

## River Teign Rowing Club – Joining and more

River Teign Rowing Club is one of the largest rowing clubs in the country, offering a sport which is open to all. Competition can be fierce in the race series but there is room for everyone to work at their own level and experience.

RTRC currently offers two types of rowing; Seine Boats (four crew and a cox) and Gigs (six crew and a cox). Both take place on the river and out to sea depending on our own safety restrictions. Membership is essential to row in any of the official gig or seine boat races and training for the same.

### Membership Fees

Membership fees may change periodically. The current rates (from 2010) are:

|        |                        |
|--------|------------------------|
| Adult  | £27                    |
| Couple | £44                    |
| Family | £60                    |
| Junior | £10                    |
| Novice | £10 (Weds nights only) |
| Social | £10                    |

The membership year starts on 1<sup>st</sup> March until end of February. The fee may be less if there is less than 6 months to run in the membership year. Membership forms may be obtained on line, from our membership secretary (post currently vacant) or by email to: [info@rtrc.co.uk](mailto:info@rtrc.co.uk)

### The Rowing Year

The rowing year starts to gather speed on 1<sup>st</sup> March when the new membership year starts. The pre-season meeting is the first get together in early April informing everyone of the rules and notices for the year ahead. Serious training starts for the first Seine and Gig races in April / May which continue into the early Autumn. At the end of the season, there is the annual prize-giving and bash, followed in November by the AGM.

Rowing during the winter months slows down due to availability of weather and daylight. The very competitive will continue to train throughout the winter either out on the water or through their own fitness regimes such as circuit training, spinning, running and working out at the gym. The club organises gig training and indoor rowing sessions. For exact dates and details please keep an eye on the club website.

### Seine Boat Racing

Seine boat teams are self formed by individuals who may own or have the use of either privately owned seine boats or one of the four club boats (Freya, Gail Marie, Feock II and Tony C II). A team will very often have 1 or 2 additional rowers to take the place of team members who may be unavailable. There is a forum on the website to help teams form if needed. A series of seine boat racing (mens, ladies and junior races) is scheduled from May to September, taking place approx. every two weeks using courses out to sea. The teams will find their own training times within the week. There may be additional races throughout the summer such as the Seine Boat World Championships and the Cycle/Row challenge.

## Gig Racing

Gig teams are established from a pool of interested RTRC rowers. The club currently owns 2 gigs (Morgan and Jeannie) and has the use of 2 others (Teign Spirit and Double Dutch). Training takes place throughout the year with the gig committee being responsible for organising places within a team and the training schedule. Training and picking teams (Mens, Ladies, occasionally juniors ) for the year start in January for the lead up to the famous Isles of Scilly World Pilot Gig Championships on the first May bank holiday. Following this, the teams will then participate in the various regattas in Cornwall, Devon and Dorset. Teignmouth will host one gig regatta in the summer. Training times at weekends and evenings are fixed by the organising team.

For gig enquiries, please email:

Andy Forte: [andyforte@rtrc.co.uk](mailto:andyforte@rtrc.co.uk) or Kelly: [kelly.inness@rtrc.co.uk](mailto:kelly.inness@rtrc.co.uk)

## Learning to row

Novice training takes place on Wednesday evenings on Teignmouth Back Beach for adults (7 pm) and juniors (6pm) starting in May and through to the end of August. Anyone can turn up (no booking) for approx. half an hours (20 mins juniors) rowing in either a Seine Boat or the Gig. Volunteer coxes will give advice on rowing technique. The evenings are for those who wish to learn to row or as a refresher. The cost is £2 for Adults and 50p for Juniors. Novice or full membership must be applied for after the first two weeks. There may be novice training available during the winter but only to those who have rowed during the summer (for health and safety reasons). Novices may continue to use the evenings as their only rowing but they may also get together and form teams (or even be asked to join established teams). Teams members may also get to know each other through the Forum on the website. The team would then need to find a Seine Boat if they wish to enter the race series. Some teams may only row for social rowing and not enter the race series. Any rowing done outside of Weds night Novice rowing must be with full membership.

**For training enquiries, please contact: Rachel Holgate - 01626 205774**

## Club Seine Boats

The majority of Seine boats on the Teign are privately owned but the club owns four which are for the use of the membership. On application and payment of a fee (approx £100 per team, per year), the boats are allocated to racing teams for a period of two years. Priority is given to the team for the use of the boat but it will also need to be available to others throughout the year for training etc. Teams will need to find their own cox, oars and gates.

For availability of seine boats, please contact: **Kate Yeo: 01626 772843** or email [kate.yeo@rtrc.co.uk](mailto:kate.yeo@rtrc.co.uk)

## Coxing

Members of the rowing club may wish to only cox and not row. Membership application is made in the usual way however coxes are required to undertake a training course which will result in being awarded the ARA Coastal Coxing Certificate Level 1. The training course takes place within Teignmouth and is organised by the RTRC coaches. A small fee is charged to cover club expenses. There is a shorter route for very experienced individuals but any decision to allow coxing is at the discretion of the club's safety committee.

## Health and Safety

The safety of our members is paramount and as a member you will be expected to abide by the Club Safety Code and Charters. All juniors (under 16's), passengers and coxes are required to wear life jackets.