

# Devon Adaptive Rowing

The newsletter of the Devon Adaptive Rowing Project

Spring 2010



## Sport Relief is Coming!



Sport Relief events are taking place in schools all over the country on Friday 19th March 2010. So why not use your rowing machines to help raise some cash? There is even a British Rowing team on the Sport Relief website you can join online with people all over the country to add your sponsorship to the team contribution.

There are plenty of different ways to row for sponsorship and all without leaving the school!

Get to the Sport Relief website  
and get involved at  
[www.sportrelief.com](http://www.sportrelief.com)

Why not get sponsored to

- row a mile (1609metres) as an individual?
- row the English Channel as a team (34Km)
- row continuously for a whole day working as a team

This is the first of what will be termed newsletters keeping you up to date with what is happening in the world of adaptive rowing in Devon.

The Devon Adaptive Rowing Project involves students throughout Devon with special educational needs from within 4 school sports partnerships across more than 15 schools.

Its aims are to create a self-sustaining adaptive rowing community across Devon to enable young people with SEN to become involved in rowing at all levels.



## Date set for Summer Competition

The date and venue have been set for this years Devon Ability Games To Inspire! The event is to be held at Tavistock College on Wednesday 7th July 2010. Indoor Rowing will feature in the programme as in previous years, with individuals racing against each other on the big screen. The racing categories will be grouped into Year 7/8, 9/10 and 11-13 and can be entered as either LTA or TA. Entry forms will be made available during the summer term. Time to get your teams training!



\*In support of Sport Relief, an initiative of Comic Relief, registered charity 326568 (England/ Wales); SC039730 (Scotland)\*



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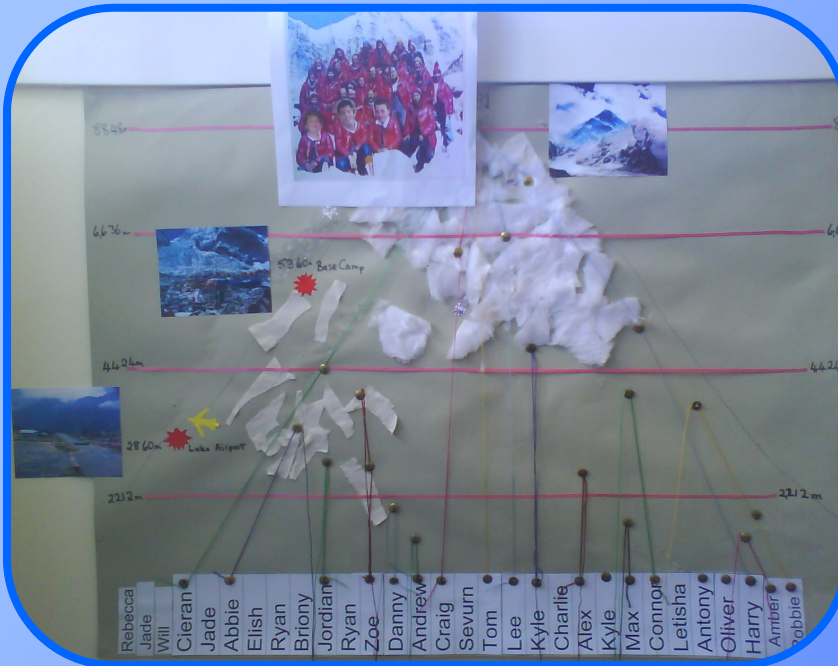


## Spotlight on...



### Kingsbridge Community College

Kingsbridge Community College are part of the South and West Devon School Sports Partnership. They currently have 2 indoor rowing machines that are kept and used in the Student Support Centre. They have been using some of the indoor rowing resources to good effect.



Kingsbridge have developed the Row Everest resource further (shown at the bottom of the page), where students accumulate the distance they row in multiple sessions to ascend Mt Everest.

The students have helped to create a large Mt Everest display to chart their progress (shown left). With the students names along the bottom of the display they can mark their progress up the mountain using drawing pins and coloured string. Those that reach the top have their picture added to the group photo at the summit.

