



**Lancaster John O' Gaunt
Rowing Club**

and

**Lancaster Schools' Rowing
Association**

2011 Review



2011 Brief Review

1. Increased Participants through Local Partnerships

- Approximately 90 people were members of either JOG or LSRA
- Lancaster Schools Rowing Association further established in its second year
- Club based activities were level with the previous year's peak
- Members racing at events rose for the 4th consecutive year
- Recruitment at University of Cumbria did not commence
- JOG continued to provide an alternative for rowers from Lancaster University
- Lancaster Royal Grammar School opened up a 3rd site for rowing on the Lune – Halton Army Training Camp increasing the capacity for rowing in Lancaster
- Lancaster Canoe Club renegotiated their lease with The Sea Scouts and so staid on their present site
- Only 3 people signed up for the 2011 Adult Learn to Row and British Rowing's Explore Rowing did not take off the ground

2. Development of Paths through to Excellence

- Two members continued to compete at pre-International Standard
- Three members held Elite Status

3. Improved Management and Staff Training

- A large number of new members joined the committee with a number of members relinquishing their posts
- The base of volunteers at the club continued to increase
- Representation on local bodies was maintained
- British Rowing continued to provide a HSCT coach (Sarah Forshaw) to work with JOG and LSRA
- Lancaster and Morecambe College provided a coach up to September 2011
- Student Captain's role disbanded in favour of two Vice-Captains
- A new experienced coach (Ciro Prisco) with a background of rowing in Italy joined

4. Improved Competitions

- The format of the Red Rose Sprint combining existing matches between Lancaster clubs was strengthened
- Lancaster City Regatta removed from the regional calendar

5. Improved Facilities and Equipment

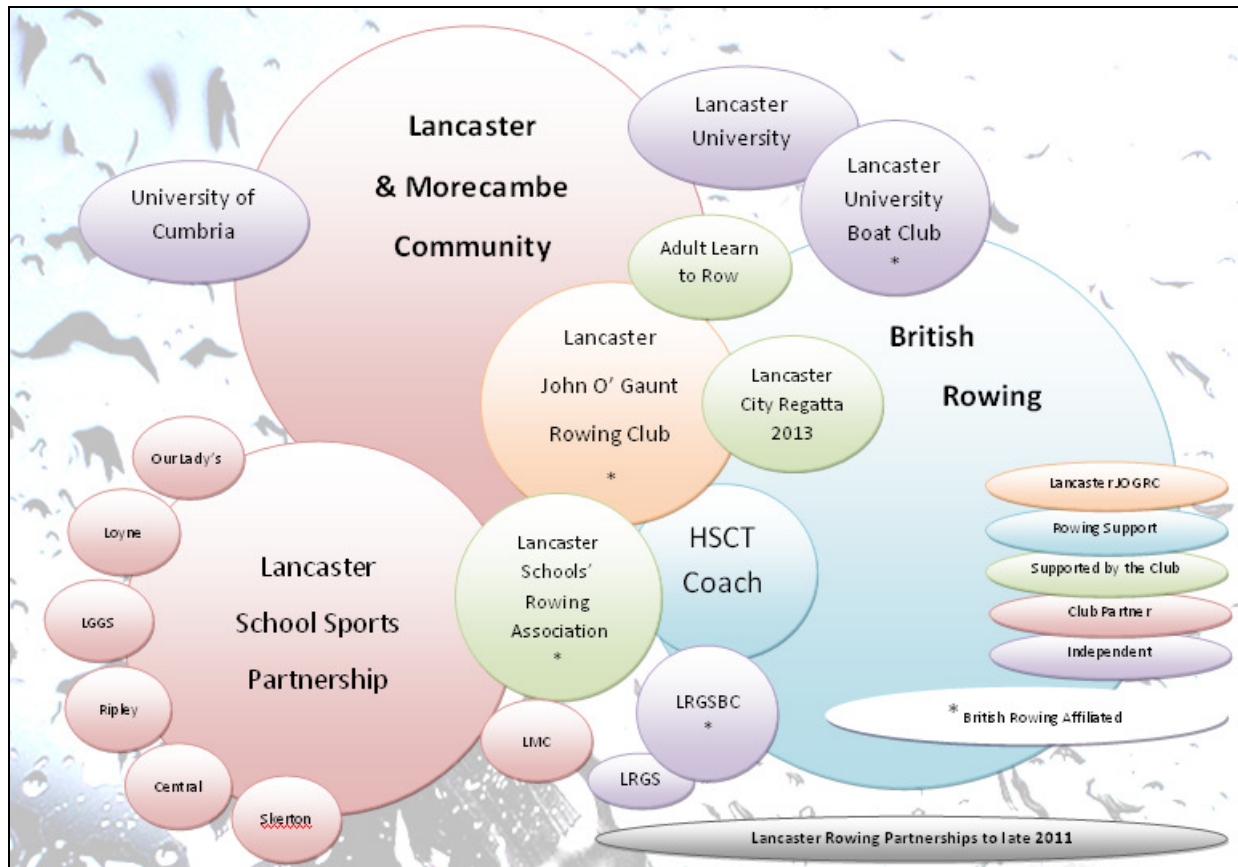
- Started a £50,000 bid for smaller improvements to the building
- Started a £10,000 Stable Boat grant for LSRA
- Large funding bid for Explore Rowing equipment abandoned
- Plans to include canoeists no longer needed as they would remain at their location
- Renewable Energy through the Wear remained an option
- Took receivership of 3 new singles from 2010 Sport England bid
- Indoor Rowing Machines moved back to site as most partner schools owned machines
- Scrub area downstream of the building cleared for future improvements
- Boat storage floor areas cleared - awaiting funds to concrete
- Half of the fleet removed with exit of LRGsBC - improved storage throughout the building
- The "Borough" Pub and Restaurant became a sponsor
- Possible sportswear sponsor identified



2011 Detailed Review

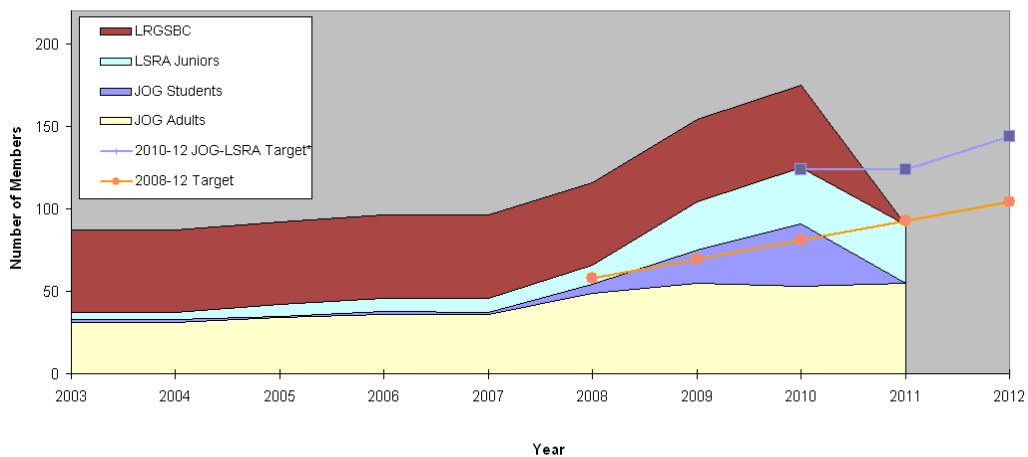
1. Increased Participants through Local Partnerships

Key Partners to the end of 2011:



Membership dramatically dropped from 125 in 2010 to approximately 90 in 2011.

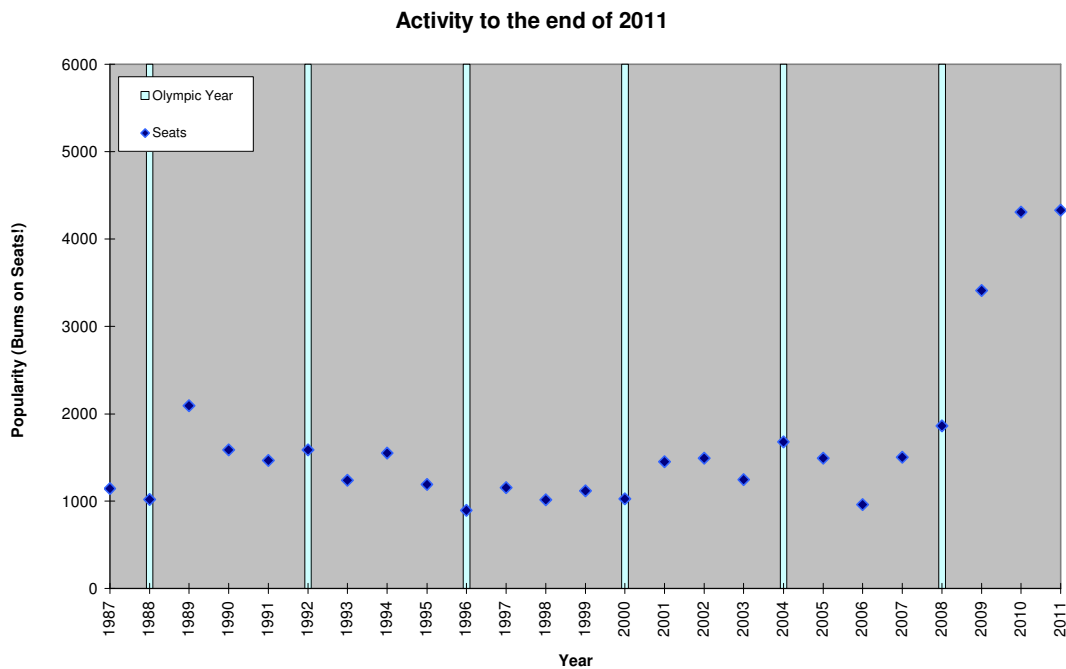
Lancaster John O' Gaunt Rowing Club and Lancaster Schools' Rowing Association Projected Membership



* 2010 JOG-Lancaster Schools' Rowing Association Partnership.



The amount of Club based activities stabilised from 4308 in 2010 to 4329 in 2011.



Junior Membership levelled out at approximately 35; membership was 34 in 2010.

Most members joined via Ripley St. Thomas High School; followed by Lancaster Royal Grammar School, Lancaster Girls' Grammar School and Central High School. Other juniors joined from other schools outside of the Lancaster district.

Sarah Forshaw worked in a number of local schools, including on-water rowing at Ripley St. Thomas High School. It was disappointing that only a small number of students from Ripley went on to row at the Club.

Based on disappointing recruitment programmes in 2011 it was agreed that Sarah would change her recruitment programme:

- access a greater range of schools in the local area,
- increase the number of children in the local schools that are made aware of the club,
- continue to highlight Ripley St. Thomas as the key recruitment school.

Lancaster Royal Grammar School Boat Club moved off site to row from Halton Training Camp. This was a positive move as it allows room for both clubs that remain on site to improve the storage of boats on site.

Student Membership decreased from 38 in 2010 and is no longer used as a user-group within the club.

Membership from Lancaster University was significantly down on previous years due to students choosing to row for Lancaster University. The key target of recruiting from University of Cumbria suffered as a result of the failure to recruit a base membership group carrying through to the 2nd year (due to poor student fee structure that was in place at the time).

It was decided in 2011 to disband the student member fees within the club; this was due to the amount of use that many of the student members got from the club at a membership rate that was much cheaper than the senior membership.



Due to the poor recruitment models used in 2010 and 2011 at University of Cumbria, reduced membership from Lancaster University and the disbanding of a student member fees it is unlikely that this will be a key recruitment group going forward.

Note: returning student members were able to pay pro-rata for the holiday periods.

Senior Membership levelled out at approximately 55.

In 2011 JOG decided to adopt British Rowing's "Explore Rowing" package in an attempt to expand the number of adults that were primarily motivated by a recreational form of rowing in Lancaster. This proved to be a bridge to far as the Club overextended itself:

- insufficient volunteers to manage the programme,
- insufficient volunteers to help run the programme,
- insufficient funds within the club to support the purchase of new equipment (match-funded),
- insufficient storage for associated equipment,
- insufficient advertising,
- insufficient recruitment,
- a return to pre-2010 model of 2 Learn to Row Programmes diluting the effectiveness of a single programme.

8 members of the 2010 Learn to Row continued to row into 2011 with 6 continuing to Row to the end of the year.

Based on the effectiveness of the 2010 Learn to Row it was decided that the 2012 Learn to Row would benefit from:

- a single eight week programme of two hour slots close to the summer holiday (allowing for use of specialised equipment by LSRA up to that point),
- a paid coach to run and plan the programme (Neil Cobb – Lancaster University Coach) under the management of Andy Kayll,
- volunteers within the club would support the paid coach,
- recruitment would continue through existing links (word of mouth and website), to be bolstered by advertising through the "Borough",
- reduced follow up membership to encourage beginners to progress their rowing beyond the Learn to Row programme

Adaptive Membership was not further followed up through the Loyne School; tentative links were made with Beaumont College.

Competitive Members raced during 2011 recording the following wins:

Elite 2x	Chester Long Distance Sculls
Elite 1x	Trafford Head
Im2 4x	Warrington Head
Im2 2x	Gloucester Regatta
Im2 2x	Ross Regatta
W Im2 4x	Trafford Head
Im3 4x	Northwich Regatta
Im3 4x	Durham Regatta
Im3 2x	Talkin Tarn Regatta
Im3 2x	Merseyside Regatta
W Im3x	Northwich Regatta
W Im3 4x	Northwich Head (Spring)
W Im3 4+	Northwich Head (Spring)
N 4x	Merseyside Regatta
N 4+	Talkin Tarn Regatta
W N 4x	Chester Long Distance Sculls
W N 4+	Northwich Head (Autumn)
N 2x	Warrington Head



2011 Review

N 2x	Merseyside Regatta
N 2x	Trafford Head
W N 2x	Northwich Head (Autumn)
N 1x	Northwich Regatta
N 1x	Talkin Tarn Regatta
Master C/D 4x	Warrington Regatta
Masters D 4x	Trafford Head
Mixed Im3 4x	Talkin Tarn Regatta
Mixed Im3 2x	Northwich Regatta
W J15 1x	Warrington Regatta
W J15 B 2x	Talkin Tarn Regatta
J13 1x	Warrington Regatta
J13 B 1x	Talkin Tarn Regatta

North of England Head:

Men's Im3 8+ 26th Overall

Total wins for the season were far in excess of the victories of the previous 3 seasons of the clubs 2008-12 development plan. This was not unexpected as the junior section (LSRA) started to win races in their own right as well as contributing to wins in senior crews, and total members competing was up again for the 4th consecutive season.



2. Development of Paths through to Excellence

Scott Durant (Student)

- Moved out of the U23 age category and now concentrating on breaking into the GB Senior Squad, continuing to base himself at Oxford Brookes University
- Narrowly knocked out by the eventual winners in the Intermediate Coxless Fours at Henley

Mason Durant (Student)

- Moved out of the U23 age category and now concentrating on breaking into the GB Senior Squad, continuing to base himself at Oxford Brookes University
- Narrowly knocked out by the eventual winners in the Intermediate Coxless Fours at Henley

Steven Sullivan (Senior)

- Effectively retired from Elite competition due to other commitments



3. Improved Management and Staff Training

This was another year of large changes of the committee with Glenn Stevens and Sue Palmer stepping aside, allowing newer members to join the committee. Aaron Sims moved from the area and so handed on a number of roles that he had taken on.

Taking over existing roles:

- Secretary (Laura Griffiths)
- Treasurer (Steve Holmes)
- Social Secretary (Andy Kayll)
- Safety Adviser (Matthew Wilkinson)

New Roles:

- Vice Captains (Phil Bell and Tom Sanders) replacing Women's Captain, Men's Captain and Student Captain
- Grounds and Building Manager (Matthew Birchall)
- Equipment Officer (Iain Taylor)
- Assistant Equipment Officer (Ian Davidson)
- Assistant Treasurer (Phil Bell)

The committee has a range of targets that need to be met before the end of 2012 to set the clubs up for a promising new period of development:

- establish an easily repeated recruitment model for increasing senior membership,
- establish a coaching/recruitment role for recruiting juniors into the club post-Sarah,
- ensure that expenditure does not exceed income.

JOG received Clubmark status, which aids our work to establish Lancaster Schools' Rowing Association in Lancaster. Members were informed that the committee was in favour of an increase in fees for senior members to £240 from £180 per year in March, 2012.

Again, the end of year safety audit identified a large number of areas of weakness - the only improvement from the previous year's audit - this will need to be addressed early in 2012.



4. Improved Competitions

Lancaster based events

Lancaster Regatta

Again, Lancaster Regatta failed to run – Matt Birchall took on the role of getting the regatta up and running again due to prior experience of running music festivals.

International Youth Games No involvement.

Lancaster Head Lancaster Regatta remains a priority.

Red Rose Heads Four events supported by JOG, LUBC and LSRA - no LRGSBC involvement.

Red Rose Sprint One successful sprint event (47 people competed).

Francis Russell Trophy Won by JOG as part of the Red Rose Sprint event.

Ralph Cup Won by JOG as part of the Red Rose Sprint event - LRGSBC DNS.

Easter Training Camp A very successful camp including junior and student members.

Summer Training Camp No summer camp.

Supporting non-Lancaster based events

In 2011 243 members competed at the following events:

	2011	2010	2009	2008
Merseyside Regatta	27	16	14	--
Northwich Regatta	24	12	--	--
Northwich Head (Spring)	22	19	11	04
Durham Main Regatta	22	14	10	02
Trafford Head	21	01	09	--
Talkin Tarn Regatta	20	12	09	06
Agecroft Head	17	09	--	--
Warrington Regatta	17	--	--	--
Chester Long Distance Sculls	16	--	01	--
Warrington Head	15	13	02	--
Northwich Head (Autumn)	13	19	09	04
Shrewsbury Regatta	13	--	--	--
North of England Head	09	--	--	--
Durham Main Regatta	05	14	04	01
Marlow Regatta	02	--	--	--
Head of the Float	--	16	--	09
Runcorn Head	--	10	01	01
Hollingworth Lake Sprint	--	09	19	19
Junior Inter-Regional Trials	--	09	--	--
York Small Boats Head	--	03	--	--
Metropolitan Regatta	--	03	--	--
Metropolitan Regatta	--	02	--	--
Peterborough Summer Regatta	--	--	08	05
Peterborough Summer Regatta	--	--	10	05
Tees Long Distance Sculls	--	--	--	01
Henley Royal Regatta	--	--	01	--
National Championships	--	--	01	01
Boston Marathon	--	--	04	--
Lancaster Regatta	--	--	--	--
	243	181	113	58



5. Improved Facilities and Equipment

Plans for Development

Mason Gillibrand Architects scaled back the plans in-place for the development of the building; this was in-line with the current financial climate and the likelihood of gaining sufficient grant aid to support a large scale plan.

The canoeists renegotiated their existing arrangement with the Sea Scouts and so remained off site.

The scrub area downstream of the club building was cleared to improve the appearance of the sit. The pictures below show what the area looked like prior to clearing.



With the removal of the LRGsBC's boats considerable space was freed up within the building; this allowed improved storage of boats reducing damage to boats during the winter floods.

Thanks must go in particular to Matt Birchall for the work that he did in changing some of the central racking to removable. Many of the walls upstairs and downstairs were painted white making the general appearance much better.

Thanks must also go to Neil Wigglesworth for the new landing stage, mid way between the existing stages.

Work that still needs to be done:

- ceiling upstairs to be made condensation free,
- floor space downstairs to be concreted,
- external doors to be modernised to prevent break-in.

Renewable Energy

Although the scale of the plans for the development of the site has been reduced renewable energy through the use of the Weir is still being investigated.

Equipment

Thanks to the work that Glenn put in during 2010 the Club received 3 new singles which was mainly funded by Sport England.

All of the Club's indoor rowing machines returned to site as all of the schools that the coach visits now all have their own machines. Additional weights were donated by Steve Holmes, and some additional weights were purchased to cater for a group of the seniors that regularly do weights at the club



Repairs and general equipment works included:

- full check of all boats purchasing replacement parts where necessary,
- one single sent for repairs – result of age,
- ex-LUBC 4+ sold.

Works that remain outstanding include:

- one of the shoulders needs fixing on one of the older 4+ (awaiting better weather),

Thanks go to Iain Taylor and Ian Davidson in maintaining all of the equipment.

Looking forward purchases that are being included include:

- at least one quad to alleviate increased use of this equipment type,
- second hand boats to support LSRA expansion,
- 4 training boats through a Sport England grant to support LSRA recruitment.

Grant Aid

Although grant aid during 2012 dried up a number of projects were started including:

- Explore Rowing match funding bid,
- £10,000 for new training boats to aid LSRA recruitment,
- £50,000 grant bid through Sport England for improvements to the building,
- Sponsorship by the Borough,
- Sponsorship by sportswear distributor.



The Focus for 2012

1. Increase Participants through Local Partnerships

- Membership to improve beyond 100
- Support the work of the fledgling Lancaster Schools' Rowing Association
- Offer at least 1 Adult Learn to Row Programme during the summer

2. Develop Paths through to Excellence

- Henley Stewards' Coach, Junior Coordinator, and Captains to recruit high potential athletes
- Continue to support existing high performance members

3. Improve Management and Staff Training

- Encourage the Regatta Committee to organise the Red Rose Sprint in the short term and get Lancaster Regatta back on the regional race circuit
- Gaps in Water Safety still to be addressed
- Encourage the Welfare Officer to hold the Club for All certificate
- Request that coaches maintain their minimal operating standards (First Aid and Child Protection courses)
- Encourage members to gain a L2 coaching award - encourage at least one member to gain a L3 qualification
- Seek NWRRC representation in 2012
- Further develop ethos of volunteering within the Club
- Continue to expand the range of grants accessed by the Club
- Make monies available for a paid junior coach position (Sarah Forshaw's position to expire in 2012)
- Further support the work of the Equipment Officers

4. Improve Competitions

- Home:
 - Encourage the Regatta Committee to get Lancaster Regatta back on the regional circuit
 - At least 4 Annual Red Rose Heads to continue (end of season prizes to be awarded)
 - Red Rose Sprint to continue (prizes to be awarded)
- Away:
 - Continue to support Region: Warrington, Liverpool, Hollingworth, Trafford, Northwich and Runcorn
 - Continue to encourage members to compete at regional and national events (where appropriate)

5. Improve Facilities and Equipment

- Committee to continue to pursue Sport England bid for the development of the building
- LSRA to complete Sport England bid for four additional training boats
- In 2012 JOG will hope to purchase at least one quad to alleviate increased use of this equipment type
- JOG may need to purchase a large number of second hand boats in support of LSRA
- Minor works to continue under the guidance of the Building and Grounds Manager

**2008-12 Financial Forecasting****Major Outgoings 2008-2012 (excluding normal operating costs)**

Major development of the building	£ 50,000.00*
Improvement and expansion of the fleet	£ 49,149.38
Expansion of land based training	£ 4,460.00
Total Cost	£ 103,609.38

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
Operational float based on 2007 accounts	£ 7,000.00
Racking fee increase	£ 3,000.00
Small donations based on donations during 2006-2007	£ 30,000.00
Large capital grant (allowing for inflationary rises in costs)	£ 50,000.00*
Total Income	£ 118,300.00

*Updated in light of a scaled down set of plans

2011 Update (approximate)**Major Outgoings 2008-10 (excluding normal operating costs)**

Major development of the building	£ 3,650.00
Improvement and expansion of the fleet	£ 34,310.00
Expansion of land based training	£ 5,535.00
Total Cost	£ 43,495.00

Major Income 2008-10 (excluding normal operating income)

Learn to Row Programme	£ 2,580.00
Increase in membership above 2007 figures	£ 9,170.00
Increased fees	£ 0,300.00
Operational float	£ 4,200.00
Racking fee increase	£ 0,000.00
Small donations	£ 31,452.00
Large capital grant	£ 0,000.00
Total Income	£ 47,702.00



Major Sponsors, Donors and Contributors

2009 - 11	http://www.pcoms.com/	Cheap Hosting of Website
2009 - 11	Hugh Clay and Kim Robinson	Loan of Concept II Rowers
2008 - 11	Henley Stewards' Charitable Trust	Coaches (Amy Ward > Sarah Forshaw)
2009 - 11	Lancaster and Morecambe College	Coach (Steven Sullivan)
2009 - 10	Steven Sullivan and Angela Park	Club use of Private Singles
2009 - 10	Community Fund for Lancaster	£ 3,232.00
2009 - 10	Awards for All	£ 18,000.00
2010	Lancashire County Council	£ 750.00*
2010	Lancaster District Local Strategic Partnership	£ 1,550.00
2010	Sponsored Row - Juniors and Students	£ 360.00
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

* Amount was to be donated in two instalments – second instalment not donated