those volunteers who attended to support the weekend, providing coaching support, launch driving and other volunteering, without whom the camp would not have been possible.



### HSCT Junior Sculling Camp 2007 – West Region

October 7<sup>th</sup>/8<sup>th</sup> saw the West Region hold its annual junior sculling camp at Dart Totnes Rowing Club.

This years camp benefited from funding from the Henley Stewards Charitable Trust to support costs such as facility hire and coaching. This funding was of great benefit, enabling the camp to be extended to two days at no additional cost to the participants, and also enhancing the quality of coaching provided.

A total of 19 juniors from West Region clubs attended the camp, which was designed primarily to help the juniors develop their sculling skill and technique in small boats.

The juniors were divided into three groups, and rotated around a series of activities over the course of the weekend. This included a session of video analysis, a session practicing sculling skills, and a session of coaching. In addition the juniors had a session on stretching, an ergo technique/racing session, and also competed in a 1500m time trial on the water.

The camp was also an opportunity for a number of young coaches from the region to shadow and be mentored by more experienced coaches.

### WRRC Website

The WRRC website has been regularly updated throughout the autumn/winter period. It includes numerous articles of events from across the region. [ara-rowing.org](http://www.ara-rowing.org), click on *Regions*, followed by *Western*.

### West Success at the British Indoor Rowing Championships

The West region was well represented at the annual British Indoor Rowing Championships, held in Birmingham on November 18<sup>th</sup>.

The biggest contingent came from the Plymouth Rowing Forum, with 28 pupils from seven Plymouth schools taking part in the event (pictured below). All pupils set personal bests, with finishing positions ranging from 4<sup>th</sup> – 84<sup>th</sup>. Best result of the day came from Jacob Dawson from Plymstock School, who had a terrific race in the Men's J14 event, missing a



medal by a 10<sup>th</sup> of a second (1.43.9 v 1.43.8). Also competing from the region were a contingent from Exeter RC, including Lucinda Sanders, who won a bronze in the Women's open event, and Tom Youd, who was 12<sup>th</sup> in Men's



## Fixed Seat Coaching Course

The West Region is at the forefront of a number of exciting developments to the ARA's coaching award scheme. Most prominent amongst these developments is the establishment of a Level 2 coaching award for fixed seat rowing. This award is being developed by the ARA in conjunction with the Cornish Pilot Gig Association, the Cornish Rowing Association and the Welsh Sea Rowing Association.

The award will be largely similar to the existing Level 2 coaching award, but will include updated modules relevant to coaching in fixed seat boats, including an updated technique module, and a risk assessment module with an increased emphasis on risks associated with rowing in coastal conditions.

Currently there are a group of candidates from the CPGA and CRA training as ARA Coach Educators, enabling them to support the delivery of Level 2 courses to other coaches from CPGA and CRA clubs.

The target is to have the new materials ready to be piloted at the Level 2 course taking place in Plymouth in May, with the first official fixed seat course planned to take place in Cornwall in November 2008.

## Coxes Course

A course is currently in development which, once completed, will provide a recognised qualification for coxes.

The course will be split into two levels and, as with the Level 2 coaching course, there will also be a version developed for coxes from fixed seat rowing clubs.

Level 1 is designed to be delivered internally within clubs, and will cover the basic skills and knowledge required for safe and enjoyable coxing, including safety, launching and landing, steering and maneuvering, and giving commands. Materials from this course will be piloted at the upcoming coxes course at Exeter in March.

Level 2 will be for more experienced coxes, focussing primarily on coxing in race situations.

## Regional Schools Indoor Rowing Championships 2008

*Go-Race Indoors* is a partnership initiative from the Amateur Rowing Association (ARA) and Concept 2 to encourage youngsters into rowing and getting fit and healthy at a series of local indoor rowing competitions around the country.

The regional series culminates in the **West Regional Schools Championships**, which this year takes place at Heles School in Plymouth on **February 26th**. This event is also open to club juniors, and clubs are encouraged to get involved in what will be a large and exciting event.

Queries to Tom Pattichis – ARA Coaching and Development Officer  
Office: 01626333020 Mobile: 07879070873  
E-mail – [tom.pattichis@ara-rowing.org](mailto:tom.pattichis@ara-rowing.org)

## West Selected to Host World Coastal Rowing Championships 2009

Plymouth has been selected by FISA (the world governing body for the sport of rowing) as the venue for the World Coastal Rowing Championships in 2009.



The bid was put together by Mayflower Offshore rowing club, with the support

of the Plymouth Rowing Forum. Having been sanctioned by the ARA, an application was put forward to FISA who selected the UK as the venue for 2009 for the first time in the events history.

An organising committee has now been put together, headed by Mayflower ORC, to go about the large task of organising an event attracting in excess 1000 rowers and spectators. The event will include racing in FISA standard boats, with additional racing offered for local coastal boat classes.

## Upcoming Events

19th Jan - Regional Junior Trial (Totnes)  
20th Jan - Club Dev. Workshop (Fraddon)  
2nd Feb - WRRRC AGM (Plymouth ARC)  
9th Feb - Exeter Spring Head  
8th March - Coxes Workshop (Exeter)  
16th March - Three Rivers Race (Saltash)  
19th April - Truro River Race