

John O' Gaunt Rowing Club Development Plan 2008-2012

2008 Review

2008 Review – In Brief

This document is a review of the John O' Gaunt Rowing Club Development Plan 2008-2012.

2008 has been a very good year for the Club:

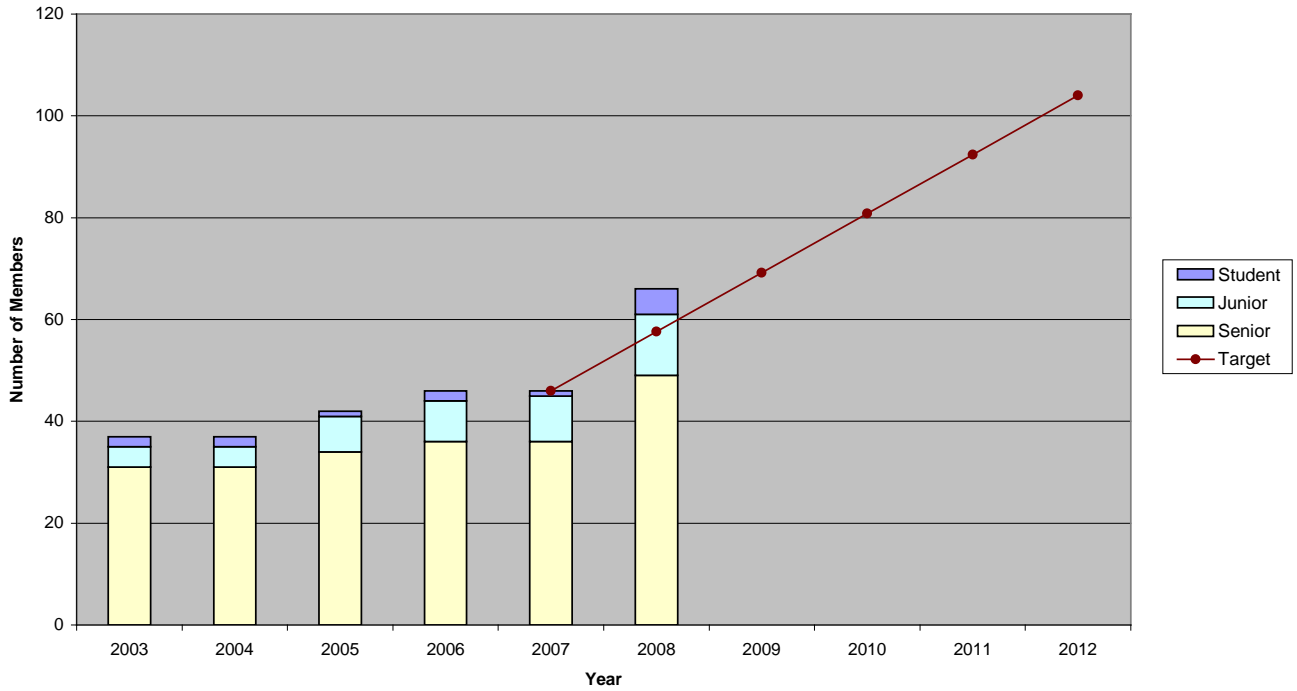
- 66 people were members of the Club during the year
- Club based activities rose to a 19 year high (1861 bums on seats)
- 24 members competed at an increased range of local, regional and national events
- Two members competed in the Under-23 GB squad
- One member competed at the Home Internationals
- One member on the World Class Start Programme
- One member won the Student Fours event at Henley Royal (NUBC colours)
- One member made it to a Semi-Final at Henley Women's Regatta
- A committee of 9 members
- A strong core of volunteers
- A strong Development Plan that outlines realistic targets for its lifespan
- Appointment of a coach through the Henley Stewards' Charitable Trust
- Iain and Glenn raised £6,770.00
- Increased membership and three Learn to Rows raised approximately £2,820.00 extra funds
- Purchases included a lightweight double, three training boats, blades and a squats rack with weights

2008 Review – In Detail

1. Increased Participants through Local Partnerships

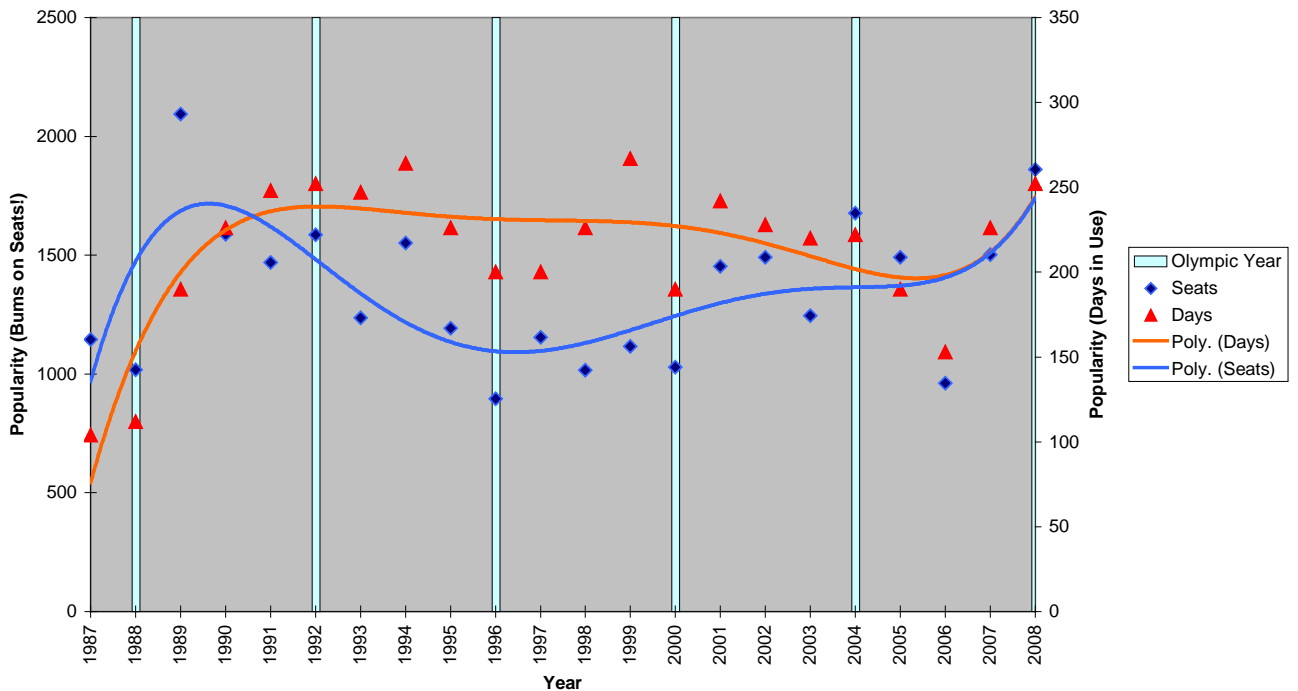
Membership has increased from 46 in 2007 to 66 in 2008; this is well in line with the Club's target of 104 members by 2012.

Membership of John O' Gaunt Rowing Club



The amount of times that the Club has been used has increased from 1503 in 2007 to 1861 in 2008; this increase is due to increased membership, three Learn to Row Programmes and winter circuits.

Graph to show activity at John O' Gaunt Rowing Club from 1987 to 2008



Junior Membership has increased to 12; this has largely been through existing juniors drawing LRGsBC members to the Club and senior members bringing their children to row. Junior members are yet to join from the partnership with Skerton High School - the 2008 Skerton Learn to Row Programme could not be completed due to a staffing shortage from the School.

4 junior members participated in the regional training camp at Agecroft Rowing Club in December.

Members in this category:

Luke Hodgson	02
Charles Manklow	02
Kieran Bell	01 (joined 2008)
Benjamin Clegg	01 (joined 2008)
Crendon Greenway	01 (expired 2008 - moved out of the area)
Andrew Stevens	00
Sophie Wetherell	00
Thomas Wood	00 (joined 2008)
Thomas Manklow	00 (joined 2008)
George Highly	00 (joined 2008 - Honorary - cox)
Matthew Hoyle	00 (expired 2008)
Matthew Bush	00 (expired 2008)

Student Membership increased to 5; these members row elsewhere through the majority of the year but return during the holiday periods. Two are honorary members due to their ongoing success at Under-23 level.

Members in this category:

Daniel Bellion	03 (ICBC)
Scott Durant	02 (re-joined 2008 - OBUBC - Honorary - GB U23 - IA Coach)
Chloe Peach	02 (OBUBC)
Mason Durant	00 (re-joined 2008 - NUBC - Honorary - GB U23 - IA Coach)
James Yule	00

Recreational Membership has increased largely through the success of three Learn to Row Programmes; the return was 4 from 10, 3 from 6 and 1 from 12. A more sustained approach to post Learn to Row coaching and support may have increased the membership return.

Members in this category:

Doug Melvin	00 (President - Honorary)
Neil Wigglesworth	00 (Chairman)
Iain Taylor	00 (Safety and Junior Coach - Honorary - Bronze Coach)
Helen Turner	00 (joined 2008 - Social Secretary)
John Holmes	00 (Executive committee member)
Declan Murray	00 (Umpire)
Roger Heise	00 (Umpire)
Nicky Beet	00 (IA Coach)
Hugh Clay	00 (IA Coach)
Colin McDermid	00
Keith Taylor	00
Simon Wetherell	00
Ryszard Wisniewski	00
Richard Smith	00
Michael Pugh	00
Caroline Cotgrove	00
H Harrison	00
Kim Robinson	00
Mike Salter	00
Mark Salter	00
James Eddington	00
Anna Southall	00 (joined 2008)
Dave Paton	00 (joined 2008 - 2 nd LtoR)
Lina Duhs	00 (joined 2008 - 2 nd LtoR)
Kate Vaughen-Jones	00 (joined 2008 - 2 nd LtoR)

Tom Birch	00 (joined 2008 - 3 rd LtoR)
James Collier	00 (re-joined 2008)
Adam Murfitt	00 (re-joined 2008)
Tim Baggot	00 (expired 2008)
Katherine Hoyle	00 (expired 2008)
Lynsey Watson	00 (joined 2008 and left 2008 - moved out of the area)
Richard Shirley	00 (expired 2008 - lives in Holland)
Isla Elliot	00 (expired 2008 - lives in The Lakes)

24 different **Competitive Members** raced during 2008 recording the following wins:

Senior 1 4+	Hollingworth Lake	- North of England Sprint Champions
Senior 2 2x	Hollingworth Lake	- North of England Sprint Champions
Senior 1 1x	Northwich Head	- Head of the River
Senior 1 1x	Hollingworth Lake	
Senior 1 1x	Tees Long Distance Sculls	
Senior 2 4+	Peterborough	
Senior 2 4+	Peterborough	
Senior 2 1x	Hollingworth Lake	
Senior 4 2x	Northwich Head	
Women's Veteran C 2x	Hollingworth Lake	
Junior Ch 4x+ (composite)	Liverpool Victoria	

Members in this category (not including juniors and students listed elsewhere):

Steven Sullivan	10 (Men's Captain - Bronze Coach)
Lorna Sullivan	04 (IA Coach)
Phil Payne	03
Phil Bell	03
Russell Sharp	02 (Women's Captain)
Glenn Stevens	02 (Treasurer)
Tom Wharfe	02 (joined 2008 - 1 st LtoR)
Andy Peach	01 (Club Captain - IA Coach)
Sue Palmer	01 (Secretary)
Corrine Whitty	01
Angela Park	01
Rachel Little	01
David Dunk	01
Clive Bradley	01 (joined 2008 - 1 st LtoR)
Colin Hodgson	01 (joined 2008 - 1 st LtoR)
Paul Manklow	01 (joined 2008 - 1 st LtoR)

Adaptive Membership has not been formally addressed but remains an area for investigation over the lifespan of the plan. During 2008 two of the Club's members were partially sighted.

2. Development of Paths through to Excellence

In 2008 brothers Scott and Mason Durant competed for GB in the Under-23 Eight; they have continued with similar success in the 2008-09 trials. Daniel Bellion represented England in the Home Countries in 2008; he has received a rowing scholarship with Imperial College for 2008-09. Chloe Peach reached the semi-final at Henley Women's Regatta; she has joined Oxford Brookes University Boat Club.

3. Improved Management and Staff Training

The Club Committee has continued to manage the development of the Club through regular monthly meetings; minutes of which are emailed to the members and copies are stored in the Club Folder. The implementation of the Development Plan 2008-12 has communicated the direction that the Club wishes to go in to its members and partners. The accounts have been audited in order to improve the range of grants that the Club can apply for.

An earlier than expected bonus during 2008 was the appointment of a coach (Amy Ward) in the region linking to John O' Gaunt through the Henley Stewards' Charitable Trust. Amy focuses on the development of the junior section of the Club.

A number of members attended the Concept 2 accredited coaching session at Skerton High School; the Club will look to improve these qualifications in the future through an ARA award.

Social activities within the Club included the Christmas dinner and a post-clean-up meal at the Greyhound Pub.

The website developed during the year; but fell behind activity at the Club during the latter half of the year as Russell was unfortunately involved in an accident. In the local press an article about the success of the Durants made it onto the back page of the Lancaster Guardian.

4. Improved Competitions

Lancaster Regatta was cancelled in 2008; as it happens the event would have been called-off due to bad weather, the planned formation of an events group will address this.

The Club successfully hosted the match between York and Lancaster Universities and several Red Rose Head Events were hosted by the Club - thanks to Declan Murray for organising/marshalling these. A sponsored cross-Bay Row took place with a quad braving the coastal waters - thanks to John Holmes for organising this.

A Red Rose Sprint Event was not held; this will come back onto the Lune calendar.

The International Youth Games came back onto the agenda after four years of the Club not being involved; this is taken forward into 2009 with the Club hoping to host the rowing section of the event.

Two members who joined through the Learn to Row Programme are aiming towards a cross-Atlantic row.

The committee will promote the Club's members going to local events. In 2008 24 members competed at the following events:

Hollingworth Lake	19
Liverpool Victoria	09
Talkin Tarn	06 (cancelled whilst at the event)
Northwich Head	04
Runcorn Head	01
Lancaster	00 (cancelled prior to the event)

Other events where the host club has raced at Lancaster Regatta in the past:

Tees Long Distance Sculls	01
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Other events included:

Peterborough Summer	05
Durham	02
The North of England Head	01
Nottingham City	01
National Championships	01
Henley Women's Regatta	01

The target for 2012 is 21 competitive members; with a total of 24 different members racing at an event during 2008, other than Lancaster, then the Club is well on the way to not only achieving its target but maintaining a high number of competitive members through to 2012.

5. Improved Facilities and Equipment

Glenn and Iain have continued with their sterling work raising £6,770.00 for the Club. Income has increased by about £2,820.00 due to an increase in membership and income from the Learn to Row Programmes.

The Club is monitoring talks about a future Water Sports Centre to be based on the stretch of water where the Club rows; the organising group is seeking funds to complete a feasibility study.

Maintenance has continued at the Club:

2 main doors replaced	-	Andy Peach and Steven Sullivan
Improved the stability of the staircase	-	Andy Peach

New slip-proof floor on staircase	-	John Holmes
Clean out day	-	Most of the Committee, Dave Paton and Angela Park
Dredged landing area	-	Water Board

During 2008 the Club purchased four new boats; a lightweight double and three training boats. A range of new sculling blades have been purchased to complement the new boats. Due to the increased use of the gym area a new squats rack, Olympic weights and a PM3 monitor have been purchased. The old fixed equipment has been sent to the scrap merchants.

The Focus for 2009

1. Increase Participants through Local Partnerships

- Increase membership to 68
- Re-invigorate Learn to Row Programme with Skerton High School
- Investigate the possibility of introducing the Skerton model to other secondary schools
- 200 children to be introduced to the indoor rowing machine through Dry Taster Days
- Maintain high interest in Club membership from LRGsBC
- Maintain links with ex-LRGsBC members and student members that row at university
- Establish a link with LUBC to encourage members to join the Club post LUBC
- Run at least two Learn to Row Programmes during the summer and strengthen post support
- Promote competitive membership supporting local events
- Begin to investigate the possibility of Adaptive Rowing

2. Develop Paths through to Excellence

- Amy Ward to recruit high potential juniors into the Club through the development of an indoor league
- Continue to support existing high performance members

3. Improve Management and Staff Training

To be addressed from 2008:

- Formation of an events group
- Meeting with LRGsBC regarding the lease
- Meeting with LUBC
- Club rules have been discussed and draft documents started; to be completed in the current year
- Safety Code for the Club to be completed now that ARA documentation has been received
- Code of Conduct, Equal Opportunities and Young People to be addressed
- Clubmark application to commence once other documentation is in place
- Seek representation on the NWRRC and other local bodies
- Website needs further development

Other areas to be developed in 2009:

- Constitution needs to be ratified at the March 2009 AGM

Areas to be developed from 2009 onwards (not previously covered in the 2008-12 Plan):

- A Club information pack for new and existing members
- Monitor L3 coach development
- Encourage members who have a supervised coaching role to go on a L2 coaching course
- Two designated persons to hold the L2 Strength and Conditioning qualification
- Staff training to aid future Clubmark application:
 - Encourage active coaches to hold a Safeguarding and Protecting Children certificate
 - Encourage coaches to hold an Equity in Coaching/Sport certificate
 - One designated person to hold a First Aid for Sport certificate
 - Designated Welfare Officer to hold the Club for All certificate

Areas to investigate following the ARA Strategic Plan 2009-2013:

- Investigate possibility of summer membership (p24)
- Investigate format of 12 week 'Learn to Row' followed by 38 week 'Row Regularly' (p11)
- Develop an ethos of volunteering within the Club - include a volunteers leaflet as part of induction process (p12-13)
- Investigate a wider range of grants (largely based on junior membership):
 - Sport England Small Grants Scheme (p25 and p31)
 - Sportsmatch (p25 and p31)
 - National Sports Foundation (p31)

- Extended Activities (p31)
- Project Oarsome Xtra (p29)

4. Improve Competitions

Areas to be addressed from 2008:

- Lancaster Regatta (not held in 2008)
- Annual 5 Trip Challenge

To be addressed in 2009:

- Ensure that the following events are supported:
 - Invitation only Red Rose Head (based on Red Rose – prizes to be awarded)
 - Red Rose Sprint to be held (prizes to be awarded)
 - Annual Row of a Lake
 - Boston Marathon
 - In House Junior competition (prizes to be awarded)
 - International Youth Games (hosting and smooth running of the whole competition)
- Ensure that the Club supports primary local events:
 - Warrington Head 07.02.09
 - Liverpool Victoria 03.05.09
 - Talkin Tarn 04.07.09
 - Hollingworth Lake 05.09.09
 - Runcorn Head 26.09.09
- Encourage competitive members to support secondary local events:
 - Trafford Head 28.02.09
 - Northwich 14.11.09
- Continue to encourage members to compete at medium level events:
 - Nottingham 25.04.09
 - Durham 13.06.09 - 14.06.09
 - Peterborough 08.08.09 - 09.07.09
- Continue to encourage talented members to compete at high level events:
 - Henley Women's Regatta 19.06.09 - 21.06.09
 - Henley Royal Regatta 01.07.09 - 05.07.09
 - National Championships 17.07.09 - 19.07.09

5. Improve Facilities and Equipment

- The Committee will continue to monitor the progress of the Water Sports Centre group and feedback to the membership.
- The Club is in a position to seek out larger grants. Large funds will be directed towards the development of two areas within the building: 1. improved changing and gym area, and, 2. additional boat storage which is built above three-quarters of existing flooding.
- In 2009 the Club will purchase a women's crew boat - this is likely to be a coxless quad for the juniors and women; the choice of craft is influenced by the number of active members that prefer to scull rather than row in a sweep boat.
- In 2009 the Club will start to invest in new Concept 2 Rowing Machines. The long term plan is to purchase five of these models for use in the Club, and for use on Dry Taster days in the local schools.
- Minor work will continue with new boards for the landing stage and a storage rack for the motors standing out as priority work.

2008-12 Financial Forecasting

Major Outgoings 2008-2012 (excluding normal operating costs)

Major development of the building	£ 60,000.00*
Improvement and expansion of the fleet	£ 49,149.38*
Expansion of land based training	£ 4,460.00*
Total Cost	£113,609.38

*Based on 2007 prices

Major Income 2008-2012 (excluding normal operating income)

10 Learn to Row Programmes	£ 6,000.00
Forecasted increase in membership	£ 18,900.00
Increased fees from 2010	£ 4,400.00
Surplus based on 2007 accounts	£ 7,000.00
Racking fee increase	£ 3,000.00
Small donations based on 2006-2007	£ 30,000.00
Large capital grant (allowing for inflationary rises in costs)	£ 53,000.00
Total Income	£119,300.00

2008 Update

Major Outgoings 2008 (excluding normal operating costs)

Major development of the building	£ 0,000.00
Improvement and expansion of the fleet	£ 8,257.99
Expansion of land based training	£ 520.91
Total Cost	£ 8,778.90

Major Income 2008 (excluding normal operating income)

3 Learn to Row Programmes	£ 1,500.00
Increase in membership above 2007 figures	≈ £ 1,320.00
Increased fees	£ 0,000.00
Surplus	≈ £ 1,400.00
Racking fee increase	£ 0,000.00
Small donations	£ 6,770.00
Large capital grant	£ 0,000.00
Total Income	£ 10,990.00

Major Sponsors, Donors and Contributors

2008	Henley Stewards' Charitable Trust	Coach (Amy Ward)
2008	Sponsored Cross Bay Row	£ 170.00
2008	Lancaster Round Table	£ 1,000.00
2008	Rowing Foundation	£ 1,200.00
2008	Richard Wilson Fund	£ 3,000.00
2008	Galbraith Trust	£ 1,000.00
2008	Lancaster City Council	£ 400.00
2007	Local Network Fund	£ 7,000.00
2006	Local Network Fund	£ 4,895.00
2006	Lancaster Regatta	£ 650.00
2004	Graham Brownsmith	Unsalariated Boathouse repairs