



TWICKENHAM ROWING CLUB

JUNIOR ROWING PROGRAMME

In this document you will read an overview of the season ahead. I hope that this document leaves you feeling confident and informed regarding the season.

Megan Slabbert (Junior Head Coach)

On behalf of the Twickenham Junior coaching staff.

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Social Contract

At Twickenham, our priority is to maintain a positive, productive training culture and environment. Aside from safety and well-being, making sure that our squad is enjoying being a part of Twickenham Rowing Club is a crucial prerequisite to making boats go fast on race day.

By being a part of our junior squad, coaches, parents and athletes are agreeing to the be:

- Respectful
- Considerate
- Kind
- Safe
- Aware
- Inclusive
- Positive
- Driven
- Engaged
- Responsible

Should these expectations not be met, we are operating a three-strike system. In the first instance of violation we will issue a verbal warning, in the second instance we will issue a written warning via email to parents, and in the third instance the athlete will be asked to leave our junior program.

Should the behavioral concerns regard a parent, it will be in a written format to both the parent and club captains, and on the third instance they will be asked to leave the club.

Bullying

Twickenham rowing club has a strict policy of zero tolerance to bullying. This includes athletes bullying peers and parents bullying other parents, athletes, or coaches. In any instance of bullying, the culpable individual will be asked to leave the club, forgoing a three-strike system. Needless to say, any violence will result in immediate dismissal.

For more information, please consult the British rowing anti bullying policy below which we adhere to. <https://www.britishrowing.org/wp-content/uploads/2021/09/BR-Anti-Bullying-Policy-2021.pdf>

Communication

Face to face communication is the most useful and productive manner to ask questions or resolve issues. Given that the athlete is the primary member of the junior squad, it is important that athletes are encouraged to speak to coaches at training, either before or after a session. Should they expect a conversation to be lengthy, we suggest they approach a coach and ask them to set up a time to meet at the club. We believe it is important and valuable for athletes to learn communication skills and be able to act independently.

Should a parent wish to open a line of communication, the first point of contact with anyone at the club is to email juniors@twickenhamrc.co.uk. This email address will reach all those involved with operating the Juniors programme. Coaches' mobile numbers are to be used only in the case of emergencies.

We ask that any parent contacting coaches be mindful and considerate towards the coaching staff. Please take note of the tone, time and intention of any message before sending it. In the case that a problem cannot be solved, coaches will share the communication thread with club captains who will support the coaches with resolving any issues.

Information will be sent out from the coaches by email. On the Monday before a race, crews will be announced for the weekend and logistics and timings will be sent out. If your athlete is meeting attendance goals, they will likely be entered into the regatta. Please keep the day open rather than asking for line ups and logistics before the information is announced. Entries are put in for racing weeks ahead of time but we cannot share the plans until the entries have been accepted, paid for and the racing timetable is published. Please note that we do share information as soon as possible.

Distribution of Coaches and Age Groups

VARSITY	J16-J18 Girls	Megan Slabbert	Junior Head Coach
	J16-J18 Boys	Alex Watkins	Varsity Coach
JR VARSITY	J14-J15 Girls	Alex King	Junior Varsity Lead Coach
	J14-J15 Boys	Bass Andre	Junior Varsity Coach
NOVICE	Beginners + J13	Nicki McMillan	Novice Coach and Coordinator

Attendance

The best ability is availability.

This year we will implement an attendance policy. We are a competitive program and athletes need high attendance of sessions to gain full benefit from the training program. Furthermore, to improve technically, athletes must practice the skills they learn at training. Finally there must be consistency in training attendance for crews to be able to row together. Not only does strong attendance improve each athlete's standing within the squad, it will help crews to reach their goals on race day.

Each day we will take attendance at the beginning of the session, for the Varsity group, this will be at 4:45PM, and for the Junior Varsity and Novice group this will be at 5:00PM. After the first three weeks we will monitor each athlete's attendance percentage. (Number of sessions attended to date/number of sessions provided to date) for each age group, we have set the expected attendance standard as follows.

- **Varsity attendance standard is 85%.**
- **Junior varsity attendance standard is 80%**
- **Novice attendance standard is 60%**

If any individuals have good reasons on the day of a session for lateness or being unable to attend a session that they are signed up for, then we expect to be informed in good time. Please use the email address provided in the communication section to let us know. We understand that public transport or traffic can let us down from time to time so if we receive an email in these instances then we can wait for the athlete to arrive rather than boating without them.

Arrivals that are late with no prior announcement will be recorded as absent on the books as the register will not include their name. Though we may be able to work them into the session, it is likely that they will be given a session to do on land with another age group to prevent holding up the water session.

We will send out monthly attendance reports so that you know exactly where you stand on attendance and can check when your kids have attended. If there is an issue with attendance then we will work with you and share attendance more often.

Should you know in advance of dates that you will not be able to train or race for any reason, please communicate this well in advance.

Nevertheless, we will always be understanding in the case of extended illness, family emergencies, funerals, school commitments etc but we do ask for clear communication with reasonable notice!

Training Times

Varsity

The varsity group will meet 15 minutes earlier than we did last season. On weekdays, athletes should be ready for our session briefing at 4:45PM. This means athletes must be in kit, shoes changed, ready to row, water bottles filled and stretched/warmed up for the session. Attendance will be taken at 4:45PM. If this change in timing is a conflict specifically to you, please contact us via the email provided. If you let us know your situation then we can arrange a way to support you getting going as quickly as possible. The aim for this group is to get boated by 5:00PM. The sessions will finish at 6:30PM.

On Sundays, varsity will meet 30 minutes earlier than last season, varsity will meet at 12:00PM and finish at 3:00PM. There will be a break during this session and attendance will be taken again after the break.

Junior Varsity and Novice

Junior varsity and novice will meet on weekdays at 5:00PM for their briefing, attendance and warm up. Again, this means that athletes must be in kit, shoes changed, ready to row, water bottles filled up for the session. Weekday sessions will finish at 6:30PM.

On the weekends we will change our Saturday session to Sunday, the reason for this is that we believe that moving the session will allow for more productive sessions, we have more coaches available on Sundays, and it keeps the three groups together as one team. On Sunday, the meeting time for the first session will be 1:30PM and training will finish at 4:30PM. There will be a break during this session and attendance will be taken again after the break.

	WEEKDAYS	WEEKENDS
VARSITY	MTWTF 4:45-6:30	SUNDAY 12:00-3:00
JUNIOR VARSITY	MWF 5:00-6:30	SUNDAY 1:30-4:30
NOVICE	MWF 5:00-6:30	SUNDAY 1:30-4:30

Daily Training Structure

The training format most likely will change through the season, but chart gives an idea of how the training is split up. We ask that athletes bring trainers to every single session, whether or not they are expecting to go on the water.

	M	T	W	T	F	SAT	SUN 1	SUN 2
VARSITY	ROW	ROW	S&C	ROW	ERGO	OFF	ROW	S&C
JV BOYS	ROW	OFF	LAND	OFF	ROW	OFF	ROW	S&C
JV GIRLS	LAND	OFF	ROW	OFF	ROW	OFF	ROW	S&C
NOVICE	ROW	OFF	ROW	OFF	LAND	OFF	ROW	LAND

Parent roles

Twickenham is a community rowing club. This means that we aim to be inclusive and accessible to all athletes that have the passion, commitment and drive to be a part of our squad. A key part of this is our aim to keep the cost of our junior as low as possible. Thus, the fees earned from our junior program only cover the running cost, providing zero profit to the club. With no profit there is zero budget for equipment or extras that we may need.

To fund a lot of our projects we ask for help from everyone. This means that for each regatta we will ask parents to sign up and volunteer for a variety of roles, from giving lifts, setting up the tent to bringing snacks for athletes. This keeps regattas running smoothly to enable the coaches able to focus

on racing and getting athletes fed and ready to race! We do not have a parents "committee" as such but we know parents are eager to be involved so we will let you know when we need your support.

Boat selections

Crews for racing will be selected solely on who makes the boat move fastest. This is determined by a combination of strength, fitness, technical skill and attitude. For those parents who have been in the rowing world, we will never use weight adjusted scores.

Individuals should have a clear understanding of their position/standing in the squad and are welcome to check in with coaches at any time to gain a better understanding of where they stand. Athletes will find that they will end up racing in the crews they have been training in. When racing crews are announced, there should not be any surprises. Should anyone be unhappy with selection, we encourage athletes to ask coaches what they need to do to achieve their goals.

Draw off

Something unique to Twickenham is that each year we experience a draw off. This means that Richmond lock will remain open, allowing the river water to flow out with the tides, essentially emptying the river in front of the club except for periods around each high tide. The purpose for this is to allow the PLA to carry out essential maintenance work on the lock, weirs and sluices and also allows for inspection of the riverbed. This year's draw off is to take place between 10AM on Monday 6th November and will end at 8AM on Monday 4th December.

The draw severely limits rowing during this period as rowable water will rarely coincide with the planned sessions. Even when the tide is high and it may seem there is rowable water, the tidal the stream can be dangerously fast and unrowable. For this period we will carry on with our racing schedule, but our training at the club will be on land. Please be prepared for one or two crews to take part in fixtures against other local clubs as a way to test out whether this is a good use of training time during draw off.

Thank you again for taking the time to read this document and for joining us in the autumn season! We are looking forward to seeing you soon.

**Junior Rowing Events Calendar:
September 2023 – March 2024**

SEPTEMBER		Notes
Sat 9	U19 GB Programme Review & Strategy meeting	For coaches
Sun 10	Start of Autumn Term Meeting	Clubroom 4:00PM
Mon 11	Training begins	
Sat 23	Vesta Scullers Head of The River Race	
OCTOBER		
Wed 4	U19 GB Aspiring Rowers Meeting	Virtual
Mon 9-Mon 23	GB Junior 1st Ergo Submission (2km : @ r24)	
Mon 23	GB Junior Rower Registration	
Mon 23 - Fri 27	Half Term	Potential camp
Sun 29	Upper Thames Head Race	Henley-on-Thames
NOVEMBER		
Sun 5	Fours Head Race	Tideway
Sat 11	Kingston Small Boats Head	
Sat 18	Teddington Small Boats Head	
Sat 18	GB Junior Early ID Assessment	Boston
DECEMBER		
Sun 3	GB Junior Training Day	Caversham
Sat 9	British Rowing Indoor Championships	NEC Birmingham
Mon 11	GB Junior 2nd Ergo Submission (5km r26)	
Sat 16- Wed 20	GB Junior Potential Camp	Bisham / Dorney
Sun 17	End of Autumn Term (training ends)	
JANUARY 2024		
Mon 8	Start of Spring Term (training begins)	

FEBRUARY		
Sat 3	Hampton Junior Head	
Sun 4	GB Junior Training Day	Caversham
Mon 5	GB Junior 3rd Ergo Submission (5km r26)	
Sat 10 - Fri 16	Half Term	Potential camp
Sat 17	Molesey Junior Head Regatta	
Sat 17 - Sun 18	GB Junior 5km Long Distance Trial	Boston
MARCH		
Sat 9	Women's Head of The River	Tideway
Sat 16	Kingston Head Regatta	
Fri 22	GB Junior 4th Ergo Submission (2km free)	
Sat 23 - Tue 26	GB Junior Spring Assessments (invitation)	Nottingham
Sat 30	Junior Scullers Head Regatta	
Sat 30 - Mon 1	GB Junior J16 Sculling Camp	Nottingham
Sun 31	End of Spring Term (training ends)	