



Annual Review 2015/16

# Chairman's Welcome

It has been another fantastic year for London Youth Rowing (LYR). We continue to grow from strength to strength, thanks to our dedicated coaches and our incredible network of partners and volunteers. Through their efforts, we provide opportunities for thousands of young people to develop themselves using indoor and on-water rowing.

Our aim is to provide access to rowing for young people across London, particularly those from disadvantaged communities. By doing this we help young people improve their health, fitness and wellbeing.

This year, we celebrated 10 years of LYR's National Junior Indoor Rowing Championships (NJIRC) and completed the first full year of our Breaking Barriers life-skills programme. On the water, our LYR Academy schools continue to grow, while our junior club squads had tremendous success in this year's racing.

We are excited to have launched an apprenticeship programme, helping to create the next generation of rowing coaches for LYR and the wider rowing community.

We are pleased to present our highlights for 2015/16 on the pages that follow. As ever, I thank all of you for your continued support of LYR's work.



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

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# Our Mission

We are a ground breaking sports charity that aims to develop young people through physical activity and to open access to rowing at all levels.

Using the power of sport, our work enables disadvantaged young people to develop their life skills and improve their physical, social and mental wellbeing.



# Our Development Pathway

## OUTCOMES

### PARTICIPATION

Regular &  
Ongoing

### COMPETITION

Regattas  
& National

### LIFE SKILLS

Education &  
Employment



### ON-WATER ROWING

Junior Club Squads &  
On-Water Rowing at Hubs

### BREAKING BARRIERS & LYR ACADEMIES

Rowing as a catalyst  
for achievement



## ENGAGEMENT

School indoor rowing clubs  
Learn 2 Row courses

# Highlights

LYR celebrated the 10th anniversary of the **National Junior Indoor Rowing Championships** (NJIRC), with over **2,000** young people competing in one day.

Through our **Sport England** funded **Satellite Hubs and Clubs** project, we worked with **90** schools to deliver indoor rowing to more than **4,000** children.

We completed the first full year of our **Breaking Barriers programme**, developing the employability and life skills of **60** young people through mentoring from our corporate partners.

With the help of **Tideway**, we continued to deliver the **Row4Results** programme to **12** schools across London.

**Club Row**, a new programme supported by **John Lyon's Charity**, saw us take rowing to **17** youth clubs in West London.

We worked with **900** people with Special Educational Needs or a Disability (SEND), developing inclusion across our programmes.

A junior rower from LYR Globe RC, Callum Sullivan, **represented Great Britain** at the Coupe de la Jeunesse Regatta, winning two gold medals.

A graduate of LYR's programme at Mossbourne Community Academy, Sam Nunn, **accepted a rowing scholarship to the University of Washington**.

LYR launched an **Apprenticeship programme** creating a new pathway for young people to get into coaching.

*Total participants*

9441

*Participants with disability*

891

*SHaC Participants*

4072

*Partnering Schools*

159

*On-water Participants*

4159

*BME Participants*

6170

*Volunteers*

126

# Where we work

100+ Schools  
across London

Osterley Park  
Hounslow

UL Boat House  
Hounslow

Thames Tradesmen Rowing Club  
Hounslow

Thames Rowing Club  
Wandsworth

Danson Park Watersports Centre  
Bexley



10 On-water  
hubs

Knowledge Dock Business Centre  
Newham

Fairlop Waters  
Redbridge

London Regatta Centre  
Newham

Queen Elizabeth Olympic Park  
Newham

Surrey Docks Watersports Centre  
Southwark

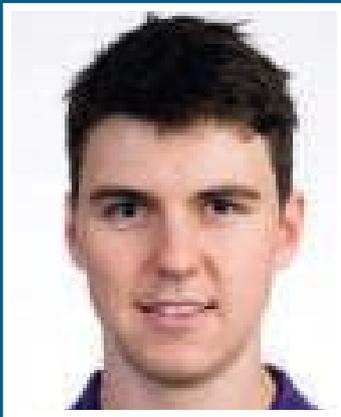
# Our Impact





**Bobbie Morgan** started rowing with LYR aged 13. After university, she began working as a coach for LYR and now manages LYR's operations at the London Regatta Centre.

**“My career is a direct result of my time as a junior rower. I benefitted from LYR as an athlete and now LYR has given me the opportunity to help the next generation of rowers.”**



**Sam Nunn** began rowing through a LYR learn-to-row course, then joined LYR's programme at Mossbourne Academy. After winning bronze at the British Championships, he received a rowing scholarship to the University of Washington.

**“LYR gave me countless opportunities to develop and succeed. I have many memories and lifelong friends as a result of being involved with LYR.”**



**Julia Olawumi** started rowing at the LYR indoor rowing club held each week at her school. She progressed to join LYR Globe RC juniors and has competed at the British Rowing Junior Championships.

**“I feel a lot of people think rowing is a rich white person's sport. But, once you're inside the community it's really not thought about. Rowing's a really good community sport.”**

# Engagement

## Satellite Hubs & Clubs

Our Satellite Hubs and Clubs Programme funded by Sport England is now embedded in 90 Schools across London. Our team of 7 Community Coaches run indoor rowing clubs at secondary schools and give young people a pathway to on-water rowing.

The fourth year of the programme has seen retention rates increase and the addition of 10 SEND Schools, engaging many young people in their first taste of an extra-curricular sports club.

We launched a number of successful 'open satellite' clubs and on water development squads to support progression to joining a Junior Rowing Club. For the first time, we held four Schools Indoor Rowing Challenges (SIRC), North, East, South & West across London, attracting over 600 young people.

**4072**  
Participants

**68%**  
BME

**90**  
Indoor  
Rowing Clubs

**10**  
On-Water  
Hubs



# Row4Results

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

School teams compete in indoor rowing competitions in East, Central and West London, with the winners contesting a grand final. Highlights this year included an area final held at the London Aquarium, and the hosting of the grand final at NJIRC.

We look forward to developing our succesful partnership with Tideway into 2017 and beyond.

**68%**  
BME

**1275**  
Participants

**56%**  
Female

## Club Row

This year we launched 'Club Row' with John Lyon's Charity to bring rowing to young people in youth clubs across North West London.

We held a total of 79 events at 17 youth clubs through the winter months. A total of 8 clubs progressed to on-water rowing in the summer, many at the Queen Elizabeth Olympic Park.

**17**  
Clubs

**501**  
Participants

**67%**  
BME



# On Water



## East London

The **London Regatta Centre (LRC)** in Newham provides LYR an unrivalled facility to offer on-water rowing to young people in East London.

We work closely with the **Royal Albert Dock Trust (RADT)** and the **Marine Society of Sea Cadets (MSSC)** at the centre.

Funding from the **London Borough of Newham** and **Team Watersports** enabled LYR to offer rowing, sailing and canoeing programmes for schools in 2015/16.

3660

**On-Water  
Rowers  
at LRC  
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 RC.

In 2015/16 we worked with 7 Hounslow schools, allowing young people to experience the thrill and challenge of rowing on the Tideway. We also began running sessions at Osterley Park, increasing access for schools in west Hounslow.

307

**On-Water  
Rowers  
in Hounslow**

# Life Skills

*“Before the Breaking Barriers sessions I was someone who would usually get nervous around strangers.*

*But once Breaking Barriers started I slowly started engaging in open conversations with different Tideway employees.*

*This helped me become more confident around people who I had never met before.”*

*Zaid Ul Islam, Breaking Barriers 2015/16*

# 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, LYR delivered the first full year of the programme with 60 young people and three corporate partners taking part: **PwC, Tideway East and Newton.**

The young people completing the programme showed increased levels of confidence and resilience. A number of them went on to gain work experience placements at our corporate partners, a first step towards future employment.

Breaking Barriers remains a key focus for the future of LYR and we aim to grow the programme further in 2016/17.

3

Corporate  
Partners

60

Participants

5

Partner  
Schools

58%

Female

67%

BME



# Apprenticeships

With the backing of the **Henley Stewards Charitable Trust** and the **Royal Foundation**, earlier this year LYR became a founder member of the London Coach Core Apprenticeship consortium.

Our first 3 apprentices started in August 2016. At the end of their year with LYR, they will be fully qualified Level 2 rowing coaches and will have attained a Level 2 Activity Leadership NVQ.

# Academies

LYR operates a “rowing academy” at **Brampton Manor school** in Newham and **Mossbourne Community Academy** in Hackney. LYR coaches are embedded full-time in each school to deliver curriculum and extra-curricular rowing.

Over the last year Brampton has continued to see high levels of participation in the lower years of the school, building the base for future success under the guidance of Hannah Vines, LYR’s Head Coach at the school. The Brampton squad raced for the first time this year, taking part in the National Schools Regatta.

Mossbourne are also building a strong base for their programme, with an increasing amount of squad and curriculum rowing in years 8 and 9 and regular racing by the existing squad. We are very excited that Oliver James, GB Paralympic cox and gold medal winner, joined LYR in September 2016 as Mossbourne’s new Head Coach.

*“ Rowing is hard. But, the rewards are great in terms of making new friends, achieving the targets you have set yourself and of course the occasional medal ! ”*

**Leila Bernstein,**  
LYR Mossbourne Community Academy RC

# Competition



*“ Rowing has made me realise I’m  
a bit over-competitive!  
I’ve also learned about perseverance  
and patience in the short  
time I have been rowing.”*

David Esayas,  
LYR Thames Tradsmen RC

# 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.

LYR's junior clubs had a superb season, reflecting the dedication shown by children and coaches alike. LYR Globe RC crews won multiple gold, silver and bronze medals at the National Schools Regatta, while LYR Thames RC took home a bronze. Two crews from LYR Thames RC also qualified to race at Henley Royal Regatta.

An outstanding performance from LYR Globe's Callum Sullivan at the Coupe de la Jeunesse Regatta saw him win two gold medals while representing Great Britain.

The best performances came from younger competitors, so we can look forward to further success in the coming year.

**2 Crews Qualified for Henley**

**8 Medals at National Schools Regatta**

**2 GB Junior Gold Medals**



# National Junior Indoor Rowing Championships

In March LYR ran the 10th Anniversary of the 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.

NJIRC has developed to become a “festival of sport”. 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.

It all adds up to make a truly unique event that has raised the profile of LYR and what we do.

**2,079**

**Competitors  
in one day**

**100**

**SEND  
Competitors**

**52%**

**Female**

**120**

**Volunteers**

**50%**

**BME**



# Our Future

As we move into 2017, we will focus on our mission to develop young people through physical activity.

We plan to;

**Sustain mass participation** in our school indoor rowing programmes, focusing on those living in disadvantaged communities.

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

**Develop new rowing academies** across the capital.

**Make rowing more accessible** by seeking out new on-water venues close to disadvantaged communities.

**Capitalise on Year 1 of Breaking Barriers** to help more young people develop their life skills through rowing and corporate mentoring.

**Enhance our delivery of inclusive programmes** for Special Schools and SEND participants.

**Support young people** to maximise their potential in rowing.

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



# Supporters

Sport England

London Borough  
of Newham

London Borough  
of Hounslow

Henley Stewards  
Charitable Trust

Tideway

CVB/Tideway East

Pricewaterhouse Coopers

The Fishmongers Company

The Worshipful Company  
of Carpenters

Newton Investment  
Management

Thames Rowing Club

Globe Rowing Club

Fairlop Rowing Club

Thames Tradesmen  
Rowing Club

John Lyon's Charity

Sportivate (London Sport)

Brampton Manor Academy

Mossbourne Community  
Academy

Oxford & Cambridge Rowing  
Foundation

Royal Albert Dock  
Trust

Royal Dock Trust

British Rowing

The Boat Race Company

Hedley Foundation Limited

Wembley National  
Stadium Trust

London Legacy  
Development Corporation

Team Watersports

Jessica Berney

Paul and Emma O'Grady

The Worshipful Company  
of Goldsmiths

DM Thomas Foundation



# Thanks

## Members

The Fishmongers Company

The Company of Waterman  
and Lightermen

The Worshipful Company  
of Carpenters

The Worshipful Company  
of Scientific Instrument  
Makers

Trinity House

The Oxford and Cambridge  
Rowing Foundation

The London Federation  
of Youth Clubs

James Downing

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