

RGS Worcester Boat Club

Information and guidelines for Parents 2019-20

Introduction

Rowing is offered to RGS pupils from Year Nine to Year 13. Unlike school sports such as rugby and hockey, which use skills that are ingrained from babyhood (running, jumping, throwing, catching), rowing requires teenagers to learn a whole new set of skills. The motor control and timing of a rowing stroke can take two or more years to master (similar to the time it takes to learn to walk or to read!). Rowing also requires a lot of training to build up endurance, strength and fitness.

Please ensure that your son / daughter adheres to the Rowers' Code of Conduct and has read and understood the Rowing Handbook. The Handbook also includes information on health and injury prevention, nutrition, clean sport, crew selection and kit rules.

Training

Encourage your son / daughter to take responsibility for their sport, for example, packing their own kit bag before events, contacting coaches to tell them of absence from training. Recognise that rowing is a strength-endurance sport and requires more training than sports such as netball or rugby. Encourage your son / daughter to attend all the rowing sessions required, particularly in the run-up to major events.

Communication

ALL rowing information is posted on the SchoolWeb Rowing pages. Please bookmark these pages and use them as your 'go-to' for information: <https://schoolweb.rgs.org.uk/sport/rowing>

Saturday training updates are posted on [SchoolWeb Rowing pages](#) before 5pm on Friday and a link is published on the Coach Now app. No update = no change. To notify us of absences from Saturday training, email jcs@rgs.org.uk before 6pm on Friday. All rowers are expected to attend the weekly rowing team meeting on Thursday morning break in the Fitness Suite.

Emergency updates caused by weather conditions are posted on the Rowing pages by 7am on Saturdays. If the weather is poor please check the website before setting out from home as we occasionally move training into school at very short notice.

Understand that there is **no internet connection** on the river or at the boathouse. For last-minute absences from training / racing due to illness or injury please phone or text [07743 250365](tel:07743250365) or ask your son / daughter to use Coach Now – which will be picked up by staff members.

NOTE: Staff will not be able to answer the phone if they are on the river or driving. The boathouse phone is NOT a smartphone so emails sent on Saturdays will not be picked up. **Phoning or the Coach Now app is the preferred method of communication for last minute absences.**

Racing

The RGS Worcester School Sports policy applies to rowing. Please note that absences from fixtures must be requested, well in advance, from your child's Head of Year (copying in the Head of Rowing and Director of Sport). Although the Sports Absences Policy requests a week's notice, in rowing we

require much more notice due to the nature of the crew selections and training for the sport. Full details are in the Rowing Handbook and the [Sports Absences Policy](#).

Squad lists are posted on the main school sports calendar (ProSPORT)_AND on the SchoolWeb Rowing pages, well in advance of fixtures.

The Head of Rowing will email fixture, transport and race details to all competitors by Tuesday morning before a weekend event. This information will also appear on the [SchoolWeb Rowing pages](#).

Be aware that rowing events involve very long days – often leaving before 6am and returning after 7pm. Due to the nature of racing on open waters, we cannot guarantee to be back at a certain time of the day.

Your support on the riverbank at events is very welcome. However, please understand that the rowing coaches need ‘parent-free’ time to prepare the rowers for racing. Please respect a 90-minute parent-free zone for competition preparation and focus before racing. After races coaches will need at least 30 minutes with the rowers for debriefing and to put equipment away.

Understand that chores such as trailer loading / unloading must be completed before rowers may be released to go home. ALL rowers are responsible for ensuring their equipment is stowed at the end of the day.

Rowing Fees

A termly fee is charged to cover the additional costs of offering rowing as a school sport, including British Rowing affiliation and membership fees, and specialist coaching.

The first term of rowing is free. After that fees are £75 per term payable in advance.

A £15 Race Day Fee is charged for local and regional fixtures. National events such as Henley Women’s Regatta and the National Junior Sculling Regatta are more expensive and will be charged at cost (up to a maximum of £30 per person per event), parents will be notified in advance of any costs over and above the £15 standard fee. Race fees are applied to the end-of-term billings.

Please note: a full term’s notice, in writing to the Head of Rowing and Director of Sport, is required if your child wishes to stop rowing.

Get involved

The Pullinger Boat Club is the parents’ and friends’ association of RGS Worcester Boat Club organising fundraising events throughout the year (such as the popular Parent’s Rowing Taster Day, Quiz Night and End-of-Season Regatta). Funds raised go towards purchasing additional equipment outside of the school budget. We hope you will join us at one of our events or help out by joining the committee – volunteers are warmly welcomed.

To find out more visit: [Pullinger Boat Club page](#)

Thank you for your support.