



ANNUAL REVIEW
2018 - 2019



CHAIRMAN'S WELCOME

London Youth Rowing (LYR) has had another amazing year - as we continue to open access to the sports of indoor and on-water rowing to young people from all backgrounds and of all abilities from across London. Thanks to our 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.

Approximately 7200 young people took part in our programmes. Active Row, made possible by the incredible support of Sport England, Tideway, HRRCT and Quintain has continued its mission in 72 state schools from the most deprived areas of London. Our Life Skills programme, Breaking Barriers, is now establishing itself as a fantastic pathway to significantly better outcomes for its participants.

In March, we hosted the 13th annual National Junior Indoor Rowing Championships (NJIRC) at the Copper Box Arena on the Queen Elizabeth Olympic Park. This amazing venue was an inspiration for the nearly 1,750 young people who entered from across the country. NJIRC remains the largest indoor rowing event anywhere and we will be back at the Copper Box in 2020.

To keep the costs of NJIRC to the minimum for our competitors, we held our inaugural "Race the Thames" challenge to raise sponsorship for NJIRC. Eleven teams of eight rowed the length of the tidal Thames (72.4 kilometres) on an indoor rowing machine. The challenge was held in the gallery of the Copper Box at the same time as NJIRC enabling the teams to appreciate what their hard work was supporting. A huge thanks to all who took part and we look forward to welcoming many more teams next year.

It was fantastic to see the increasing numbers of indoor rowers progressing to on-water. Over 4,000 young people participated in courses and junior club rowing opportunities. Our junior clubs, now at five centres, continue to thrive and provide a pathway for young rowers to compete at the highest level.

Finally, in March, LYR won the Community Engagement category at the prestigious Sports and Recreation Awards for our work in the London Borough of Newham. Well done to all involved.

On behalf of everyone at LYR, thank you for your continued support.



John Kinsella,
Chairman, London Youth Rowing

THREE PILLARS OF LYR:



1 ENGAGEMENT

Inspiring thousands of young people to get active through rowing. Sport England, Tideway, HRRCT and Quintain fund the Active Row Programme across 12 priority London Boroughs.

2 LIFE SKILLS

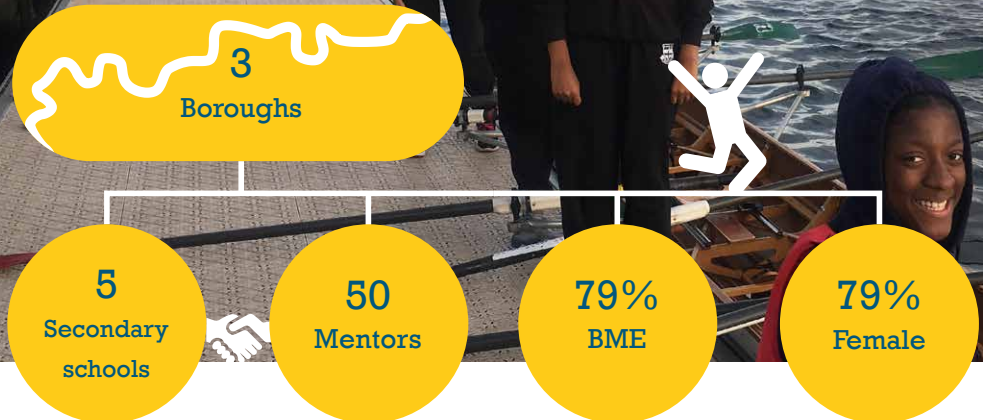
Developing confidence and employability skills through rowing and mentoring. Sessions focus on life skills such as teamwork, communication and goal setting. Our programmes include Breaking Barriers and Alternative Provisions.

3 COMPETITION

Providing opportunities for young people to row regularly, and compete at local, national and international level through links with junior rowing clubs: Thames Trademen's Rowing Club Juniors, Globe Juniors, 1863 Club, Fairlop Rowing Club and Mossbourne Federation Rowing. Each year, we host the National Junior Indoor Rowing Championships (NJIRC), the pinnacle of the indoor rowing season for schools across the country. This year, the championships took place at the Copper Box Arena in the Queen Elizabeth Olympic Park for the first time.

LIFE SKILLS

BREAKING BARRIERS



Since it launched 5 years ago a total of 242 students have taken part in Breaking Barriers, developing their confidence, employability skills and aspirations. This year the programme expanded further to include 1-2-1 mentoring for 16-19 year olds, focused on achieving their individual goals and establishing pathways to further education or employment.

“It’s taught me about resilience and having patience for yourself and others, when it comes to teamwork especially. It teaches you to be patient. It’s opened my mind,”

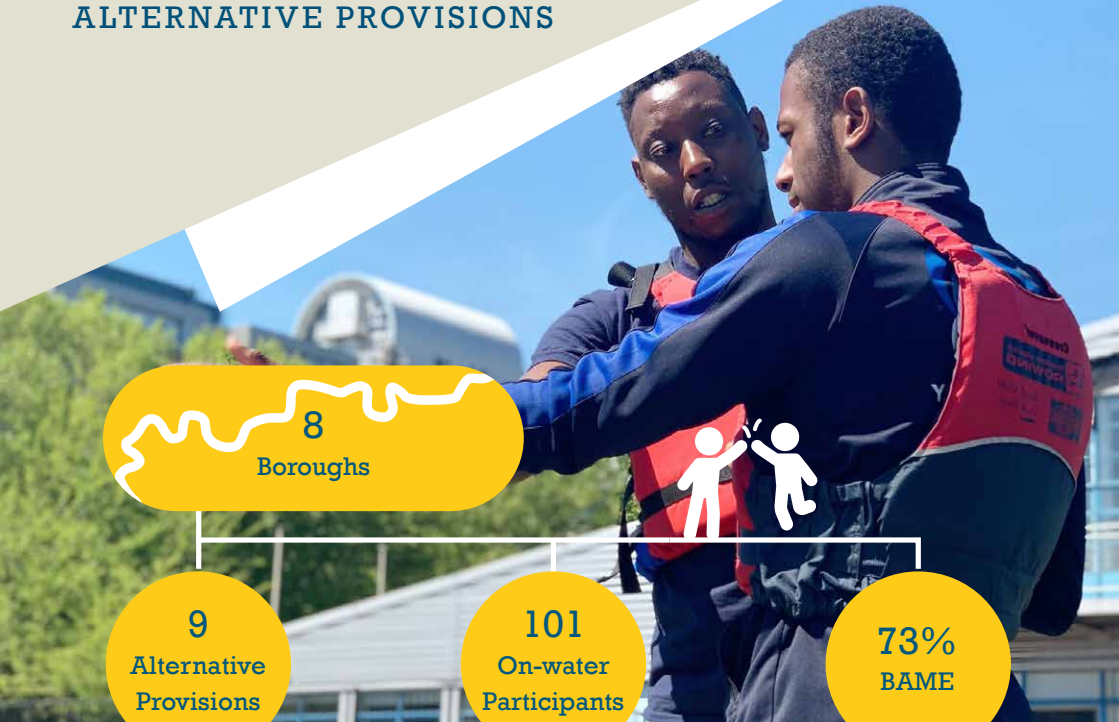
- Tia Merchant, St Angela’s Ursuline School

The Programme works closely with amazing partners such as PwC, Tideway, CVB, BMB and the Port of London Authority to provide access to mentors who lead on sessions focusing on subjects such as team building, time management, problem solving, presentation skills and goal setting etc.

BREAKING / BARRIERS

LIFE SKILLS

ALTERNATIVE PROVISIONS



Thanks to funding from the Worshipful Company of Vintners we have worked with 128 young people in Alternative Provisions. 101 of these children rowed on the water at 4 different sites. We have established strong partnerships with the following schools: New Regent's College, London East Alternative Provision, Mayesbrook Park School, Arco Academy and The New Rush Hall School. Once students have completed the 12 week programme, or returned to mainstream school, they can continue rowing with LYR at our on-water sites.

"For months J struggled settling in. We hadn't seen any sign of self-control until the point where we decided to take him rowing. Rowing was a great contributor to his **behaviour turn around in school**, so much so that he started a new mainstream school in May." - Assistant Head Teacher Rubert Jonker, New Regent's College

ENGAGEMENT

ACTIVE ROW

2000

Target no. of participants

Actual number of participants

2936



608 competitors at 5 area competitions

2

On-water regattas

72

Schools

7

Hubs

9%
SEND

65%
BAME

38%
Female

1623 individual sessions delivered

Year two has exceeded all expectations. With the continued support of Sport England, Tideway, HRRCT and Quintain over 2900 young people participated in 72 extra-curricular Active Row Clubs, beating the 2000 target. With a mission to help tackle inactivity in young people across London, the programme has continued its focus within 12 priority London Boroughs, based on the London Poverty Profile. Active Row on-water hub sessions now take place at Royal Docks Adventure, Osterley Park, Surrey Quays, Brixton Wings, Barn Elms, Fairlop Rowing Club and The Yellow Pavilion. Furthermore, the Active Row Regatta East and West took place again at Shadwell Basin and Barn Elms in October thanks to our partnership with Tideway.

Case Study - Audrey Fidegnon

Audrey started rowing at her school indoor rowing club, run by LYR. After taking part in a local borough competition, she decided she wanted to pursue rowing more seriously outside of school and joined Fairlop Rowing Club. She has now been rowing for three years, and uses her new skills and experience to coach her peers at school.

Audrey said she loves rowing because,
“You can always push yourself so much harder. You can always do so much better. When you get off a rowing machine and see a better time, it motivates you to keep going and keep training hard.”



She thinks she wouldn't have found rowing without LYR. Audrey said:

“I defy the rowing odds! I'm a black, young teenager, who was originally interested in athletics. With London Youth Rowing introducing their scheme of work to our school, rowing was something I suddenly started to take a look at. When you go to competitions like the National Junior Indoor Rowing Championships – hosted by London Youth Rowing – you can see the diversity they're bringing to the sport. I think it's helped people just get into the sport and have a go at it. If you don't get to try, you'll never know where you're going to get. It's hugely important to encourage diversity into different sports, no matter what the sport is. I'm really grateful that London Youth Rowing's done that for me.”



LONDON YOUTH ROWING LOCATIONS

Osterley Park

LJR continues to run a weekly Active Row hub which runs from March to October. Our coaches deliver learn to row courses on Middle Lake at this National Trust property in Hounslow during the Summer.

Queen Elizabeth Olympic Park

During the summer months, LJR runs learn to row courses and Active Row sessions at the iconic Olympic Park. This year, in partnership with the London Legacy Development Corporation and the Canal & Rivers Trust, we have established a permanent rowing pontoon on the Olympic Park.

Fairlop Waters Rowing Club

Fairlop Waters in Redbridge is the base for Fairlop Rowing Club, which LJR helps to run as an open club for young people from North East London. LJR also uses Fairlop to run regular learn to row and Active Row on-water sessions.

Thames Tradesmen's Rowing Club

The Chiswick boathouse on the River Thames is home to LJR Tradesmen's Junior's, our West London competition squad. LJR also provides coaching support for the 1863 junior rowing programme and deliver learn to row courses from this site.

Shadwell Basin Outdoor Activity Centre

Shadwell provides LJR with a base to offer fixed seat rowing in East London. School pupils can master the basics in the enclosed dock before heading out onto the River Thames.

Royal Docks Adventure [RDA]

In partnership with the London Borough of Newham and RADT, LJR runs over 7000 on-water sessions each year for young people from Newham and the surrounding area at the Royal Docks Adventure. The centre is also the main base for LJR Globe Juniors, our East London competition squad and a key site for Active Row on-water sessions. The 2000m course, indoor rowing tank and indoor training space provide an unmatched facility for LJR to use.

LJR HQ Royal Docks Adventure

Globe Rowing Club

LJR partners with Globe Rowing Club to run a junior competition squad for East London. LJR juniors use the facilities at Globe's boathouse in Greenwich and access the River Thames, alongside training at Royal Docks Adventure.

Broomhouse Dock

In partnership with Tideway and Hurlingham Yacht Club, LJR offers fixed seat rowing from Broomhouse Dock. Fixed seat rowing provides a quick, easy and safe way to try the sport. LJR runs rowing sessions for both Active Row and Breaking Barriers from Broomhouse.

Mossbourne Federation - Mossbourne Victoria Park Academy

Barn Elms

LJR works in partnership with the Barn Elms boathouse to enable young people from our Active Row schools in South West London to try on-water rowing on the River Thames.

Surrey Quays Watersports Centre

Surrey Quays Watersports Centre is a base for Active Row Schools and Breaking Barriers sessions in South East London. This year, we launched a weekly Active Row hub that continues to be popular during term time and school holidays. The sheltered dock is an ideal site for beginners to learn to row.

Mossbourne Federation Mossbourne Community Academy

In partnership with the Mossbourne Federation Secondary Schools in Hackney, our Coaches deliver a performance rowing programme. Land training takes place on each school site, with on-water training located at the Royal Docks Adventure. Both schools are also part of the Active Row programme.

 LJR Priority Boroughs (Active Row)

2018 - 2019 IN NUMBERS

7233
Total
Participants

2936
Active
Row

190
Junior
Clubs

1439
LB Newham /
Royal Docks

163
Life
Skills

2505
Tasters &
Events

41%
Female



65%
BAME



9%
SEND

18
Employees

£1m
Turnover

5
Junior
Clubs

10
On-water
Sites

200+
Volunteers

1
NJIRC



COMPETITION

NATIONAL JUNIOR INDOOR ROWING CHAMPIONSHIPS



1742
entries

111 schools and clubs

200+
volunteers

22
festival of sport
activities

120
rowing
machines

52
Active Row
schools

In March 2019, London Youth Rowing hosted the 13th National Junior Indoor Rowing Championships. This year, the event moved to the Copper Box Arena in the Queen Elizabeth Olympic Park for the first time. Nearly 1500 young people raced in the iconic London 2012 Olympic venue, travelling from as far afield as Warrington and Plymouth, to take part in 6 hours of racing supported by over 200 volunteers. The Festival of Careers and Sport included exhibits ranging from Wheelchair Basketball and West Ham United to The Royal Navy and London Fire Brigade. In addition, the inaugural corporate fundraising event, Race the Thames took place during the regatta. 11 teams raced to raise £24,755 for LYR programmes.

"I thought it was a fantastic atmosphere, great venue and super well-organised so congratulations to the LYR team." - Andrew Liney, Senior Manager Children & Young People at Sport England.

THANK YOU



Members:

The Fishmongers' Company
Trinity House
The Worshipful Company of Carpenters
The Worshipful Company of Scientific Instrument
Makers
The Company of Watermen and Lightermen
Jim Downing BEM

Supporters and Partners 2018 – 2019:

Sport England
Tideway
London Borough of Newham

1863 Group
Aspers
BMB / Tideway West
CVB / Tideway East
Concept 2
Cushman and Wakefield
CitiGroup
Comic Relief – BT supporters Club
Charles S French
GLL

Globe Rowing Club
Henley Royal Regatta Charitable Trust
John Lyon's Charity
London Legacy Development Corporation
Mossbourne Federation
National Schools Regatta
Native Land
Oxford and Cambridge Rowing Foundation
PF Foundation
PricewaterhouseCoopers
Port of London Authority
Quintain / Wembley Park
Queen Elizabeth Olympic Park
Quintin Boat Club
Royal Albert Dock Trust
Royal Docks Trust
Schroders Foundation
Sports Sphere
Thames Tradesmen's Rowing Club
The Royal Foundation
The Worshipful Company of Vintners
The Worshipful Company of Dyers
The Royal Navy
Vakt Global



VOLUNTEER



Dept 2

Royal Docks Adventure
1012 Dockside Road
London
E16 2QT

Charity Number: 1122941

www.londonyouthrowing.com



@LYRowing



[londonyouthrowing](https://www.instagram.com/londonyouthrowing)



[@londonyouthrowing](https://www.facebook.com/londonyouthrowing)