

Athlete Guidelines
Newport Rowing Club



Captain's Summary

Dear Athletes

Newport is a growing club, with many new members who are new to rowing, so we thought it would be useful to give you an insight into what might be in store if you wish to become a competitive rower. For those that do not want to compete, no problem, we value all our members equally, and we will continue to support you as you improve your rowing and your fitness. You can 'dip into' our training programme as much, or as little as you like.

I want us to be the best that we can be, so we can compete on equal terms with our competitors. For those that wish to compete, we will need a fair bit of your time, along with a commitment to training, both on and off the water. This guide gives you an insight into what this entails.

Whether you are an experienced rower, a returner to the sport, or a beginner, we have a level of training that will fit your needs. Although the physical training programme is the most visible part of your commitment, there are other building blocks that we need from you, such as a healthy diet, a good work/life balance, and mental as well as physical resilience. Every one of us has more to learn from our coaches, and from each other, so it is important to keep an open and enquiring mind. All these factors combine to make us as a club, stronger than its individual parts.

As we develop squads and crews we will develop bonds of trust with our crew mates and you will find that you can support each other with encouragement, praise, and a general positive attitude. There will be good days and those days when things don't go our way, but we will always learn from them, and become a stronger unit as a result. This will only happen if we work together, are respectful, and empathetic, and take responsibility for our combined performance. Always think, 'what can I do to make this better'.

Please take time to read this guide and support our ambition.

Nick Salter

Athlete Development Programme

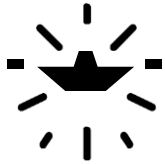
This guide aims to set out the expectations for all Newport rowers across all levels. We are an inclusive club that wants to share our love of rowing with all our members.

If you wish to progress through our squads our coaches will support you to hone your skills and raise your fitness levels. Your coaches will expect you to take responsibility for your learning and development, and this guide is a starting point for that journey. You will discuss how and when you move through the squads with your coach.



Newport Rowing Club - Our Core Values

We believe that if we keep these values at the front of our minds when we are training and competing, we will make the right decisions, and act in the best interest of the club.



Excellence both on and off the water - requires hard work and discipline



Respect - give it to get it. Treat everyone in the way that you would expect to be treated. Treat our equipment as if it was your own.



Teamwork - on and off the water.
The strength of the team is each individual member. The strength of each member is the team. Divide the work and multiply the success.

British Rowing

We encourage all our members to join British Rowing (BR). If you intend to row outside of the Hants & Dorset circuit then you will need a BR membership in order to compete. BR membership also gives you benefit of personal insurance whilst rowing, which is included in the membership. They have a wealth of information on their website, under the *RowHow* section, including the *Rower Development Guide* .

We recommend that if you join BR you undertake their online learning courses for:


Safety Basics

Capsize

Cold Water Immersion - Hyperthermia

RowHow Policies ▾ Committees ▾

RowHow



RowHow is British Rowing's Education & Training portal and provides access to resources for all courses and **workshops** that we run.

Please note with the introduction of our new membership system **ClubHub**, single sign-on is now enabled. You will need to use your ClubHub username and password (not your email address or membership number). If you cannot remember either of these please use the email address below. **If you successfully complete any online learning modules, please remember to save and upload your certificate to your membership profile in the credential section of ClubHub.**

If you experience any issues whilst using RowHow or would like to provide feedback please email rowhow@britishrowing.org

- Coaching Qualifications
- Workshops
- Tutor Assessor Area
- Library
- Umpire Training
- Online Learning
- DiSE
- Rower Development Guide
- Welfare and Integrity



Training and Racing Principles

Here is an overview of what you can expect as you move through the athlete development programme. It concentrates on the following principles:

- Being a net value contributor, add value through performance, effort and attitude.
- Approaching training and racing holistically, paying attention to technique, physical effort, recovery, diet and sleep.
- Moving the boat on the water in the most efficient way.
- Using data to measure progress and improving performance.
- Strength and conditioning as a core component of racing preparation.
- Having a plan that puts you finishing in the best position you can be, (both tests and races)

Timekeeping

Please be on time for sessions and races meets, lateness is disrespectful to your coach and your crew. We know that occasionally an emergency or disaster happens which means you have to drop out of a session. This should be a **very exceptional** occurrence. If you have said that you will be at a session, then you must prioritise this, as you crew mates are relying on you being there.

Equipment

Is very expensive - please look after it with care, and as if it were your own. If you are in doubt as to how to carry a boat or other equipment check with a coach or experienced colleague. Always make sure that you lift heavy items in the correct way so as not to damage your back.

Hulls and blades must be washed after every outing. Try not to get the shoes in the boats wet when you are washing boats. Report any damage to your coach or the Captain immediately . Failure to do this may mean that unsafe equipment remains in use.

When you join the club you will be given a **rigger jigger**, you will need it to rig/de-rig boats. if you lose it you will need to replace it.

Being a Team Player

Coaches at Newport give up their time to coach for free, they do it because they want to share their love of the sport with you, and see you and your crew improve. They also like winning races. You can make life easier for your coach by:

- Working to the programme the coach has set
- Listen and act upon advice from your coach
- Take the opportunity to discuss your performance with your coach and give them feedback on the programme and how you are progressing to your personal goals.
- Be a positive role model for your peers, and understand the impact of your actions.

What will be in the training programme?

Nutrition



This is a critical element of performance. Training and competing without regard for nutrition puts you at a real disadvantage. Nutrition comes from real food, not supplements. Only you know what your body works best on, and when is the best time to fuel/ refuel around training and races.

Eat the rainbow - vegetables and fruit are usually brightly coloured, don't just eat brown food. Enjoy a treat of those favourite 'bad for you' foods but don't live on them.

Strength & Conditioning

Strength & Conditioning is a crucial part of the training programme. Stronger athletes row faster for longer, as they are more resilient to fatigue and have a better anaerobic capacity. Those that invest in the S&C programme will see the benefit in their Erg test times.

Flexibility

Improving your flexibility will give you a longer and stronger rowing stroke. Good flexibility also helps you avoid strain injuries. You will be given exercises to improve flexibility.

Recovery

Your body only benefits from a workout if you allow it to recover. Make sure you stretch well after a hard session. Also get enough sleep when you are training hard, and before a race .

Water Work



Newport has limited water time because of tide restrictions. We will always use this precious time constructively to improve the quality of our rowing. Our aim is that we row better, cleaner, and more cohesively than our opposition.

Appendix 1 sets out basic rigging set up. Think about your set up in the boat, and whether it is delivering the best power stroke for you. Your coach will help and advise you how to get the most out of your set up. Appendix 2 sets out the basic sculling stroke. The aim is that everyone works towards independent sculling. This allows you to train on the water if we don't have the right numbers for a crew outing.

Time trials will be used throughout the season. These may include a combination of seat racing and crew racing.

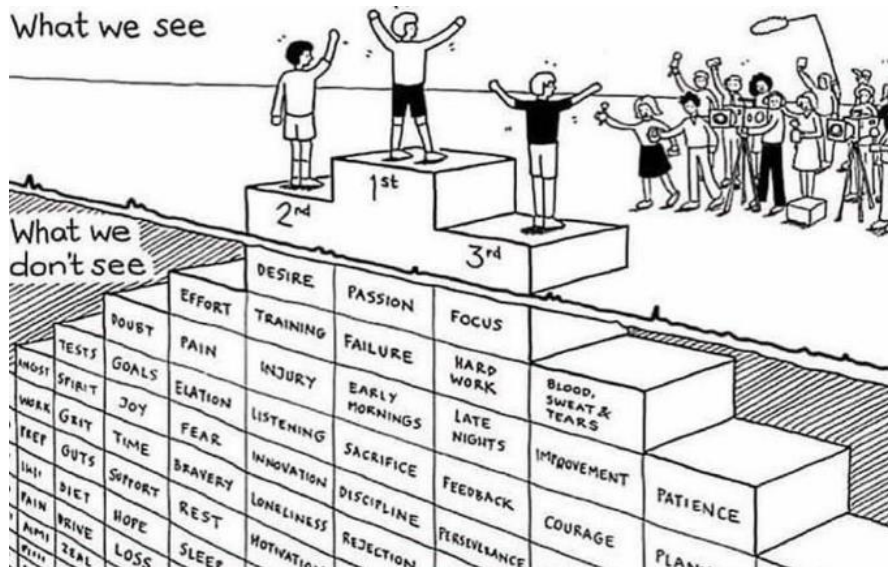


Erg Tests

Erg tests will be at 2k or 5k at either capped or free rate. They will take place every few months through out the season. After baselining your fitness at the start of the season, work with your coach on your process goals through the training programme. These tests will form part of those goals. Treat the test like a race, set a plan, and try to stick to it. You will learn a lot about yourself when attempting these tests, which are a mental as well as a physical challenge.

Work/Life balance

Coaches know that athletes have other commitments, whether that is jobs, education, or caring responsibilities etc. If you are struggling with the training programme then please speak to your coach. They will try to find ways for you to still meet your goals.



Selection for Racing Crews

If you complete the training programme then you put yourself in a good position to be selected.

You will also need to display positively the values of the club.

Coaches will try out different combinations/positions in the boat to achieve the overall aim of moving the boat as fast as possible through the water. Erg times alone do not deliver a fast boat.

Your coach will explain to you the reason why a decision has been made about which boat you row in, which seat you have etc. This will be based on the needs of the crew as a whole, as well as your personal needs. Always discuss any concern with your coach as soon as

practicable. Sometimes coaches have to make tough decisions about crew selection. Understand that these decisions will be made in the best interests of the crew, the club and the longer term vision that the coach has for you.

Resolution of concerns

All Newport coaches are recognised BR coaches. They, and all members of Newport Rowing Club, adhere to the [BR Code of Conduct](#) . The coach will always explain the reason for a decision that affects you, providing that it doesn't breach the confidentiality of another member. If you believe you have been unfairly treated Newport Rowing Club has a complaints procedure (details on our website). You can also contact our Welfare officer (details on website) who you can speak to confidentially.

Enjoy

We want everyone to enjoy their rowing with us. You can take on as much of this programme as you wish, or are able to do. We are here to help you be the best that you want to be. Our coaches will treat you equally, but not the same. One size doesn't fit all. They will give you the support you need to achieve your rowing goals. A smile at the end of a session is a great reward for them 😊



APPENDIX 1

Rig and Blade set up

Athletes should know their preferred seat to gate height range, and adjust accordingly.
Otherwise the standard rig is:

Pitch: 4 degrees

Span: 86 for 2-; 85 for 4+/4-; 84 for 8+

Inboard 116 for 2-/4+: 115 for 4

Blade length : 375

Backstops 65 behind the work

All measurements in cms