



ANNUAL REVIEW
2017 - 2018



CHAIRMAN'S WELCOME

At London Youth Rowing (LYR) we continue to deliver on our aim of opening access to rowing for young people from all backgrounds and of all abilities across the capital. Thanks to our incredible team of coaches and network of supporters, partners, and volunteers we have provided even more opportunities to improve lives and combat inactivity through rowing.

During the year, nearly 8,000 young people took part in our programme. Our re-launched Active Row programmes, made possible by the incredible support of Sport England and new partner Tideway, continued its great start with 72 state schools from the most deprived areas of London participating. Our innovative Life Skills programme, Breaking Barriers flourished and we look to expand its reach in the coming years.

In March, we hosted the 12th annual National Junior Indoor Rowing Championships (NJIRC) with over 2,300 young people from across the country. It remains the largest indoor rowing event anywhere. We have now secured the Copper Box Arena for 2019, which promises to be an inspiring venue!

It was fantastic to see the increasing numbers of indoor rowers progressing to on-water. Over 4,000 participated in courses and junior club rowing opportunities. Our junior clubs, now at five centres, had a great year with notable successes for young rowers at Regattas and representing National squads.

Finally in April, Jim Downing, our founder stepped down as Chairman. Jim had the vision and drive to set LYR on its path to success and everyone at LYR and all the young people who have benefitted from LYR over the years owe him a huge debt of thanks.

On behalf of everyone at LYR, thank you for your continued support.

John Kinsella,
Chairman,
London Youth Rowing

THREE PILLARS OF LYR:

1 ENGAGEMENT

Inspiring thousands of young people to get active through rowing. Sport England, Tideway, HSCT and Quintain fund the Active Row Programme across 12 priority London Boroughs.



2 LIFE SKILLS

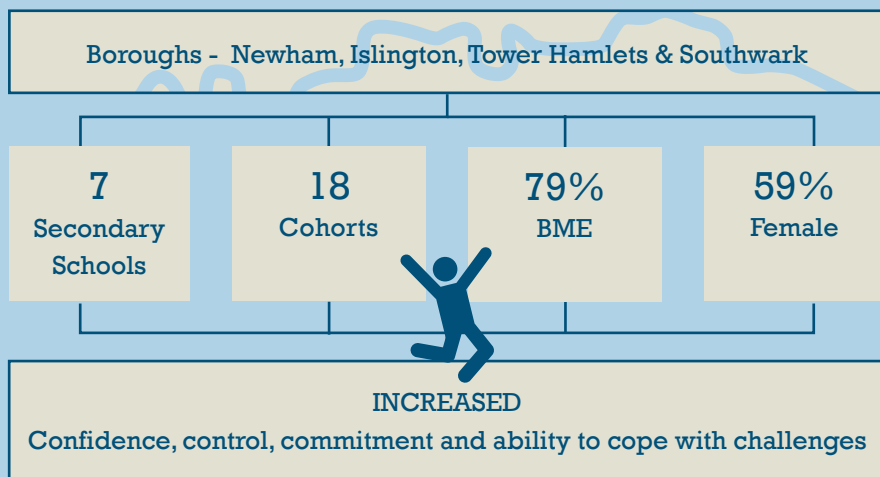
Using rowing, coaching and mentoring to help young people develop skills such as teamwork, communication and resilience. Our programmes include Breaking Barriers, Alternative Provisions and the Coach Core Apprenticeship Scheme.

3 COMPETITION

Providing opportunities for young people to take their rowing as far as they can through links to our Junior Clubs: LYR Thames Tradesmen Juniors and LYR Globe Juniors, LYR 1863 and Mossbourne Federation Rowing. Each year, we host the National Junior Indoor Rowing Championships, the pinnacle of the indoor rowing season for Schools across the country.

LIFE SKILLS BREAKING BARRIERS

Since the launch 4 years ago, Breaking Barriers has now benefitted 180 students helping to raise their aspirations and develop crucial life skills. This year we launched new partnerships with the Port of London Authority and BMB/Tideway West, alongside corporate partners CVB/Tideway East and PwC. Expansion of the programme for 2018/19, will include more work experience placements, employability workshops and new one-to-one mentoring for 16 to 19-year-old youth rowers.



Our focus remains targeting young people from disadvantaged communities who lack the opportunities and role models to develop and utilise crucial life skills. The programme combines rowing and mentoring to help our participants gain:

- **Broader aspirations to succeed**
- **More developed life skills**, to apply to sport, education and employment
- **Improved experience** of the working world and **knowledge of pathways** into further education, apprenticeships and careers

“During rowing I learnt how to work as a team and how to push myself beyond my limits. The workplace isn’t as scary as I thought! Mentoring and work experience have prepared me for future life.”

Jakub Pomorski, Breaking Barriers participant

BREAKING / BARRIERS

LIFE SKILLS ALTERNATIVE PROVISIONS

Young people excluded from mainstream education are four times more likely to be jailed as adults. In 2017/18 Lyr used rowing as a tool to work with over 40 young people excluded from mainstream education through our pilot Alternative Provision project. Our coaches used rowing to promote self-discipline, teamwork and communication skills. Participants showed significant improvements in behaviour and attendance, with 25% of regular attendees returning to mainstream education.

Thanks to the support of the Worshipful Company of Vintners, the programme will scale up in 2018/19 to develop those most at risk of unemployment and offending.

“For months Joseph struggled settling in. We hadn’t seen any sign of self-control until the point where we decided to take him rowing. Rowing was a great contributor to his behaviour turn around, so much so that he started at a new mainstream school in May.”

Assistant Head Teacher, New Regent’s College



APPRENTICESHIP SCHEME

Lyr completed the second year as a partner in the Royal Foundation’s Coach Core Apprenticeship scheme in London. Our first two apprentices, Jordan and Joel, successfully graduated in August 2017, and continue to work with Lyr as Session Coaches. Our third apprentice, Holly, spent a year with us gaining a variety of experience and qualifications, and we’re delighted that she’s recently progressed into full-time employment as a school Assistant Rowing Coach.

ENGAGEMENT

ACTIVE ROW

2783

Participants

5 area competitions with over 700 participants

11%
SEND

67%
BAME

43%
FEMALE

Over 16,000 total individual sessions delivered (throughput)

72
School
Clubs

3
Active Row
Hubs

2
Active Row
Regattas

2
Junior Rowing
Clubs

Active
ROW

ENGAGEMENT

ACTIVE ROW

Active Row smashed participation targets set for Year 1 after a successful launch in October with key partners Sport England and Tideway. Over 2,750 young people participated in 72 Active Row Clubs against the target of 1,830. With a mission to help tackle inactivity in young people across London, the programme is now focussed on 12 priority London Boroughs, based on the London Poverty Profile.

A new Active Row Hub launched at Osterley Park, Hounslow in April with free weekly sessions on the lake. We introduced fixed seat rowing for the first time to Schools at Shadwell Basin and Broomhouse Dock, Fulham. In partnership with Tideway, the inaugural Active Row Regatta East and West took place at Shadwell and Barn Elms in October.

To share the success of our highest performing Clubs and the commitment of individuals, the Active Row Values were launched. Individual 'All Star Awards' were made in February and Club Awards were made in July to 7 Schools and organisations that embraced our four values: resilience, teamwork, communication and inclusion. For the first time, one student from Haverstock School represented England South at the UK School Games Finals in September 2018.

Case Study - Brixton Wings

Brixton Wings is a community group for low income families based in Lambeth and official Active Row 'hub' with sessions all year round at Ferndale Sports Centre, Brixton. For the first time two participants were selected for a Rowing Scholarship at the Eton Summer School, thanks to our partnership with the National Schools Regatta.

Christlove Asare, a student at Harris Girls Academy East Dulwich and Scholar said: "I wasn't really active before. Rowing has made me more active. Through rowing, I have learned that I am actually confident and I'm stronger now. I was really excited but nervous, because I'd never rowed at Eton and somewhere that the Olympics have been held! It was an amazing opportunity for which I am very grateful. Rowing has taught me so much and hopefully this is just the beginning of my journey!"



LONDON YOUTH ROWING LOCATIONS

Osterley Park

LJR launched an Active Row Hub this year which runs from March to October. Our coaches deliver learn to row courses on Middle Lake at this National Trust property in Hounslow during the Summer.

Queen Elizabeth Olympic Park

During the summer months, LJR runs learn to row courses and Active Row sessions at the iconic Olympic Park. In the coming year, in partnership with the London Legacy Development Corporation and the Canal & Rivers Trust we hope to establish a permanent rowing base on the Olympic Park.

Fairlop Waters Rowing Club

Fairlop Waters in Redbridge is the base for Fairlop Rowing Club, which LJR helps to run as an open club for young people from North East London. LJR also uses Fairlop to run regular learn to row and Active Row on-water sessions.

Thames Tradesmen's Rowing Club

The Chiswick boathouse on the River Thames is home to LJR Tradesmen Junior's, our West London competition squad. LJR also provides coaching support for the 1863 junior rowing programme and deliver learn to row courses from this site.

Shadwell Basin Outdoor Activity Centre

Shadwell provides LJR with a base to offer fixed seat rowing in East London. School pupils can master the basics in the enclosed dock before heading out onto the River Thames.

Royal Docks Adventure [RDA]

In partnership with the London Borough of Newham and RADT, LJR runs over 7000 on-water sessions each year for young people from Newham and the surrounding area at the Royal Docks Adventure. The centre is also the main base for LJR Globe Juniors, our East London competition squad and a key site for Active Row on-water sessions. The 2000m course, indoor rowing tank and indoor training space provide an unmatched facility for LJR to use.

LJR HQ Royal Docks Adventure

Globe Rowing Club

LJR partners with Globe Rowing Club to run a junior competition squad for East London. LJR juniors use the facilities at Globe's boathouse in Greenwich and access the River Thames, alongside training at Royal Docks Adventure.

Broomhouse Dock

In partnership with Tideway, LJR offers fixed seat rowing from Broomhouse Dock. Fixed seat rowing provides a quick, easy and safe way to try the sport. LJR runs rowing sessions for both Active Row and Breaking Barriers from Broomhouse.

Mossbourne Federation Mossbourne Victoria Park

Barn Elms

LJR works in partnership with the Barn Elms boathouse to enable young people from our Active Row schools in South West London to try on-water rowing on the River Thames.

Surrey Quays Watersports Centre

Surrey Quays Watersports Centre is a base for Active Row Schools and Breaking Barriers sessions in South East London. A new Active Row Hub will launch in the Spring. The sheltered dock is an ideal site for beginners to learn to row.

Mossbourne Federation Mossbourne Community Academy

In partnership with the Mossbourne Federation Secondary Schools in Hackney, our Coaches deliver a performance rowing programme. Land training takes place on each school site, with on-water training located at the Royal Docks Adventure. Both schools are also part of the Active Row programme.



LJR Priority Boroughs (Active Row)

2017 - 2018 IN NUMBERS

48%
Female

10%
SEND

7897
Participants

62%
BAME

38k
Throughput

£1m
Turnover

20
Employees



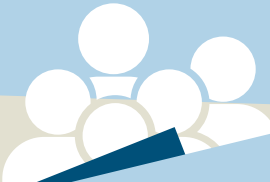
200+
Volunteers

76
Active Row
Clubs

1
NJIRC

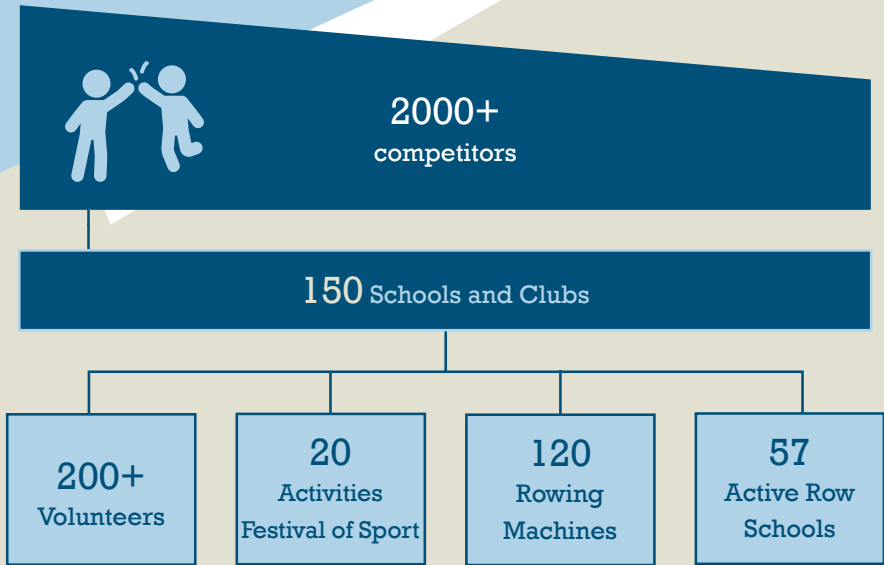
2
Junior
Clubs

10
On Water
Sites



COMPETITION

NATIONAL JUNIOR INDOOR ROWING CHAMPIONSHIPS



In March 2018, London Youth Rowing again welcomed more than two thousand young people to the 12th National Junior Indoor Rowing Championships. Participants travelled from as far afield as Warrington and Plymouth, to take part in 6 hours of racing supported by over 200 volunteers. For the first time, young people from the London Borough of Brent took part, as part of the 57 Active Row schools that attended the event. The Festival of Sport and Education included exhibits ranging from Lea Valley Paddle Sports, England Hockey and Wheelchair Basketball to West Ham United, The Royal Navy and Met Police.

“NJIRC is a fantastic event for young rowers to experience real competition. The atmosphere when you walked in was overwhelming, you can tell how excited the athletes are to have an opportunity to race and represent their schools and clubs”
Andrew Triggs-Hodge, triple Olympic Gold Medallist



THANK YOU



List of Supporters and Partners 2017/18:

Sport England

Tideway

Henley Stewards Charitable Trust

John Lyon's Charity

Quintain / Wembley Park

Active Parks Active People

Globe RC

Thames Tradesmen RC

London Borough of Newham

London Borough of Hounslow

Royal Albert Dock Trust

London Youth Games

The Mossbourne Federation

PricewaterhouseCoopers

Concept 2

Port of London Authority

BMB/Tideway West

CVB/Tideway East

The Goldsmiths' Company Charity

The Worshipful Company of Vintners

The Royal Foundation

PF Foundation

Hobson Charity

The Worshipful Company of Dyers

The Worshipful Company of Carpenters

National Schools Regatta



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www.londonyouthrowing.com

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Instagram: londonyouthrowing

Charity Number: 1122941