

#### **British Rowing-CPGA Development**

2009 has seen significant progress in a number of joint development projects being run between British Rowing and the Cornish Pilot Gig Association.

On January 17th, British Rowing Regional Team Leader Tom Pattichis gave a presentation at the CPGA AGM, outlining developments made in 2009 and planned projects for 2010. These include the launch of a new coxes courses for CPGA clubs and members, and the development of a technique workshop.

For a copy of the AGM presentation, and for further details about the work being carried out by British Rowing and the CPGA please visit either organisations website.

#### **West Region Events 2010**

A series of courses and workshops have recently been advertised, available to all clubs and associations in the West Region.

These include Level 1 Coxes Courses, Level 2 Coaching Courses and a number of workshops from Technique to Safeguarding and Protecting Children.

For further details about what's available please visit - [www.britishrowing.org/news/rowing-workshops-western-region](http://www.britishrowing.org/news/rowing-workshops-western-region)

#### **School Competition Programme 2009-10**

The schools indoor rowing competition programme in the West Region got off to a great start, with two well attended School Sports Partnership events. On 3rd Dec the first ever event run by the Callington SSP, took place at Looe school. The event was attended by pupils from Looe and Saltash schools, both of whom run indoor rowing programmes supported by British Rowing's Cornwall HSCT coach Rhiannon Halliday.

On December 9<sup>th</sup> the annual Poltair SSP event took place at Penrice school, with a record 141 pupils taking part. This included pupils from Fowey and Penrice schools, who also run HSCT supported indoor rowing programmes, Project Oarsome schools Poltair and Bodmin, and the two Newquay based schools Tretherras and Treviglas, both of whom run British Rowing accredited school indoor programmes.

After Christmas, the next phase of the competition programme sees a series of county based events, including the Plymouth City Championships, Cornwall County and Somerset County championships. The culmination of the regional programme is the *UCP Marjon Sport West Regional Schools Championships*, which take place in Plymouth on 2nd March. This will be followed by the LYR National Schools championships in London on 16<sup>th</sup> March..

#### **Devon Schools Adaptive Rowing**

The Devon Adaptive Rowing Project has recently completed its second term and is continuing to grow, with increasing numbers of young people taking part.

The project is being led by British Rowing Community Sports Coach Paul Johnson who is working with the schools to deliver indoor rowing to pupils with special educational needs. So far the feedback from the schools involved has been extremely positive.

Katy Wedgwood, the special schools PE Coordinator for the Sir John Hunt School Sports Partnership in Plymouth says: "Paul has made a huge impact on the children that he works with and has built very good relationships with both children and staff. I have had contact with many coaches over the years and he is one of the best I have had the pleasure of working with. He delivers sessions appropriately and with enthusiasm, supports children with all needs and has a willingness to participate in anything that is asked of him above and beyond the 'rowing' call of duty!! (including the Woodlands School Christmas play!!)"

As the Devon Adaptive Rowing Project moves forward, the next steps will be to educate school staff to use the indoor rowing machines safely and effectively, allowing the indoor rowing programme to become self sustaining. This will mean more time can be devoted to developing an adaptive competition framework and on-water opportunities in the spring and summer terms.

For further regional articles and information visit [www.britishrowing.org](http://www.britishrowing.org), and click on 'Clubs and Regions', followed by 'Western'