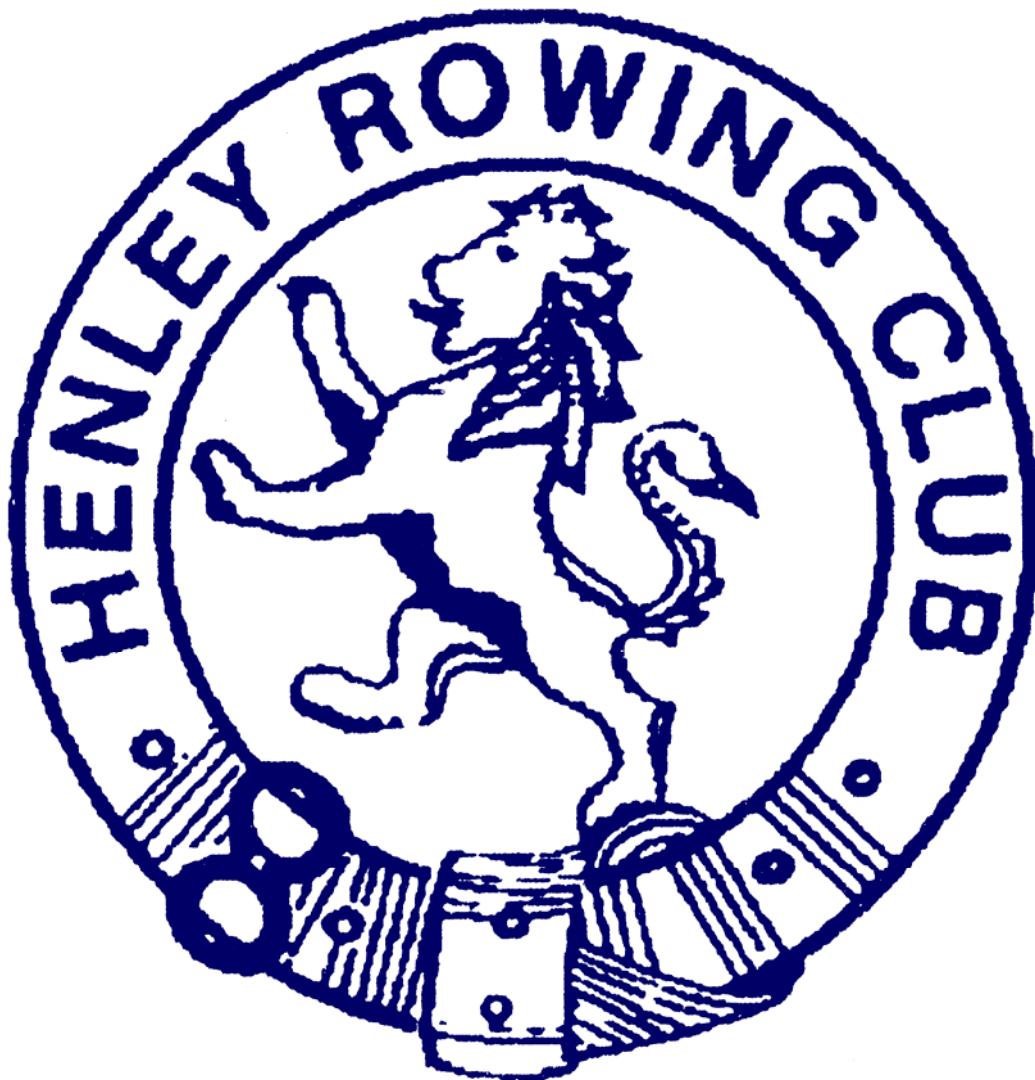


A PARENT'S SURVIVAL MANUAL – A PRACTICAL GUIDE TO BEING A JUNIOR ROWING PARENT



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INTRODUCTION

This manual is intended as a practical guide for parents on what to expect being a parent of a Henley Rowing Club Junior Squad member, based on several years being 'Junior mums' and volunteering at the Club. We hope this gives you some useful background information and tips to help you in the coming 2008-09 season.

If you would also like a basic understanding of rowing please take a look at the following link from the ARA web site. This provides an introduction to the structure of clubs, the equipment used for rowing and how parent volunteers can help.

<http://www.ara-rowing.org/publication/volunteer-helpers-guide>

Please feel free to contact us if you need any other information. Linda provides a monthly email newsletter for parents and coaches. Please make sure you provide a current email address which you access regularly to ensure you receive news and important information.

Our web site also has news and information about the club and rowing.

<http://www.henleyrowingclub.org/>

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OPPORTUNITIES TO HELP

Apart from the important job of transporting your child to and from training/events and acting as a 'parent in charge' when we are away from the club there are many opportunities for parents to become involved with the Junior rowing section. Some are:

- On the coaching rota. This will involve cycling with the coach and following a crew. We are looking into providing some training on this for the new season. Approx once every 4-6 weeks.
- On the breakfast rota. Sundays from 9 – 11am. Approx once every 4-6 weeks.
- Gazebo team organisation
- Seat fee administration/entries secretary for Junior Squad

- Help with the finish tent at Henley Sculls and Henley 4s and 8s Heads.
- Help with refreshments at Henley Sculls and Henley 4s and 8s
- Cake making for eg. Henley Town and Visitors
- Fundraising

Please give your name and contact details to Linda Thomas if you want to be involved. More details and requests for helpers will appear in the newsletter.

MEMBERSHIP OF HENLEY ROWING CLUB

It is compulsory for all juniors rowing and coxing to become a member of the Club. Fees are on our web site and application forms are at the club. Payment can be made by monthly standing order or annually.

The Club has a new 'Non Rowing' membership category for parents of Junior rowers. The cost of this membership is £30 per year - this is a 60% discount on the existing Non Rowing membership.

Benefits of the non rowing membership include:

- Club insurance
- Opportunity to join ARA
- Use of bar (opening hours: Tues & Thurs 7 - 9.30, Sunday as required)
- Club dinner

If you are interested, membership forms are in the bar.

If you are a volunteer/helper/coach you are encouraged to become a member of the Club as this will give you the benefit of personal insurance cover when involved with the rowing/training activities.

MEMBERSHIP OF THE ARA

For racing it is compulsory to become a member of the ARA This is paid annually from the anniversary of first joining. The coach will let you know when membership is needed for new rowers and coxes in time for the first regatta/head race. You will receive a membership card to which you should add a photo. This is the racing licence and is kept by the coach for the season.

As a parent helper on the coaching rota it is also advisable to become a non-rowing member of the ARA. This will provide you with additional insurance cover as well as receiving your own copy of Rowing magazine.

For details of ARA membership see: <http://www.ara-rowing.org/membership>

THE COACHES

The Junior Squad Coach is Chris Boothroyd. Each age group has a different main coach and assistants/helpers. The coaches are as follows:

Junior Squad Coach (and Junior Girls)	Chris Boothroyd
J16 & J15 Girls	Mark Compton Roger Stephens
J14 Girls	Jeff Morgan
J13 Girls and Boys	Pete Nickless
Junior Boys (J15s +)	Matthew Gordon Tom Skinner
Beginners Squad	Bill Lambourn
Coaching Assistants	Paul Blair Simon Hall Kate Thomas

All coaches are CRB checked.

MEDICAL, HEALTH AND SAFETY

HEALTH

Please ensure that the coaches are aware of any medical issues eg asthma, epilepsy. If applicable, please see the ARA statement on epilepsy:

<http://www.ara-rowing.org/upload/files/AboutRowing/Health/Medical-Epilepsy-Apr-08.pdf>

Training is quite intense and it is not advisable to train when feeling down and generally unwell. A good guide is to establish resting a heart rate ie first thing in morning before getting up.

- If the heart rate at any time is 10 beats above this then you should not train
- If the heart rate is 5-10 beats above this then make sure the coach is aware before training commences.

DIET

A healthy and balanced diet is a must. This means three meals a day plus appropriate snacks and proper hydration. Each day's intake should contain a balance of a variety of food groups, as well as adequate fluid intake (6 - 8 glasses of water daily).

SUN EXPOSURE

Rowers and coaches are exposed to higher intensity of sun than other athletes who do not train on the water. Reflection of the sun's rays off the water results in increased exposure to harmful solar radiation. Use of sunscreen, hats and sunglasses can help.

HYPOTHERMIA

Hypothermia occurs when the whole of the body has been chilled to a much lower than normal temperature, and can no longer maintain its heat. i.e. below 35° C. Avoidance must be the first consideration at all times. It is important to dress to beat the cold – layers of clothing are more effective than one warm garment. The outer layer should be wind and waterproof. Remember the head is a major source of heat loss so it is important to wear a hat in cold weather. Be alert to the warning signs of cold both in yourself and others. Exposed arms and legs heighten the risk (see information on [kit](#)).

Further information on health, what to wear and safety is in the ARA leaflet RowSafe provided to all new ARA members. This is also available on the web site – follow the link:

<http://www.ara-rowing.org/watersafety>

Please note that water bottles should not be shared by athletes as this could spread infections. Always bring your own bottle for training on the water and in the gym.

Weill's Disease - Leptospirosis

The risk of contracting Leptospirosis from recreational water is small. However, the serious nature of the disease is such that we must be aware of the dangers and should take simple precautions to reduce the risk of infection, viz.,

- Cuts and abrasions (including blisters) should be covered with waterproof dressings.
- Wear footwear to avoid cuts and protect feet when paddling in the water (launching a boat).
- Shower after contact with the water.
- Wash hands thoroughly before eating and drinking.

If 'flu like symptoms develop shortly after contact with the water (1-3 weeks) then your doctor should be contacted and advised of the circumstances of exposure. Please let your coach know.

Further information related to safety aspects on water borne diseases can be found at:

<http://www.ara-rowing.org/upload/files/AboutRowing/Health/Medical-WaterBorneDisease.Apr-08.pdf>

Please note that water bottles should not be shared by the athletes as this could spread infections.

Bird Flu

General hygiene as discussed above will help avoid the ingestion of contaminated material and infection. The ARA statement on bird flu is as follows:

<http://www.ara-rowing.org/upload/files/AboutRowing/Health/Medical-BirdFlu.Apr-08.pdf>

RAFTS

Only step on to the rafts when required to boat. If you are not rowing only step on to the raft when asked to do so by your coach or if needed to help a boat come in. Visitors, and especially small children, should not step on to the rafts.

Take care when boating from the rafts to step over the gaps and when stepping up on to the bank. rainers should be worn properly when carrying boats to avoid the risk of tripping and accidents or damage to rowers and equipment.

TRAINING SESSIONS

Beginners undertake a separate water training programme to get them ready to join the squads. Squads are organised according to school age ie J13s = School Y8.

The training is land based in the week during the winter season and water based at weekends. Due to lack of capacity in our gym land training is at a different venue on one week night. From April training is water based at the Club.

The schedules given overleaf are typical (and subject to confirmation or changed as necessary).

All coaches and rowers have a responsibility to follow the ARA Water Safety Code and Water Safety Code for the Club. Further information is at:

<http://www.henleyrowingclub.org/RiverInfo/RiverInfo.htm>

<http://www.ara-rowing.org/publication/water-safety-code>

All training, including outings on the water, for Juniors must be under the supervision of coaches (or a responsible adult if agreed with the coach) or as arranged with the coach.

WINTER

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
8am-12.30						J16 + J15 J14 (8.30am)	J16 + J15 J14 (8.30am)
10 am -12 noon						J13	J13
7-8.30pm HRC	J16 +	J16+/J15	J16 +/J15	J13/J14			
7-8.30pm Pole*		J13/J14		J16+ J15			

*Polehampton School, Twyford

SUMMER

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
8am-12.30						J16 + J15	J16 + J15
10 am-12 noon						J13 J14	J13 J14
6.30-8pm	J16+	J16+/J15/J14/J13	J16+/J15	J16+/J15/J14/J13			

ROWING KIT

COMPETITION KIT

The most important piece of 'kit' is the all-in-one in the Henley Club colours. The J13 – J15 squad wear the Godfrey Sport all-in-one purchased from (<http://www.godfrey.co.uk/clubproductbrowse.php?selcat=14> or via the Club's web site

The Godfrey Sport kit may be ordered any time of the year. Parents might wish to join together for a bulk order because postage costs can be quite high for single items (see the link to the price list).

The older squad members tend to choose to wear the JL all-in-one purchased in club colours <http://www.crewroom.biz/sport.php>

The JL kit is available for order at selected times notified to the club ('team room is open'). Details on how to access and times when open will be circulated by email. Kit arrives at the Club for collection and can take up to 6 weeks (longer for some items) to arrive.

The crew must wear identical clothing in club colours for racing. If in the winter a tee (Long or Short sleeve) shirt is worn under the all-in-one all crew members must wear the same colour – this is usually a white tee shirt.

TRAINING KIT

Please refer to previous information on clothing provided earlier ([Hypothermia](#)). Leggings and layers are important depending on the weather. Shorts are not sufficient in cold weather. A woolly hat is also advisable in the winter. To keep hands warm poggies (special rowing mittens available from Godfrey's) can be used; ordinary gloves are not suitable for rowing.

Serious rowers bring a bag of kit and are prepared for anything the elements may throw at them! Dry kit and a towel should be brought to the club at all times in case of capsize from a single scull and in adverse weather conditions. A plastic bag is useful to hold wet kit.

In the summer don't forget a sunhat (this means a hat not a visor) and sun block – even an early morning outing can result in sunburn if not properly protected.

Please ensure that appropriate fitting tee shirts (with sleeves and not low-cut) are worn for land training/gym sessions. Sports bras are also recommended.

All kit should be named – a simple marker pen can be effective – as it does tend to be left about and can be thrown away or used as a cleaning rag if not claimed! There are two blue bins at the back of the boat house which contain unclaimed kit. These should be checked as after two months unclaimed kit is disposed of.

Suitable footwear should be worn at all times –bare feet or socks are not allowed for safety reasons.

Sometimes it is not possible to row due to the river conditions and then a training run is done. These runs can be >5 km and so it is important that suitable trainers are worn. All runs are along known routes and are supervised by coaches.

REGATTA DATES

At the beginning of the year a schedule of planned dates for regattas up to end July is provided. Please note these dates in your diary and notify coaches AS SOON AS POSSIBLE if you think there is a potential clash with school holidays, exchange trips, exams etc. Ideally holidays should not be taken during the season to conflict with the dates provided. These dates and regattas are provisional and may change during the year.

Some regattas require overnight stays at Nottingham - possibly three times for Junior Inter Regional (April), National Schools Regatta (May late Bank Holiday) and July (National Championships) - and there may be travel to Ghent International Regatta, Belgium (May).

For up to date information on regatta dates the following link is useful. This web site will also have links to results and photos to view and buy on line.

<http://www.rowing.biddulph.btinternet.co.uk/2008cal.htm>

The following link is also useful for rowing news:

<http://www.rowingservice.com/new.html>

PHOTOGRAPHS

We like to promote wins and celebrate success through the Henley Standard, on our web site and in any promotional materials we may produce to attract potential sponsors.

When taking photos of winning crews please ensure that all kit is correctly worn (ie all-in-one's pulled up) and matches (ie all wear the same as far as possible and make sure the cox is also wearing a Henley top). Sun glasses should not be worn for photographs. It is helpful to email crew photographs to Chris Boothroyd and Linda Thomas. These can then be forwarded to Adrian Lake together with a written report (often written by the coaches) for the newspaper (deadline is Monday for a Friday publish). Wins and regatta reports are collated by the club and appear on the Clubs' web site.

COMPETITION, TRAVEL AND ACCOMMODATION COSTS

Apart from Club membership and ARA membership fees there additional costs which are also the responsibility of parents as follows:

1. Travel costs and accommodation relating to regattas and training camps.

There will be costs involved in overnight stays for events in Nottingham and Ghent, Belgium. For example, in Nottingham we stay in a local hotel which provides a very good quality bed/breakfast/pasta supper package for the rowers at approximately £35 per night. The hotel has been hosting us for many years and are accommodating in changing meal times to suit race plans and have dried kit when necessary.

Linda Thomas organises all accommodation for the rowers, coaches and parents at both the Nottingham and Ghent hotels.

There may also be costs involved in travelling to Gent, Belgium for the International Regatta held in May each year.

2. Seat fees

Fees for regatta entries are paid by the Club and then claimed back from parents. Seat fees are typically in the region of £8 - £15 per event. Example if your child competes in a J14 2x and a J14 4x there will be two fees to pay for the regatta. Fees are payable even if the event is scratched by the coach due to clash of timetables or if someone is not available to race and a substitute cannot be found. Seat fees are collected

approximately three times per year. Cheques should be made payable to Henley Rowing Club.

Depending on age and how many events are done the annual seat fee could come to £50 - £150 approximately. Seat fees for some regattas eg Henley Women's have been sponsored by the Club in the past.

ADDITIONAL INFORMATION ON TRAVEL AND ACCOMMODATION

NOTTINGHAM

The National Water Sports Centre is at Adbolton Lane, Holme Pierrepont, Nottingham NG12 <http://www.nationalwatersportsevents.co.uk/>

There will be a daily charge for spectators at the events (car parking is free) of approximately £5 per person.

There is a large Morrison's supermarket about 3km from the centre. It's a good idea to buy picnic food for the day. However, the NWC has a café serving food (including pasta), drinks etc and a bar. Usually there are mobile food caterers around for the events eg National Champs. The Waterside Café is behind the score board.

Rooms are booked for rowers and 'responsible' parents at the following hotel. PLEASE DO NOT CONTACT THE HOTEL DIRECTLY AS THIS IS ARRANGED CENTRALLY THROUGH LINDA THOMAS.

Vale of Belvoir Hotel, Whatton NG13 9EU. (pronounced Beaver)

Tel no: 01949 850800

Website: www.valeofbelvoirhotel.co.uk

The hotel is situated just off the A52 (Grantham Road) about 9 miles from the centre. Look for the Whatton signpost and the hotel is further along on the right hand side by a T-Junction, you can see it from the road.

GENT, BELGIUM

In the past few years we have sent crews to Gent International Regatta held in May. As the age categories under FISA rules are different to the ARA (ie birth year not school year) and the regatta does not hold events for each age category there may not be a suitable opportunity for all of the squad to compete within an appropriate age band.

The link to the regatta is:

http://www.krsg.be/regatta/?mainmenu=regatta_&submenu=engels-uitnodiging&taal=engels

We stay at the following hotel a short car journey from the course. PLEASE DO NOT CONTACT THE HOTEL DIRECTLY AS THIS IS ARRANGED CENTRALLY THROUGH LINDA THOMAS.

Hotel Ascona, Voskenslaan 105, B - 9000 Gent

Tel no: +32 9 2212756

Website: www.ascona.be

Please note that the hotel is a short tram ride from the city centre where we go for evening meals. Please provide change to pay for the journey (approx 1 Euro 20 cents each way) as well as money to pay for food.

The regatta organisers provide food at very reasonable costs and there is a supermarket opposite the course (note this is closed on Sundays).

There is no charge for spectators.

More information will be provided at the appropriate time.

TIME OFF FROM SCHOOL

There are times when days off school during term time are needed to compete or travel to events. Based on 2008 you could expect the following for the coming season:

March 2009 – weekday for National Schools Sculling Head (Henley), weekday for National Schools Head (Putney for J15+). These are likely to be consecutive days.

May 2009 – travel to Gent Friday for competition Sat/Sun.

May 2009 – travel to Nottingham Thursday before half term for the National Schools Regatta. Events take place on the Fri- Sunday.

July 2009 – travel to Nottingham Thursday for the National Championships. This takes place Friday to Sunday. Finals are on Saturday or Sunday depending on age. There may be no racing on the Saturday, which is a 'free' day.

July 2009 – if trialling for J16 GB France match a weekday will be needed for the trial. If selected there will be an immediate training camp before the event. In 2009 the GB France match will take place in the UK (2010 this will be France). Since the GB France event is aimed at J16s this is not usually a problem as it occurs after GCSEs are finished.

THE GAZEBO

This was purchased by the Club in 2007. It is used as the base for when we are at regattas. Events charge us for putting up the gazebo and we have to share this cost amongst the rowers. This is approximately £5 per rower. It has proved to be a useful base and shelter from rain and wind and an asset for the Juniors, coaches and parents, in particular when at Nottingham.

Parents are needed to transport the gazebo to/from Nottingham and to be part of the team for putting up and taking down.

We also use the Gazebo at Henley Heads and organise refreshments for sale. We raise money towards the club funds and the gazebo fund.

THE EXCHANGE WITH LAUSANNE ROWING CLUB

The Junior Squad has established links with Lausanne Rowing Club, Switzerland. In 2007 the Lausanne Juniors visited UK and stayed with families while enjoying a rowing and social programme organised by the club. In February 2008 members of the J15 and J16 squads travelled to Lausanne (see our web site for photos and a report). We anticipate that the Lausanne Juniors will be visiting in Spring 2009. We would need families to volunteer to host rowers and coaches. Those families hosting would have a priority for the return trip we hope in 2010.

PASSPORTS AND EU HEALTH CARD

Please make sure you have these available in case of travel to the International Regatta in Gent, Belgium. We also have an exchange link with Lausanne Rowing Club, Switzerland and may travel to them in 2010 (see information about the exchange).

If you are escorting another child you may want to have a letter of authorisation from the parents.

Passports (6 months validity) and Health Cards will be compulsory for trials for the GB France match (France 2010).

BUYING A BOAT OR EQUIPMENT

All squad boats and equipment are provided by the Club. When aged about 16 years your child may want to think about having their own single sculling boat, but this is not compulsory. Second hand boats are sometimes available at the club or can be seen for sale on the following web site:

9th September 2008

<http://noticeboard.rowingservice.com/>

Talk to your coach for advice before purchasing.

If you do own a boat then this will need to be racked at the club. Fees and insurance (also the Environment Agency Licence) are paid to the club. Reduced fees apply for outside racks and there is a waiting list for inside racks.

Sculling blades may be purchased to use with own boats but club blades can be used. Please name blades. There is an area at the club for personal blade storage.

A useful gadget is a 'rigger jigger' or 10mm spanner used to take off/put on the riggers for transport of boats to/from regattas.

BOAT HOUSE

Please try to keep the club tidy by not leaving unwanted bottles on the lawn or at regattas as they get thrown in landfill or end up polluting the river. Try to think about re-use and **recycling bottles**. Powder Lucozade can be used to save bottles!

Keep the changing rooms tidy and don't leave kit or shoes lying around. [Lost kit](#) is put in two bins at the back of the club house which are emptied every two months. Please check regularly if you have lost an item.