

# Thames Regional Rowing Council

## Draft Forward Plan 2005 - 2009

### 1. Introduction

The Thames Regional Rowing Council (TRRC) encompasses a huge and commendable population of rowing activity in the Thames from upstream of Oxford down to the Tideway and comprising 10 ARA divisions. With over 8,000 members, Thames is the largest of the ARA's 12 regions, accounting for 41% of the total ARA registered membership.

The Region continues to be an important base for junior development; over half of the rowers in the Region are student, junior or under 13.

The purpose of the TRRC is to represent its members that comprise Clubs (including educational establishments) and the Events of Regattas and Heads:

- 90 Rowing Clubs
- 60 Universities and Colleges
- 46 Schools
- 70 Events - 30 Regattas & 40 Heads

The 2000 metre lake at Dorney continues to develop in preparation for the 2005 Rowing World Cup, the Coupe de la Jeunesse also in 2005 and the World Rowing Championships in 2006. Near Reading there is the 2000 metre Caversham rowing lake, for performance athletes, that is due to be in operation for 2004.

These impressive figures show how important the Thames Region is to rowing in our country.

The challenge for the TRRC is how best to provide value for our members bearing in mind the resources we have.

This plan has been developed following consultation with our member clubs and events. The plan draws together a number of objectives towards meeting our mission.

### 2. Our Mission and Vision

The TRRC's mission is:

**"To enable the Thames Region to develop rowing at all levels by enabling every community within the region to participate in the sport and to maximize our strengths at local, national and international level."**

This sits with the ARA's national vision:

- New participants through new partnerships
- Rowing for life through well-resourced clubs
- Inspiration through success on the world stage

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

In line with the ARA values and principles, the TRRC is committed to:

- Encouraging and developing good practice to provide a transparent and accountable organisation at national, regional and local level.
- Providing equal opportunities to participate in rowing regardless of gender, race, disability, sexual orientation, age and religion.
- Creating the opportunity for athletes with the desire and talent to join the High Performance pathway and achieve medal success at World and Olympic level.
- Playing an active part in developing rowing as part of the wider sporting community.
- Providing a welcoming environment and support for participants to enjoy the sport at whatever level they choose to participate.
- Valuing the work of volunteers and providing recognition, support and training.

### **4. Context in Sport and Working in Partnership**

### **5. Achieving our Mission**

There are a number of activities that we will undertake and support in order to work towards the achievement of our Mission. These are arranged in eight categories:

1. Organizational effectiveness
2. Coaching and education
3. Clubs and members
4. Competition
5. Encouraging and increasing participation
6. Young people
7. Safety
8. Indoor rowing

The diagram below illustrates the link between these categories and the achievement of our mission. It also demonstrates that all the categories support each other.



### **5.1 Organisational effectiveness**

- Develop good communication between the TRRC and its constituent clubs and events
- Develop good communication between the TRRC and the ARA
- Create a calendar of training events, club trials, visiting training and in-house training by ensuring good communication between clubs
- Evaluate the effectiveness of the current divisional structure and boundaries.

### **5.2 Coaching and education**

- Support the development of the wet and dry instructors awards
- In conjunction with the CDOs, establish centres to hold instructors awards, co-ordinate delivery, create and maintain a coach, tutor and assessors database for the Region, and provide financial support for appropriate courses.
- Encourage participation in and support funding for wet and dry instructors' awards, IA, Bronze, Silver and Gold coaching awards
- Promote and support funding for trailer driving courses
- Build a Regional capacity to deliver trailer driving courses
- Promote and support funding for RYA Launch Driver Level 2 courses
- Run regular seminars to educate and promote good practice around safety issues, navigation and steering, child protection and relevant issues in order to disseminate information and training to all clubs and events.

### **5.3 Clubs and members**

- Encourage development within clubs
- Encourage clubs to utilise and develop their premises to increase participation
- Encourage recreational rowing
- Encourage touring rowing
- Encourage dry rowing

### **5.4 Competition**

- Pilot template for event organisation training
- Pilot event organisation assessment

### **5.5 Encouraging and increasing participation**

- Hold talent identification and development sessions for athletes, future event organisers and umpires
- Encourage continued involvement in the sport by encouraging junior oarspeople to select and develop their potential at strong rowing higher education establishments
- Encourage oarspeople at university to train and coach schools in the region
- Encourage graduates to continue rowing at clubs in the Region

### **5.6 Young people**

- Further support and develop the junior training initiative
- Encourage and monitor all clubs with junior sections to become accredited through the Clubmark scheme
- Annually organise a training day for 15-18 year olds
- Introduce the junior rowing leadership scheme

### **5.7 Safety**

- Create a safety commission within the region, chaired by the regional safety advisor, to encourage good practice in every club and event within the region, to maintain and analyse a register of incidents with a view to continuously managing risks
- Organise and promote first aid courses for coaches, clubs and events

### **5.8 Indoor rowing**

Support indoor rowing competition