



## Rowing and Health in Doncaster

For some years now Balby Carr Community Sports College and Doncaster Rowing Club have been working in partnership to provide the young people in the Balby and Hexthorpe communities with a through route into active recreation and adult participation on the asset that runs right through the community, namely the River Don.

As a result of this partnership, and thanks to sponsorship from New Deal for the Communities, the college has been able to develop a state of the art centre for rowing within Balby Carr Community Sports College. Thanks to the support of New Deal and Doncaster Rowing Club we have machines that use cutting edge technology to promote participation, with the aim of giving every student in the school the opportunity to learn to use the machines properly and get the maximum health benefits from their use.

The course is accredited and students can measure their progress by following the National Junior Rowing Programme (NJRP) of the Amateur Rowing Association (ARA). As a result of the excellent partnership with and sponsorship from the NDC the College is able to ensure that students from the NDC area get access to a wide variety of life enhancing experiences. The college believes that the rowing experience will open up new horizons for its students as involvement in Sport can open many doors in life.

Doncaster Rowing Club has trained all PE staff at the College in the Dry Instructors Award of the ARA, together with some Balby students. The expertise of Joe Foss, the Community Sports Coach, has been a tremendous asset in both lessons and out of school hour's clubs. He has enabled staff to gain the necessary knowledge and confidence to deliver the dry side of rowing and he has also led the PE groups in their lessons. The students have appreciated the time Joe has spent in planning, delivering and tutoring them during these lessons.

There is also the opportunity for students to have a first experience of trying the sport of rowing on the river. Now that Doncaster Rowing Club has a new boathouse the facilities are much more conducive to enabling more students to try the water experience.

Balby students have represented Doncaster in the Schools' Head of the River Race with five Balby students in the crew of nine last year. A Doncaster crew also rowed at Henley Royal Regatta last year, with two Balby students making up the crew of four.

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