



British Rowing-CPGA Development

Outlined below is an overview of the development work carried out between British Rowing and the CPGA in 2009, and planned developments for 2010. Following on from the presentation given at the recent AGM, this document is designed to provide clubs and members with further information about the work British Rowing is carrying out in conjunction with the CPGA, to support the development of Gig Rowing.

Courses and Workshop

Coaching

The Fixed Seat Level 2 Coaching qualification has now been running for two years, delivered jointly by British Rowing staff and trained CPGA tutors and assessors. In 2009 two courses were run, one for the Cornish Rowing Association and one for CPGA clubs in the Carrick area. This takes the total of Level 2 qualified coaches from within the CPGA and CRA to 37, since the course was launched, with a further 12 in the process of completing the qualification.

In 2010 there are three further courses planned, in Fowey, West Cornwall and Dorset, which will provide further opportunities for clubs to obtain qualifications. Funding is currently being sought to try and subsidise the cost of the qualification for clubs and members.

Coxing

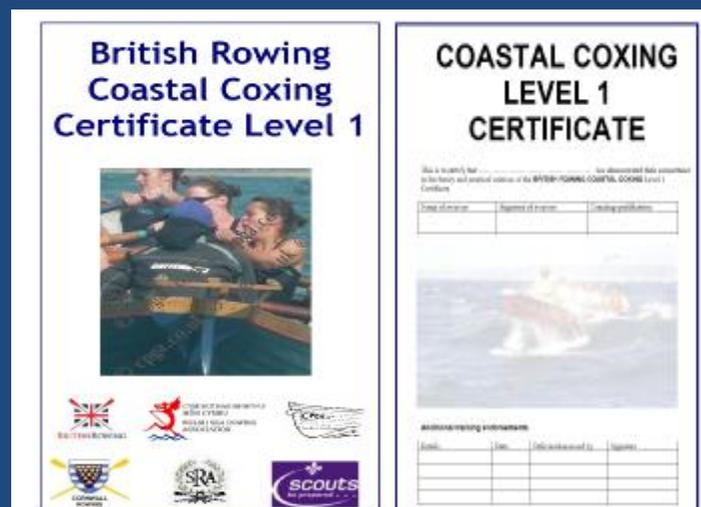
One of the main areas of work in 2009 has been the completion of the Level 1 Coastal Coxes Course, which is now available for members of CPGA clubs. A group of experienced coxes from within the CPGA have been trained to deliver the course, with the aim being to provide at least one course per CPGA area in 2010. Details of the course content, and dates of courses currently planned are available at the CPGA and British Rowing websites.

Technique

A further area of development in 2009 has been the completion of a gig rowing technique workshop. This workshop is included as part of the Level 2 coaching course. In addition a standalone workshop is to be run within each CPGA area over the winter of 2010, which any club member can attend. Details about the workshop, and dates currently planned are available at the CPGA and British Rowing websites.

Safeguarding and Protecting Children (SPC)

British Rowing's SPC workshop is now available for delivery to CPGA clubs. The workshop provides training for club welfare officers and coaches of juniors. In 2009 one workshop was run in Falmouth, with a further three planned in 2010, in conjunction with the Level 2 coaching courses. Course details and dates are available at the CPGA and British Rowing websites.





Junior Development

HSCT Scholarship Coach Programme

Support of junior development in 2009 has been significant, largely due to the appointment of British Rowing Scholarship Coach Rhiannon Halliday. Rhiannon has been working with Looe, Charlestown and Fowey to support those clubs to develop their junior sections and links with local secondary schools. Each club now has a formal link with their local school, with the clubs supporting the running of after school indoor rowing clubs. Pupils from those clubs are then invited to carry out a Learn to Row course on the water, which provides them with a structured introduction to gig rowing. Many of the juniors completing the course have gone on to join the clubs, all of whom were well represented at the CPGA U14 and U16 championships.

In addition Rhiannon has been supporting other junior development activities, including the 3rd annual junior training camp at Stithians in October, and the Cornwall Schools Indoor Rowing Championships, which were attended by over 200 pupils from schools across Cornwall. In addition Rhiannon organised a trip to the National Junior Indoor Rowing Championships in London for a large group of juniors from Cornwall.

Finally, as part of her masters dissertation Rhiannon has been undertaking research into the junior competition within the CPGA, which will be used to help the association develop its racing structure for juniors.

Clubmark

Congratulations to Cattewater, Caradon, Charlestown, Looe and Fowey, all of whom achieved Sport England's Clubmark accreditation in 2009. Clubmark is a nationally recognised scheme, which recognises clubs who achieve the high standards in terms of club structure and organisation, particularly relating to juniors.

A further two CPGA clubs are currently working towards Clubmark standard. Any other clubs interested in the programme should contact British Rowing for further details.

Sport Unlimited

British Rowing currently has funding applications pending in Cornwall and Devon, which if successful will see the launch of a project linking eight CPGA clubs with sixth form and further education colleges, to support an increase rowing amongst 16-18 year olds. If successful, each club will be provided with funding to run a Learn to Row course for a group of pupils from their local college, who will then be encouraged to go onto join the club. Each of the clubs involved will be accredited as part of British Rowing's new *Explore Rowing* programme (see below).





Adult Development

CPGA Indoor Rowing Project

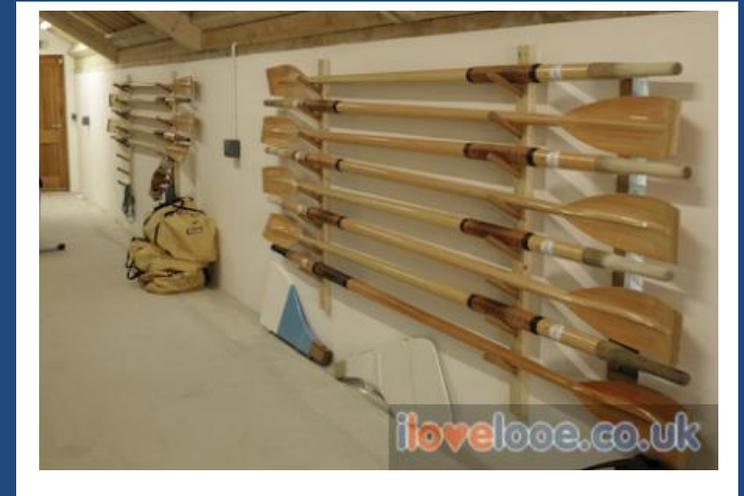
In 2009 the CPGA's 12 rowing machines, funded through a grant from British Rowing, were utilised by six clubs, who used them for a variety of activities, including club training, links with schools and other rowing projects within the community. Details of how to apply for use of machines in the next phase of the project are available on the CPGA website.

Explore Rowing

British Rowing has recently launched the *Explore Rowing* programme, a new project which will be the associations' flagship scheme over the next four years. The programme is designed to encourage increased participation in rowing through a variety of activities, including a nationally recognised Learn to Row course, and a series of new activities such as personal challenges and rowing tours. CPGA clubs who wish to become part of this scheme should visit the British Rowing website for more details

Facility Development

In 2009 British Rowing and the CPGA carried out a facilities audit to identify the current state of CPGA club facilities, and identify potential projects for investment over the next 2-3 years. British Rowing are currently working with a number of CPGA clubs to support them with facility development, and would be pleased to hear from any other clubs with possible projects requiring support.



For further information on any of the above items please contact
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