

# Grow.

## Get Rowing

### Programme Objectives and Information Sheet

GROW is committed to introducing a new generation of young people to rowing, and creating a sport which is more representative of today's society.

#### Our Mission

We will GROW the sport in ethnically diverse communities, for people with disabilities, and within socio-economically disadvantaged communities. We will engage young people who would not traditionally have the opportunity to try rowing.

#### GROW Coaching

We will GROW and develop coaches from diverse backgrounds, to create ambassadors who will link their local school and community groups to rowing clubs. We will invest in the recruitment and development of the right people who can create a positive impact on the lives of young people when they get rowing. Coaches will deliver a combination of indoor and on-water activities.

#### GROW Communities

We will GROW partnerships with clubs and their local schools and community groups to deliver rowing sessions which will have a positive impact on the lives of those who take part.

#### GROW Young People

We will GROW the lives of young people, including their mental and physical well-being, community engagement, social interaction, confidence and educational attainment.

#### Our Objectives

##### Primary objectives:

1. Provide opportunities to row for young people aged 11-18 in State Schools, who would not typically access the sport, with a focus on socio-economically deprived communities, ethnically diverse communities and young people with a disability.
2. Have a positive impact on the lives of young participants including their health and well-being, community engagement, social interaction and educational attainment.
3. Improve outcomes for young people and develop important life skills such as team building, resilience and focus.
4. Create permanent, financially sustainable coaching activities for target groups within host clubs and schools by upskilling local coaches and teachers.
5. Create a cohort of high quality, diverse rowing coaches that excel in the delivery of inclusive coaching activity, act as good role models and, in turn, are highly employable, with many seeking future employment in rowing.

##### Secondary objectives:

6. Promote engagement in competition through events such as school regattas and the School Games.
7. Identify potential England Talent Pathway athletes and support them in accessing the opportunities available.

#### Get involved

Contact us at [Grow@BritishRowing.org](mailto:Grow@BritishRowing.org)  
If you would like to

- Start rowing
- Become a coach and inspire our next rowers
- Support our fundraising activity
- Find out more about the Grow programme.

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