



Annie Vernon Visits Penrice School

On Monday 24th November, Cornish bred Olympic silver medallist Annie Vernon visited Penrice School indoor rowing club in Cornwall.

The club, run by the ARA's recently appointed HSCT coach, Rhiannon Halliday, and Charlestown Rowing Club has been established now for six weeks and is growing in popularity each week. Monday saw the largest number of rowers so far with 33 children aged 11-16. Rhiannon is also working with Looe and Fowey Rowing Clubs as part of the HSCT scheme.

Annie gave a talk to the aspiring rowers, recalling her Olympic experiences in Beijing and of course, the big race. She then answered questions fired at her about all aspects of her career, training and her pride in being Cornish. Dry Skills certificates were presented to club regulars who had completed the first step of the series.



The grand finale was a relay race, with four machines linked up to a screen and some competitive racing. Annie was watching throughout the race and presented four T-shirts to the rowers who had demonstrated good technique and potential throughout the afternoon. Later, Charlestown Rowing Club hosted an evening at St Austell brewery, with Annie being the guest of honour.

HSCT Junior Camps

The West Region once again held two annual junior camps in October, designed to help develop the skill and technique of a number of the region's juniors. This year's camps again benefited from funding from the Henley Stewards Charitable Trust to support costs such as facility hire and coaching.

Two camps were run, one at Dart Totnes RC for juniors from the West of England ARA, and one at Stithians Lake, for juniors from the Cornish Pilot Gig Association and Cornish Rowing Association. A total of 56 juniors took part across the two camps.



Many thanks go to all those volunteers who attended to support on both weekend, without whom the camps would not have been possible.

Regional Events

Visit the regional website - www.ara-rowing.org/regions/western for information on upcoming courses, workshops and other events.

Devon Adaptive Rowing Project

Following a successful funding bid the ARA will be launching an Adaptive Rowing project based in Devon, in conjunction with Active Devon, the English Federation of Disability Sport, and four Devon based School Sports Partnerships. The project will see the employment of a Community Rowing Coach, specialising in working with young people with disabilities. The coach will work in selected special schools to develop indoor rowing clubs and create links onto the water via clubs. Recruitment of the coach is currently under way, and the project will launch in the spring of 2009.

Other Project Updates

CPGA Indoor Rowing Project - Padstow, Salcombe and Fowey were the first three clubs to benefit from the loan of rowing machines via the CPGA. The machines were funded via the ARA's Community Club Development Programme, and are being used by the clubs to develop and promote rowing with community groups. The machines are due to be moved on to a second wave of clubs in early 2009.

Club and Coach Programme - Regional Coach Sallie Malt has been in post since September, and has begun work with five regional clubs, supporting them to develop coaching programmes for adults.