



## Annual Review 2016/17



# Chairman's Welcome

Another year has passed and London Youth Rowing (LYR) through its innovative programmes continues to find new ways to help young people of all abilities from across the capital. Thanks to an incredible team of coaches and network of supporters, partners, and volunteers we have provided even more opportunities to improve lives and combat inactivity through rowing.

We continue to deliver on our aim of opening access to rowing for young people – over 9,000 during the year – with a special focus on those who “don’t do sport” or who would not normally try a new sport. During the year we established an apprenticeship programme with great success and continued to build our pioneering Life Skills Breaking Barriers programme.

Our indoor rowing programmes flourished at clubs based in over 75 schools and centres. In September we were delighted to announce the launch of “Active Row”, a new four year initiative to build on the momentum of our Satellite Club indoor rowing programme – again made possible with the incredible support of Sport England. In March LYR hosted the 11th annual National Junior Indoor Rowing Championships (NJIRC) with over 2,300 young people from across the country entering the largest indoor rowing event anywhere.

It is fantastic to see the increasing numbers of indoor rowers progressing to on- water joining over 4,000 participating in our many on-water course and club rowing opportunities. Our junior clubs, now at five centres go from strength to strength with notable successes for young rowers at regattas and in selection for national squads.

We are proud of the accomplishments of so many young people and hope you will enjoy reading this year’s highlights.

Thank you from all of us at LYR for your continued support.

**Jim Downing,  
Chairman and Founder,  
London Youth Rowing**

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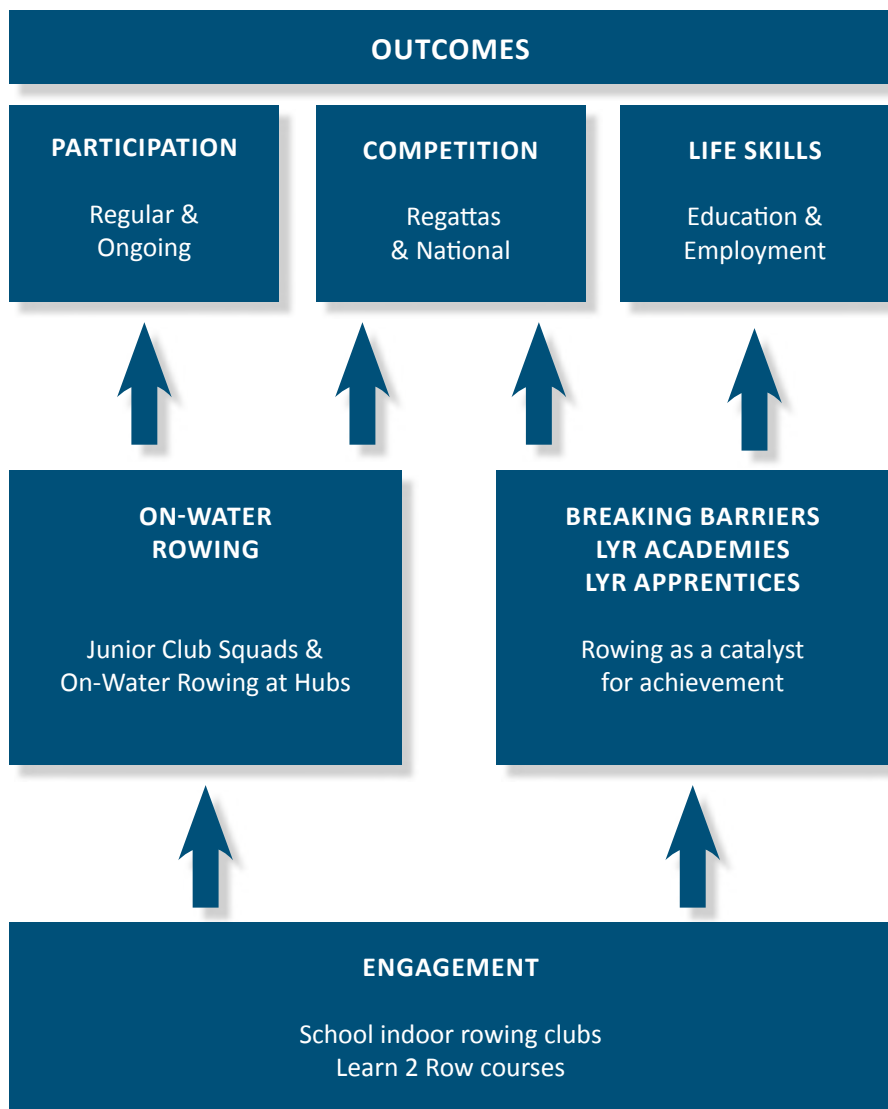
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# What We Do

**We support young people to become confident, capable and active through rowing.**



# Our Development Pathway



# Highlights

We were proud to complete our eighth year of Sport England funding for Satellite Hubs and Clubs with 2,751 participants taking part. We also secured funding for four more years.

We launched a new pilot to trial the impact of a girls' club at seven schools. We will continue to innovate to widen our appeal to young people.

We continued our commitment to working with people with Special Educational Needs or Disability, with 663 young people given the opportunity to row.

NJIRC continues to draw in the crowds with over 2,300 young rowers participating this year.

Breaking Barriers built on its first full year by establishing new corporate partners and working with 73 young people.

We launched a Pupil Referral Unit pilot programme to help students who have struggled in school, working with New Regents College for 12 weeks on and off the water.

Our apprenticeship programme is reaching the end of its first year, with our apprentices expected to finish their Level 2 Coaching Qualification.

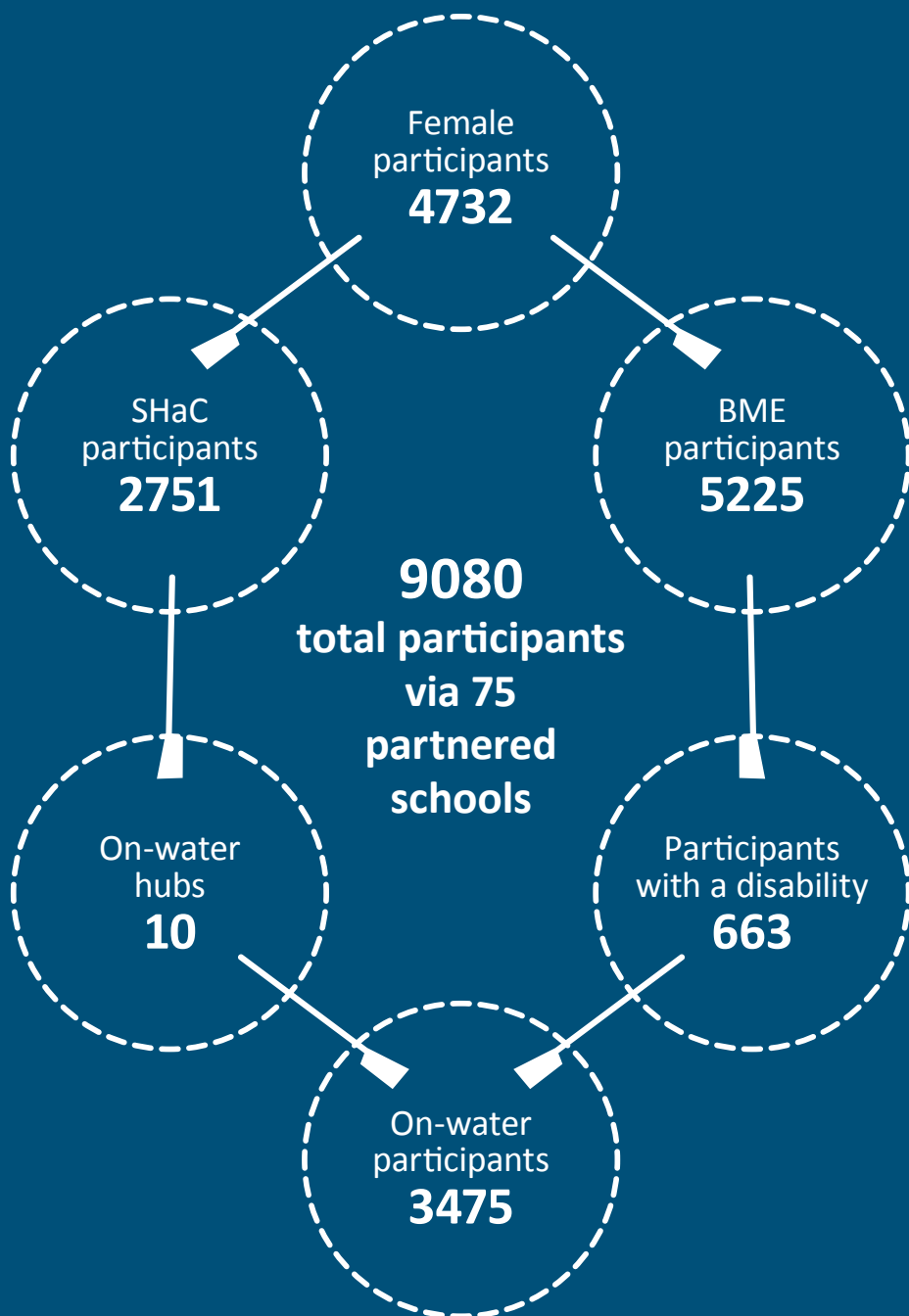
We continued our partnership with London Youth Games, facilitating their indoor and on-water rowing regattas for competitors from all over London.

We are also very pleased and excited to have agreed a four year programme with Tideway that will widen the reach of our existing project. This will enable us to work with more people, in more areas of London and to develop more on water opportunities for them.

The new LYR website was launched. Make sure to visit regularly for all our latest news and information at:

[www.londonyouthrowing.com](http://www.londonyouthrowing.com)





# Our Impact







Antonio lives in Hounslow and discovered rowing thanks to our NJIRC event. Since trying out indoor rowing, he now rows on the water with one of our squads.

"I had never rowed before until I attended NJIRC. I really enjoyed it and asked a LYR coach what I should do next. With their help I have joined the Thames Tradesmen Rowing Club and it's really boosted my confidence and I've had a lot of fun."



Jordan Ramsey is one of our three apprentices who started working and learning with our coaches this year. He recently passed his Level 2 Coaching Qualification.

"I have learnt so much at LYR. I have delivered rowing sessions to people who come from disadvantaged communities who don't have the right amount of access to sports in their lives. They normally miss out on the benefits of activity and it's been so rewarding to give them this opportunity."



Isobel Turner rowed with LYR at school. She is now working with us as a Community Coach in our clubs and schools.

"LYR gave me the opportunity as a junior to develop in rowing and now I am able to give the same opportunities to the young people of today. Being a Community Coach can be very rewarding; seeing young people trying rowing out for the first time and helping them develop their skills."

# Engagement

## Satellite Hubs & Clubs

In the past year of the Sport England programme we have delivered rowing to 2,751 participants. We also increased the number of girls taking part from 42% to 44%. During the four years of this round of funding we peaked at facilitating clubs in 92 schools across 21 boroughs.

We are very proud to have got clubs off the ground in so many locations across London and maximise our reach.

As we look ahead to the next four years we will be focussing on a slightly reduced number of schools in order for our coaches to deliver regular high-impact sessions.

We are very excited about the direction of the schools programme. We will focus more and more on targeting inactive pupils and work with 12 priority boroughs, chosen for their high numbers of economically disadvantaged young people.

We are always looking for innovative ways to deliver rowing to more people and our girls only pilot is a great example of this.



# 12,453

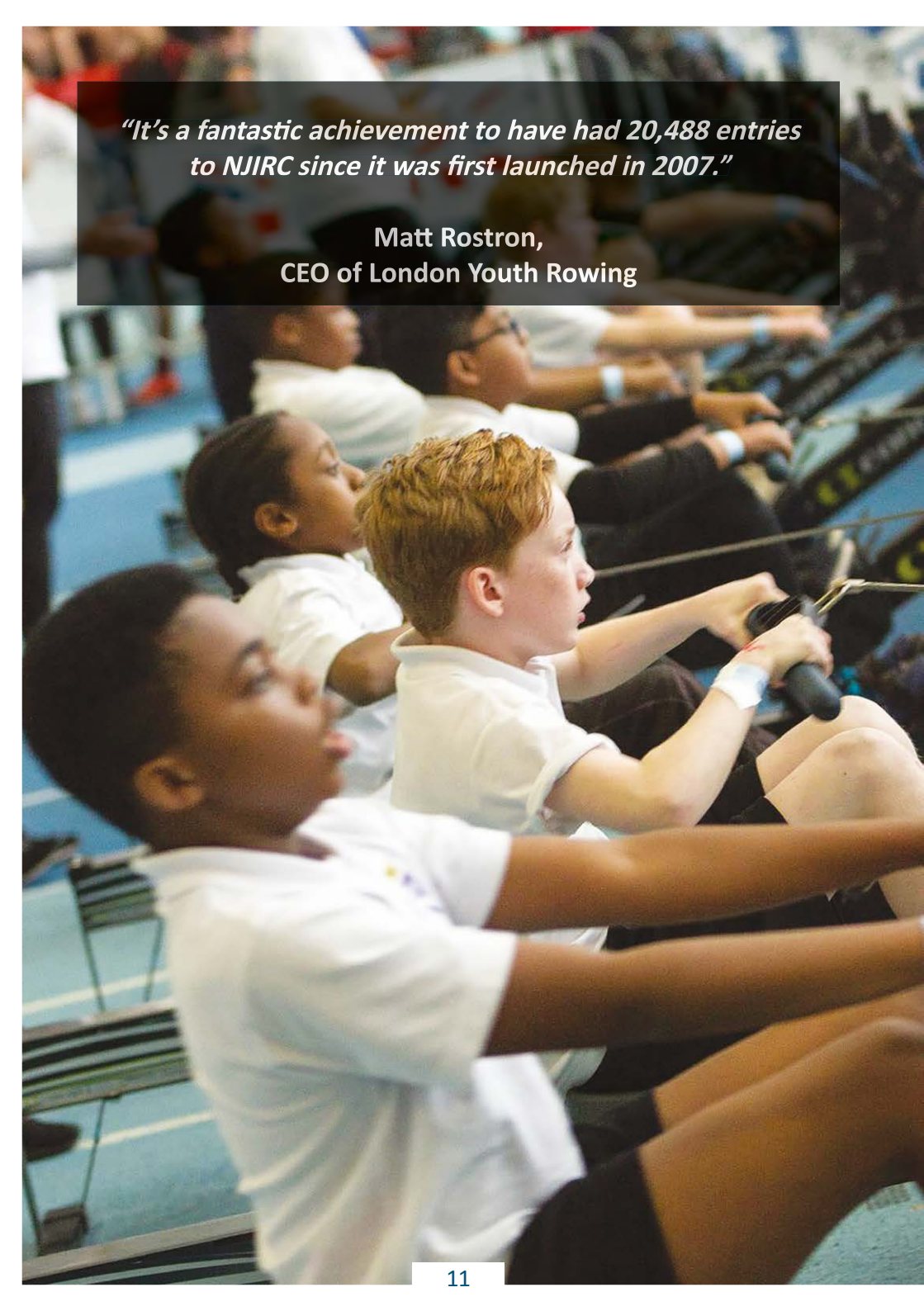
**Total Participants  
over eight years**

**90**  
**Indoor  
Rowing  
Clubs**

**10**  
**On-Water  
Hubs**

**68%**  
**BME**



A photograph of several young people, likely students, sitting on rowing machines in a gymnasium. They are wearing white t-shirts and are focused on their exercise. The background is slightly blurred, showing other people and equipment in the room.

*"It's a fantastic achievement to have had 20,488 entries to NJIRC since it was first launched in 2007."*

Matt Rostron,  
CEO of London Youth Rowing

# National Junior Indoor Rowing Championship

In March, LYR ran the 11th National Junior Indoor Rowing Championships (NJIRC).

NJIRC is an open competition for young people aged 11-18, which acts as the finale to our indoor rowing year. Building up to NJIRC is a key motivation for the young people on our programmes with 62 of our school clubs participating this year.

NJIRC has developed to become a “festival of sport” with young people trying out rock climbing and cycling as well as rowing. We work with partners such as the Met Police, Mind and UK Anti-Doping to ensure that young people at the event can learn about other opportunities available to them, over and above rowing.

This year we were also pleased to have British Rowing Olympians Andy Triggs Hodge OBE, and Mark Hunter MBE, attend to help inspire and motivate the competitors. The Oxford and Cambridge Boat Race crews also made an appearance to cheer on the rowers.

NJIRC continues to be one of the largest indoor rowing events in the world and everyone at LYR is incredibly proud of its success.

**127**  
**SEND**  
**Competitors**



**120**  
**Volunteers**

**52%**  
**Female**

**2,304**  
**Competitors**  
**Entered**

**50%**  
**BME**



# Row4Results

With the support of Tideway, LYR once again worked with 12 schools across London to provide access to indoor and on-water rowing for children in years 7 and 8.

**1,559**  
**Participants in**  
**2016/17**

This programme has now run for 5 years, with more than 5,500 young people across the capital benefiting from the opportunity to take part in indoor and on-water rowing, and compete in regional competitions.



**62%**  
**Female**

Moving into 2017/18, we are very excited to be working with Tideway to redefine our partnership for the next four years. Working together, we aim to offer opportunities to try rowing to a wider group of young people. There will be a greater emphasis on on-water rowing and we will aim to further integrate the work we do with Tideway into LYR's core engagement programmes.

**60%**  
**BME**



# On Water



## East London

**Royal Docks Adventure (RDA)** in Newham provides LYR with an unrivalled facility to offer on-water rowing to young people in East London.

The value of this location can be seen in our work with the East London Science School. They used the London Borough of Newham programme to put as many students through LYR rowing sessions as possible.

440 students between year 7-10 have taken part in rowing since 2014. LYR have even been asked to run an on-water inter-house competition for the school.

**1868**

**On-Water  
Rowers  
at RDA  
Newham**

## West London

LYR offers curriculum rowing to Hounslow schools, thanks to our partnership with the **London Borough of Hounslow** and the **Boat Race Company**. Young people can progress to join the LYR junior squad at Thames Tradesmen Rowing Club.

We delivered the final year of this partnership with five schools in Hounslow regularly taking part in rowing on the Thames. Over 300 young people participated. This was possible thanks to our use of the University of London Boat House. Here we ran 'Learn to Rows' for many West London schools, including Westminster Academy, Sion Manning, The Green School and Cardinal Wiseman.

**300+**

**On-Water  
Rowers  
in Hounslow**

# Life Skills

BREAKING / BARRIERS



# Breaking Barriers

Breaking Barriers uses a unique combination of rowing and mentoring to develop young people's life and employability skills.

We engage young people from disadvantaged backgrounds and give them the opportunity to work with corporate mentors. The life and employability skills they learn from their mentors are reinforced through practical application while learning to row with LYR.

This year we managed to build on the success of our first full year, adding new corporate partners from **Tesco and Arnold Hill & Co LLP**. We also added two schools from Southwark to our existing group: St Michael's Catholic College and Ark Walworth Academy.

To measure the impact of our work with these schools, we use the 'MTQ48' test to measure resilience and provide signposts to future success. Our pupils have shown increased confidence, control, commitment and an improved ability to cope with challenges.

We are delighted with our new partners, schools and increased participation numbers and we look forward to the next year of Breaking Barriers.





# Apprentices

This year has seen our first ever apprentices working with coaches to build their confidence, leadership and ultimately their coaching skills.

LYR began the apprentice programme in partnership with Coach Core and the Royal Foundation. It is another fantastic opportunity to use rowing to provide opportunities to young people.

Our apprentices have all been a great asset to LYR, supporting our coaches with sessions on the water and really getting involved in the work we do. They stand out as excellent role models to other young people in East London as they help other to reach their goals.

They have completed their Level 2 Coaching Qualification, and LYR is very proud of their hard work and success.

We have seen the benefits of the apprentices, both for LYR and their own personal development and we look forward to getting next year's applications as we continue the programme.

# Mossbourne Academy


Our set up at Mossbourne goes from strength to strength with our on-site LYR coaches Ollie James MBE and Dan Brighton providing the pupils with a comprehensive programme of rowing activity.

The students get out on the water regularly and we are very pleased that rowing has become an integral part of this state school's PE set up.

This year has seen some great progress, with five wins across junior competitions. Excitingly, a couple of the J15 girls are showing good promise and have developed well over the year.

The future opportunities for Mossbourne are very exciting as they will be rowing regularly at the Queen Elizabeth Olympic park.

# Competition



*"You get to race crews from all over the world at Henley. Local crews get to come up against international competition. This doesn't happen anywhere else. I think I'm the youngest competitor here, so it's a great experience for me."*

Dominic Sullivan,  
LYR Globe Rowing Club

# LYR Club Junior Squads

We are proud to run junior squads at four partner rowing clubs across London: **Globe RC** and **Fairlop RC** (East London) and **Thames RC** and **Thames Tradesmen RC** (West London).

These squads are the final step in our development pathway and members are fully committed to rowing, training multiple times each week and racing each weekend.

It was another good season for LYR's junior clubs and our coaches and young rowers can be very proud. LYR Thames Tradesmen juniors won four golds over the course of the year at local regattas and one single qualified for Henley Women's Regatta. LYR Globe RC won five gold medals at local regattas and also had international success, with three medals at the Coupe de la Jeunesse Regatta. Globe also sent rowers to the GB finals.

LYR Fairlop rowers had winners at NJIRC, as well as the London Youth Games. Finally, LYR Thames rowers saw success across a variety of events, with medals won at multiple races, including the Schools Head and Scullers Head.

It is great to see hard work rewarded with competitive success but even better that these clubs function as a supportive and inclusive place for young people to enjoy rowing and learn new skills.

## 2 Crews Qualified for Henley

## 3 Medals at National Regattas

## 4 International Medals





# Our Future

As we move into 2018, we will continue to focus on our mission to develop young people through physical activity.

We plan to;

Sustain mass engagement in our school indoor and on-water rowing programmes, continuing our partnership with Sport England and Tideway.

Retain our focus on working with young people living in disadvantaged communities by re-profiling our school partnerships across the capital, and continuing to identify new on-water venues close to disadvantaged communities.

Continue to grow our Life Skills programmes, building on the success of Breaking Barriers and developing our pilot programmes with Pupil Referral Units.

Expand our offer of fixed seat rowing to provide easier access to young Londoners so everyone can enjoy the Thames.

Consolidate our presence and programme delivery at Royal Docks Adventure in Newham, working with our partners the Royal Albert Dock Trust and Sea Cadets.

Establish more regular school and community rowing at the Olympic Park, leveraging the facilities investments made by the London Legacy Development Corporation (LLDC).

Develop further opportunities in West London to match the range of programmes available in East London.

Continue to make delivering inclusive programmes for Special Schools and SEND participants a key part of our engagement work.

Seek opportunities to launch a new rowing academy in west London.

Develop our apprentices and coaches, recognising they are the key to our future success.

# Supporters

Sport England

The Boat Race Company

British Rowing

Brampton Manor Academy

CVB/Tideway East

Fairlop Rowing Club

The Fishmongers' Company

Globe Rowing Club

Henley Stewards  
Charitable Trust

John Lyon's Charity

London Borough  
of Hounslow

London Borough  
of Newham

London Legacy  
Development Corporation

Mossbourne Community  
Academy

Oxford & Cambridge Rowing  
Foundation

PricewaterhouseCoopers LLP

Quintain Limited

Royal Albert Dock Trust

The Schroder Foundation

Thames Rowing Club

Thames Tradesmen's  
Rowing Club

Tideway

VINCI Foundation

Wembley National  
Stadium Trust

The Worshipful Company  
of Carpenters

# Thanks

## Members

The Company of Waterman  
and Lightermen

The Fishmongers' Company

James Downing

The London Federation  
of Youth Clubs

The Oxford and Cambridge  
Rowing Foundation

Trinity House

The Worshipful Company  
of Carpenters

The Worshipful Company  
of Scientific Instrument  
Makers

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