

# **NORTH WEST ROWING COUNCIL REGIONAL PLAN 2005-2009**

## **Building Our Future Growing And Succeeding**

### **1. Introduction**

The North West Rowing Council Regional Plan 2005-2009 will build on the work done within the region to develop the sport both at Junior level and for new participant groups.

There is a key need to develop facilities in a number of key rowing centres. The aim will be to provide the capacity to support the expansion of the sport at all levels of participation as well as providing modern facilities for existing participants.

There will be a key emphasis on developing new partnerships in an ever growing leisure market responding to the emphasis on health promotion and well being.

Rowing is a sport that can be accessed at many different levels and an expansion of non-competitive participation will be encouraged.

The region will also promote the development of modern management in all its clubs with a view to developing the capacity and effectiveness of the region.

### **2. The Vision**

***'new participants through new partnerships'  
'rowing for life through well-resourced clubs'  
'being inspired by success on the world stage'***

### **3. Values and Principles**

Strengthening our ethos of collaboration and mutual support within the region where excellence is celebrated and development supported.

Providing a transparent and accountable organisation that supports its member clubs and events.

Encouraging and developing good practice in all areas of the sport across the region.

Valuing the work of volunteers and providing recognition, support and training with a particular emphasis on Coach Development.

Encouraging the development of new partnerships to support the continued expansion of the Junior sector and improving the number of new adult participants.

Developing rowing as part of broader sport development within local communities.

Welcoming new participants to enjoy the sport at whatever level they choose to participate.

Enabling those with the desire and talent to access High Performance pathway

Developing and supporting a culture of safety in all rowing contexts.

Supporting the equal access to rowing regardless of age, gender, disability, faith and ethnic origin.

#### 4. The North West Rowing Council in Context

The NWRC will work to provide a support structure to its member clubs and events. It will encourage developing partnerships with the Regional Sports Council and Regional Sports Boards with the aim of achieving the regional objectives and targets.

The NWRC will together with the regional development officer develop links with County Sports Partnerships and Local Sports Partnership and especially to deliver the Community Sports Coach Scheme with the aim of bringing the sport to the wider community.

The North West has been major player in Project Oarsome with seven schemes developing formal links with over 14 schools in the maintained sector. Our aim will be to increase the number of clubs with school links offering rowing, both on the water and through indoor rowing in school.

The North West has significant good practice in bringing together the wider community of indoor rowers and will consider the most effective way of developing the this opportunity of supporting the wider health and social welfare of our communities.

#### 5. The Priorities – Building on Success

**Clubs** are at the centre of the sport of rowing and are a key factor in both recruiting and retaining people of all ages in the sport. They provide a community identity for their members and, where appropriate levels of investment and support for both volunteers and facilities have been made, have proved to be highly successful in delivering sustainable, long-term participation in sport.

The North West Rowing Council will encourage the **building of capacity** in a significant number of its clubs supporting them in modernising and improving **facilities and equipment**. It will also support modern club management that will support the longer term sustainability of such developments

The NWRC will also encourage an increase the uptake of **training and education**, and the forming of lasting and mutually beneficial links with the local community, schools and universities.

Additionally we will support the development of new clubs where there is an existing water facility, as well as supporting proposals for sustainable new water and land based facilities.

Clubs are also important in providing access opportunities to the **high performance pathway** leading to World Class competition.

The region welcomes the new focus on developing the vital partnership between the region and the professional Coaching and Development Team. A key aim will be to ensure that the work of the professional staff is more closely linked to the range of regional priorities.

The Region will encourage the expansion of the sport through the greater participation in dry rowing investigating a variety of development models.

## 6. AIMS, OBJECTIVES AND OUTCOMES

### 6.1. Organisational Effectiveness

The regional council will review the effectiveness of its role of supporting its member clubs and events and as appropriate strengthen the way it provides this support.

It will also review the way it celebrates the successes within the region and the ways this celebration is communicated.

Aims	Objectives and Outcomes
Establish a working partnership with the Regional Coaching and Development Officer	<p>Establish shared aims through regular structured liaison.</p> <p>Establish regional targets for the work of the RCDO within the aims of regional and national plans</p> <p>To work with the RCDO in forging more effective links with Schools and Universities</p> <p>To develop the RCDO as the first point of contact for advice in accessing funding for club development.</p>
Extend the Commission approach in all areas of the work of the Council	<p>Clarify the roles and expectations of each commission.</p> <p>Establish Commission approach in the area of Safety.</p> <p>Strengthen the Junior Commission.</p> <p>Consider whether the needs of Seniors and Veterans should be supported through a commission.</p> <p>Consider whether clubs may benefit from a Club Development Commission or Forum.</p>
Develop a more effective structure to executive meetings	Consider distinguishing between issues that are within the remit and delegated to the commissions and which issues are those of overall policy that need referring to the executive and/or Council.
Develop more effective ways of celebrating success.	<p>Consider establishing a Publicity Officer Role.</p> <p>Review the North West Rowing Web-Site as a means of communication and celebration of success.</p>

## 6.2. Elite Rowing

The regional council will review the way it encourages and supports elite rowing.

Aims	Objectives and Outcomes
Encourage the development of high performance pathways.	Conduct an annual review of the issues affecting the elite athletes in the region

## 6.3. Coaching and Technical Education

Our aim will be to support clubs in developing their coaching base through an effective and wide range of coach education opportunities. It will also encourage each of its member clubs to establish their own coach development strategy.

Aims	Objectives and Outcomes
Continue to train and improve the skills of club coaches.	<p>Run a minimum of two open Instructors Award courses per year.</p> <p>Run one Dry Start Leaders course per year.</p> <p>As a minimum aim to run a Bronze Level course in the region each two year period.</p> <p>Run one coaching seminar and three training seminars in the region per year.</p>
Maintain the ability of the Region to run its own IA courses.	<p>Maintain a base level of 5-6 accredited tutors</p> <p>Maintain a level of a minimum of 4 accredited assessors.</p> <p>To have one internal verifier by the end of the five year period.</p>
To understand the needs and demands for coach education from the clubs within the region	<p>Carry out a survey of the clubs to assess their coach development needs every two years.</p> <p>Maintain the data base of coaches within the region.</p>
To promote a coach mentoring scheme within the region.	<p>Identify suitable coaches within the region for training to become mentors.</p> <p>Establish a training scheme for coach mentors.</p> <p>To establish the requirements for coach mentoring from the clubs.</p>

#### 6.4. Clubs and Members

Our aim will be to increase the rate of participation by 20% over the life of the plan and to develop clubs capacity to respond to this increase.

To achieve this aim the Council recognizes that developing the capacity to respond will depend on the success of its clubs in accessing development funding to increase, building and equipment resources

We shall also reinforce the ethic of mutual respect between all our clubs and events.

Aims	Objectives and Outcomes
To develop a climate for increasing participation.	<p>To share between clubs expertise in strategies for managing increasing participation.</p> <p>All Clubs to include increasing participation in their own development plans.</p>
To support the development of club management to respond to new participation opportunities.	<p>All clubs especially those that involve juniors to have achieved Club Mark over the life of the plan</p> <p>To develop support mechanisms for clubs preparing for accreditation.</p>
To provide support for clubs in accessing funding.	To develop the expertise especially through the RCDO in accessing funding.
To monitor the capacity of clubs to respond in terms of facilities and equipment.	<p>To establish a baseline assessment of current facilities and equipment against which to measure success.</p> <p>Use the ARA Club audit data to support the above.</p>
To reinforce the ethic of respect within the region.	To establish common principles that underpin the club structure of the sport.
To further improve the good practice in Club Welfare.	<p>To establish a Safety Commission in order to better support clubs and to ensure safe rowing in both training and competition.</p> <p>To maintain regular opportunities for clubs to develop their support for junior members</p>

## 6.5. Competition

Our aim will be to maintain a range of competition within the region that responds to the demand and any changes to the national competition structure.

In particular we will support the establishing of a Junior U14 event focused on 11-14 years olds including Project Oarsome recruits.

We will also aim to establish a multi-lane event that will have the potential of attracting high level competition from outside the region.

Aims	Objectives and Outcomes
Maintain a high quality programme of competition within the region	<p>Establish an annual Events Seminar to address the issues of competition within the region.</p> <p>Within the first year of the plan to review the entire events calendar to provide an equitable range and distribution of events that responds to demand.</p> <p>Ensure that safety issues are given high priority by all events and by event participants.</p>
To develop new competition opportunities within the region	<p>To establish a Junior U14 event within the summer regatta programme within the first year of the plan.</p> <p>To establish a multi-lane (4+) competition within the summer regatta programme during life of the plan.</p> <p>To encourage new styles of competition that give success to a greater proportion of participants.</p>
To ensure safe competition throughout the region	To establish a Regional Event Safety Team that will develop expertise and support all of the regions events.
To ensure a high level of collaborative support for competition within the region	<p>To aim at an umpire base of 50 qualified umpires.</p> <p>To develop the role of event officials through a new training programme.</p> <p>To develop the role of youth volunteers within the regions events.</p>

## 6.6. Increased Participation through Further Innovation

We will investigate the opportunities that present themselves through the emphasis on healthy living and well being.

This will focus on non-competitive rowing and indoor rowing.

We will also respond develop new strategies for recruiting new adults into the competitive strand of the sport.

Aims	Objectives and Outcomes
To develop new opportunities for non-competitive rowing	<p>To identify a champion for recreational rowing within the region.</p> <p>To audit existing practice in recreational rowing and identify mechanisms for supporting other clubs who wish to develop in this area.</p> <p>To establish an annual forum for recreational rowing in order to share good practice in the development of recreational rowing.</p> <p>To respond to national developments and to use the CDO Team to encourage and support development in this area.</p>
To develop new opportunities in Indoor rowing	<p>To identify a champion for Indoor Rowing within the region.</p> <p>To identify opportunities for developing local indoor rowing leagues especially through club school links.</p> <p>To encourage other indoor rowing events to compliment the North of England Indoor Rowing Championships (for example a Schools Indoor rowing championship)</p>
To encourage participation from groups that might not otherwise consider rowing as a sport for them.	<p>To identify existing practice and encourage clubs to seek out new opportunities.</p> <p>To seek the support of the CDO Team in this area of development.</p>

## 6.7. Young People

We will further increase the number of Young People starting rowing and provide a broad based range of activities to encourage long-term participation in the sport at levels of performance.

Aims	Objectives and Outcomes
Aim 1	Objective 1  Objective 2  Objective 3
Aim 2	Objective 1  Objective 2  Objective 3
Aim 3	Objective 1  Objective 2  Objective 3

## 6.8. Volunteers

We will review the ways in which volunteers are supported.

The range of opportunities and the structure of volunteer support will be reviewed and strengthened as required.

Aims	Objectives and Outcomes
To value all volunteers within the sport and strengthen the support systems for the development of their expertise.	To develop the mechanisms for recognizing the contributions to the sport (for example official event official, regional safety team member etc)  To establish support systems for all areas of volunteer activity.  Encourage all clubs to include volunteer development as part of their development plans.000.

## 6.9. Athlete Development

The region will encourage the use of the Sequential Training Model throughout its clubs ensuring a more consistent approach to athlete development.

Aims	Objectives and Outcomes
To ensure the Sequential Training model is used throughout the region.	Use the CDO Team to disseminate good practice across the region.  The Coaching Commission to ensure this model is the focus of their work.

## 6.10. Staff

To develop an effective working partnership between the council, its officers and the professional staff of the ARA.

Aims	Objectives and Outcomes
To ensure that the CDO and Region work in close partnership.	Develop mechanisms for identifying areas for development within the partnership.  Ensure that the region is fully involved in the development priorities for ARA staff working within the region.

## 7. BUDGET

The Council will continue to support its activity through a modest financial levy on all its member clubs and activities.

The Council will set an annual budget reflecting the development priorities of this plan and other agreed areas for development that arise during its life cycle.

The Council will support the training costs of individuals who give a commitment to using their developed expertise into activities that have regional significance.

The council will continue to maintain

## 8. Administrative Structure

### 8.1. Council

*The Council comprises one representative from each of its member clubs and events.*

*The Council meets in executive annually at its Annual General Meeting in November each year.*

### 8.2. Executive

*The executive comprises:*

- *Chair*
- *Vice Chair*
- *Secretary*
- *Treasurer*
- *Coaching Commission Chair*
- *Umpires Commission Chair*
- *Junior Commission Chair*
- *Water Safety Advisor and Safety Commission Chair*
- *Senior Rowing Representative*
- *University Rowing Representative*
- *Four ordinary Committee members*

### 8.3. Commissions

*The work of the Council will be conducted through its commissions:*

- *Coaching Commission*
- *Umpires Commission*
- *Junior Commission*
- *Safety Commission*
- *Senior Commission (being considered)*
- *Recreational Rowing Commission (being considered)*
- *Indoor Rowing Commission (being considered)*

## 9. Facilities Development

The regional Council is aware that the capacity to increase participation is linked to the development of modernising and developing facilities and equipment.

New modern facilities have been developed in two of the key areas of the region; the Manchester and Merseyside conurbations. In addition there is an imminent development in Runcorn. The priorities now move to the Cheshire basin and the extreme north of the region. The facilities at Chester and Lancaster in particular are in need of serious improvement. The facilities at Trafford are also hindering the progress of this expanding club. In the longer term those at Northwich and Warrington need modernising. There will also be a need to develop a strategy to address the needs of those Merseyside Clubs north of the Mersey.

It is also an aspiration of the region to host a multi-lane event within the lifecycle of this plan and to support opportunities that might arise in the longer term to develop further in this area.