



Welcome to new rowers and their parents

WHO'S WHO?

Sally Dayment and Rachael Burrige – Junior Co-ordinators. Sally and Rachael are parents of junior members and are your first point of contact for most queries. They work with the coaches and organise junior activities as well as chasing subscriptions and keeping track of racing fees for juniors. Contact email: juniors@darttotnes.co.uk

Andy Sloper, Learn to Row Coach - 07855 410945

INFORMATION:

There is information about the club on our website www.darttotnes.co.uk. There is a calendar of upcoming events, a link to the online membership system and information about regattas and safety.

Our closed Facebook page (search for Dart Totnes Juniors and Coaches group) is the main method used to distribute information about junior rowing and social activities at the club. Request to join to get updates and to see posts regarding changes to coaching times etc. Most information for Juniors is posted on this page so please sign up. The LTR Coach is Andy Sloper, his phone number, for letting him know if you can't make a session, is 07855 410945. Please only use these numbers for absences – Fiona or Rachael should be able to answer other questions.

MEMBERSHIP FEES:

We offer Learn to Row applicants the first three weeks' of the course free to try it out, but after that we require you to pay an annual subscription. You need to pay via our online webcollect system where you will register – before next weekend please. Instructions are on the website <http://darttotnes.co.uk/joining/webcollect-juniors/>.

Junior membership for the full year 2018 – 2019 is currently £155. For this, your child has access to very expensive boats and ergo machines etc, as well as considerable amounts of coaching time – so it is very good value for money! If you want to discuss the cost of subscriptions please see Sally or Rachael or contact our Treasurer, Chloe Harrison-Bayes in confidence (treasurer@darttotnes.co.uk). The deadline for subscriptions is the end of March. Anyone joining mid year pays on a pro rata basis. WebCollect is a huge improvement on our old manual system but it is not the easiest to navigate nor is it failsafe, so apologies in advance if we chase you unnecessarily for payment.

KIT:

Anything stretchy but not too baggy can be worn for training; bright colours are good for visibility on the water. Layers are important, especially in the winter. Stretchy but fitted leggings/tracksuit bottoms or similar, with layers of t-shirts and tops – but again fitted as baggy tops get caught up in the blade handles. Wellies (named) are needed, preferably a size too big. Trainers will be needed for indoor work - ergos and land training. Always bring a change of clothes, a towel and drinking water.

All Learn to Row participants wear a life jacket until they have completed their capsizing drill; we offer the opportunity to do this (in a pool!) a couple of times a year.

We have very good facilities in the clubhouse but are always under pressure for space. Juniors and Seniors share the space in both our Ladies' and Men's changing rooms; there are segregated sections but the showers/loos etc are common areas. You are welcome to inspect these facilities. If you would prefer, your child can always travel to and from the club already in their kit.

Asthma inhalers must be labelled and carried. It is important that coaches are aware of any asthmatics in their group or other health conditions that might have a bearing on safety. It is very important that juniors are protected from the sun in summer with sun cream, visors etc. It is very easy to get sunburned on the water without realising.

We have an arrangement with local company Ravenspring on the Totnes Industrial Estate (www.ravenspring.co.uk) to provide kit in our colours with the Dart Totnes logo; they have good value kit, including a special Junior Squad t-shirt for £15. You can also order specialist kit from Godfrey (godfrey.co.uk) but this is expensive; we do bulk orders in the club a couple of times a year to get some savings.

MOVING ON FROM LEARN TO ROW:

Once your child has "graduated" from Learn to Row they will be invited to move up via a "transition" group to the normal training groups. Depending on their age and gender, they will be with one of our other coaches, who run several sessions each week. Once they are at this stage we would hope to see them at least once a week in the evenings (5 – 6pm) and once on Saturday mornings (usually 10am).

TRAINING:

In the Summer most sessions will be on the water, wind and tide permitting. In the Winter the evening sessions are in the clubhouse and will be a mix of ergo, circuit training and core/Pilates work. Your child should always have kit for both – ie rowing kit plus wellies and change of clothes and trainers.

RACING:

Once your child has learned to row they are likely to want to compete; WEARA is the West of England Rowing Association, a group of 10 rowing clubs that organise summer regattas and winter “head” races. There is friendly competition between these clubs to collect points at summer regattas and win various championships. The club’s racing colour is black and this must be worn when racing although in the early days any suitable black sports kit is acceptable – it doesn’t have to have the logo on it. Please be aware that parents remain responsible for their children when they are away racing with the club and we do ask that as many parents as possible come to events to support and help. Many parents liaise to share lifts and there may be a minibus going to the event with seats that can be booked for Juniors. There is a seat fee payable for each regatta (about £5) and if it is an “away” regatta there will be a share of transport costs too (about £2).

HOW PARENTS CAN HELP:

The club is entirely volunteer run and we are always in need of additional help. There are many ways to get involved and knowledge of rowing is by no means a prerequisite. Helping out at the club and at events is a great way to get to know who your children row with and their parents. We have various regattas and Head races during the year and we always need people to bring cakes to sell, to help in the kitchen, to sell food and to help on the bank. Please let Sally or Rachael know if you can help. In the longer term, we always try to keep running costs down and welcome help from our members and parents in upkeep of the boathouse – from wielding a paintbrush to tidying up the racking or weeding the compound.

DTARC is a very active club and many of our juniors have formed lasting friendships with kids they would otherwise not have met. Have a look on Facebook to get an idea of what this has involved in the last year. Your support of your children and the club in general is very much appreciated. Thank you.

Sally and Rachael
Junior Co-ordinators

Other useful contacts:

Fiona Godwin-Brown - Child Welfare Officer – responsible for monitoring welfare issues and dealing with any concerns. Contact email: thegodwinbrowns@gmail.com Also **Pete Atkinson – Deputy Child Welfare Officer**. Contact email: titchvet@tiscali.co.uk

Andy Phillips - Club Chairman – responsible for overall club management. Contact email: darttotnesarc@gmail.com

Ian Piercy- Club Captain – in charge of all rowing activity and coordination of coaches as well as being a junior coach. Contact email: captain@darttotnes.co.uk

Matt Heming - Vice Captain

Jill Riou our Membership Secretary

Chloe Harrison-Bayes- Treasurer

Maggie and Will Hawyard, Ian Piercy, Pete Knapman and Simon Gifford-Meade – other Junior Coaches – responsible for session by session organisation and coaching. Like all our members, these highly skilled and qualified people are all volunteers.