

# ROWING



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**Spirit of the Games: Excellence through competition — how does your sport exemplify these values?**



Encouraging people to have dedication to, and enthusiasm for the sport.



Respecting team-mates and peers throughout the competition, exemplified during the Olympic and Paralympic Games.



Advocating honesty and fair play throughout the competition structure.



Promoting self belief and motivation through individual aspects of competition.



Achieving more and working as part of a team for overall points awards or relay races. Indoor rowing is the ultimate team sport.



In the last 200m of a race, being determined to give it your all until you cross the finish line.

## What are the benefits of playing your sport?

Indoor rowing is a low impact way to develop fitness and to stay active. Both individual performance and teamwork are prominent throughout the sport. Development of skill, determination, focus, and drive provide reward and feedback opportunities. Regular exercise, fun and camaraderie all contribute to general well-being and good health.

## Why is it easy to run competitions in your sport?

Once schools have set up their indoor rowing machines, indoor rowing competitions can be run easily using minimal equipment. It is possible to project real-time racing onto a big screen, providing indoor rowing with a high visual impact; spectators can see how their teams are progressing which encourages team spirit and friendly competition.

## Priority competitions:

### Name of the competition:

Go-Race Indoors — Sports Hall Rowing Regatta. The ambition is to have local school/cluster/area events that provide opportunity for regular competition e.g. mini leagues or festivals providing round robin opportunities and depth of competition e.g. A/B/C teams leading to a county final rather than just a one off county event.

### Age group:

Male/female/mixed events inclusive of those pupils with a disability — secondary age only.

### What level/location:

The event will be run at school sites. At Level 2 our priority will be for young people achieving greater than 80 per cent gold medal times from Level 1 events.

### Who can run it?

The event is run preferably by schools with British Rowing support (some free training courses are available from BR).

### How to enter it:

Entry is arranged through a local organiser agreed with British Rowing with SGO support.

### When does it take place?

Level 2 local events take place in December/January/February.

### Next steps after this competition:

Attend County final Level 3 event and onwards to the National Junior Indoor Rowing Championships (NJIRC). The next progression would be to join a water rowing club.

## What should schools do if they want to cater for Years 3 and 4?

British Rowing promotes indoor rowing for children in secondary school. For younger children, multi-sport activities improve the fundamentals of movement which will be useful to all sporting activities in later life. Primary Change4Life is targeted at Years 3 and 4, it adopts a multi-skill approach and underpins the School Games.

## Young Leader/Officials courses/qualifications available:

The 'Junior Indoor Rowing Leaders Award' is available through British Rowing and provides the starting point for further sports leadership qualifications. The course promotes teaching good technique for the sport and gives advice on how to run successful events. 'Indoor Rowing for Young People' (IR4YP) is another programme offered by British Rowing to provide training on how to deliver high quality sessions using an indoor rowing machine.

## Relevant web links:

- [www.britishrowing.org](http://www.britishrowing.org) accessed from within the British Rowing website: <http://ir4yp.britishrowing.org/mdl/>
- [www.concept2.co.uk](http://www.concept2.co.uk)
- [www.waterrower.co.uk](http://www.waterrower.co.uk)
- [www.rowlog.org](http://www.rowlog.org)

## Signposted competitions:

There are a number of regional indoor rowing competitions, for example, Southern Indoors, English Indoors, North East Indoors. Year 7 through to 13 with male and female events. Events can be run in a variety of different locations such as sports centres, schools, universities or rowing clubs. This can vary from one event to another but it would be useful to check that the events have been endorsed by British Rowing. Entry is coordinated by each event. These events usually take place from October to March, however the events with the most popularity and uptake are held from January to March. The next steps would be the National Junior Indoor Rowing Championships.

- [www.britishrowing.org](http://www.britishrowing.org)
- <http://concept2.co.uk/nationals/english>

# ROWING

## Competition Card 1.

### Name of competition:

Go-Race Indoors –  
Sports Hall Rowing Regatta

### Age group:

Year 7–13

### How to enter:

Inter-school event entries are  
co-ordinated by local schools.

### Tournament format:

We recommend Level 2 events  
are held at a central venue.  
This could be one of the  
schools, a rowing club or  
local authority leisure centre.  
The key consideration is that  
the venue has access to 4–8  
indoor rowing machines,  
screen and projector.

### Simple rules:

Boys and girls must complete the following individual distances. For each sex and year group the pupil that goes the furthest wins. National standard Gold Medal Targets (GMT) have been calculated and comparisons can therefore be made across year groups and sexes.

Age	School Year	Time	Boys Gold Medal	Girls Gold Medal
11	7	2 mins	510m	490m
12	8	3 mins	810m	750m
13	9	4 mins	1,125m	1,020m
14	10	5 mins	1,430m	1,275m
15	11	6 mins	1,720m	1,540m
16+	12	2,000m	7 mins	7m 45sec

To work out the gold medal time use the following equation:

$$\text{DISTANCE/TARGET} \times 100 = \% \text{ RESULTS}$$

Results should be recorded on Row Log — [www.rowlog.org](http://www.rowlog.org)

At Level 2 it is important that participants are rowing for one to two minutes at a time and not short ineffective 'blasts' of activity. Once pupils have taken part in an individual event they should also be encouraged to take part in the 2012m Relay team Challenge. This is a Team event with a maximum of four pupils rowing 2012m. Teams can be made up of different year groups and sexes. Local rules should be set.

### Roles for young people:

- IT — setting up the rowing machines, laptops and projector
- Referee — acting as starter, technique supervisors

The SLUK approved **Junior Rowing Leaders Award** has two main elements; Firstly encouraging young people to run rowing clubs in their own schools and secondly, running intra & inter school events.

### Relevant web links:

- [www.britishrowing.org/schoolgames](http://www.britishrowing.org/schoolgames)
- [www.rowlog.org](http://www.rowlog.org)



# ROWING

## Competition Card 1. (cont)

### Name of competition:

**Go-Race Indoors –  
Sports Hall Rowing Regatta**

### Age group:

**Year 7–13**

### How to enter:

**Inter-school event entries are  
co-ordinated by local schools.**

### Tournament format:

**We recommend Level 2 events  
are held at a central venue.  
This could be one of the  
schools, a rowing club or  
local authority leisure centre.  
The key consideration is that  
the venue has access to 4–8  
indoor rowing machines,  
screen and projector.**



### How can regularity be achieved?

Regularity is achieved through a series of team events that are divided up into weekly challenges. These culminate in a Sports Hall Rowing Regatta. The event involves rowing a course of world-wide locations over a total of 12 weeks, gradually building up the distance for each. Examples are given below. Virtual inter-school on-line leagues can be created for individual and team scores.

Week	Event	Real Distance	Machine
1	John O'Groats to Lands End	1,407km	1,407m
2	2012 Challenge	2,012km	-
3	M1	311km	3,110m
4	English Channel	34km	3,400m
5	River Thames	346km	3,460m
6	River Severn	354km	3,540m
7	M6	370km	3,700m
2	Route 66	3,940km	3,940m
3	Round the World	40,075km	4,008m
4	Atlantic Rowing Race	4,700km	4,700m
5	River Nile	6,650km	6,650m
6	Oxford Cambridge Race	6,779km	6,779m

Please refer to the new 'Row for Success' guidance on delivering School Games Competitions for Teachers and SGOs.

### How can depth in competition through extra teams be achieved?

By establishing the Gold Medal percentages for each individual and team events (e.g. 2012 Challenge) they can then be grouped based on ability. So the second fastest four individuals make up Team B and so on. In this way teams can also be of mixed age and sex if appropriate as well as mixed ability.

### The route from here to Level 3:

Individuals with a gold medal time of greater than 90 per cent should be encouraged by their schools to take part in Level 3 County events as well as the 2012m relay challenge.

### Think inclusively!

Children with physical or learning disabilities are encouraged to compete in indoor rowing events. Special needs competition is based on ability and provides fair competition with no need to classify children into categories.

- The children take part in a seeded race for 1 min, prior to the competition.
- The children with the closest scores are grouped together.
- The groups then race over various times/distances according to their year.
- The GMT (gold medal time) is worked out.
- **Year 7** –  
1 min GMT 255m boys and 245m girls
- **Year 8** –  
1 min 30 GMT 405m boys and 375m girls
- **Year 9** –  
2 mins GMT 565m boys and 510m girls
- **Year 10** –  
2 mins 30 GMT 715m boys and 640m girls
- **Year 11** –  
3 mins GMT 860m boys and 770m girls
- **Year 12/13** –  
1,000m GMT 3.30 sec boys and 3.55 sec girls