



Coxing

So you do not want to row or scull but still wish to be involved in the sport of rowing at Tees Rowing Club.

- ?? What about the thrill of racing in an eight against other eights in multi lane racing , taking off at the starters call and fighting it out over the next 1000 metres. You steering the boat, giving commands, getting the best out of **your** crew.
- ?? The satisfaction of improving your skill and seeing the skill of the crew improve and knowing that you were an important part of it.
- ?? Winning your first race, medals or tankards and enjoying the celebrations with your crew.
- ?? Joining in the training and social life of a vibrant, active sports club: doing the circuits, enjoying the training runs, partying, Saturday/Sunday brunch after training.....and much more.

So why not come on down and try **coxing**. You will be given all the training you need to do well. Once you feel competent we have crews waiting for you. You will take responsibility for valuable equipment, provided you are able to train, and are keen to command willing crews.



Photo-Ian Smith

River Tees Watersports Centre
off Dugdale Street
Stockton on Tees
TS182NE

For more information visit the club web pages.



Tees Rowing Club in the River Tees Watersports Centre

based at

River Tees Watersports Centre
off Dugdale Street
Stockton on Tees
TS182NE
Tel: 01642 628940
www.riverteeswatersportscentre.co.uk

For more information visit the club web pages.
www.teesrc.co.uk
e-mail info@teesrowingclub.co.uk

Tees Rowing Club is a community based club and is one of the oldest continually operating rowing clubs in the world.

Tees Rowing Club shares the facilities of The River Tees Watersports Centre with other user groups. The Watersports Centre is situated on the banks of the River Tees upstream from the Tees Barrage, The Centre is an impressive modern building with excellent facilities. From its extensive balcony there are stunning views of the river, University buildings, and the Cleveland Hills beyond.

Our goal is to introduce people of all ages into the sport of rowing and to provide opportunities for experienced rowers to continue their rowing in top class surroundings.

Today Tees Rowing Club is vibrant and energetic, building itself a reputation in leading the way in the development of on and off water activities that provide members with a fun and challenging environment in order to reach their goals in the sport of rowing.

We are a Community Amateur Sports Club and a member of Tees Valley Sport.

Tees Rowing Club is a community rowing club with an open membership policy. Our aim is to make rowing an accessible sport for all. We cater for anyone who wishes to row from the recreational rower to the serious competitor. There is provision for Adaptive Rowers who have the use of specially adapted boats and safe launching and landing facilities.

We run a number of rowing programmes including "Learn to row", "Go row" and "Project Oarsome"

New members are welcome at any time at Tees Rowing Club. A new members guide is available for those considering joining.



Photo-Ian Smith

Where is Tees Rowing Club?

We are based at The River Tees Watersports Centre off the end of Dugdale Street, Stockton-on-Tees.

For more details of the Centre go to www.teesrc.co.uk and visit our links page and click on River Tees Watersports Centre; a map showing the location of the centre is available on this site.)

Dugdale Street is off the roundabout situated at the junction of Portrack Lane and Church Road. Coming in by this route by car, go all the way along Dugdale Street towards the river. At the end of this road, after the HGV compound turn right, then turn left towards the river. When you reach the barrier, turn right into the Centre Car Park which is illuminated at night and covered by CCTV.

When is it best to come along?

During the winter we row at weekends only. When daylight evenings are with us, beginners and newcomers sessions are also run. Make contact with the club via the website if you are interested.

During the winter we run Circuit Training sessions at the Centre on Tuesdays and Thursdays from 6.15 pm. All are welcome at these sessions from the elite performer to the recreational rower.

Senior Men and Senior Women train on Tuesdays and Thursdays at 7pm. Veteran oarsmen train on Wednesday evenings at 7pm. All are welcome at this session regardless of age.

Training is a vital component of the enjoyment of rowing. Sessions are carefully planned, well led and

What do I need to bring with me?

Whilst there is specialist kit for rowing you will be fine starting with T shirt and shorts, sweatshirt, tracksuit, socks and trainers.

During the winter months you must have enough on to keep warm and dry—it can be a lot colder on the river than on land. A woolly hat or baseball cap is a good idea as you lose a lot of heat from your head. Stretchy shorts (such as cycling shorts) or loose fitting shorts are preferable as they are more comfortable when rowing. For circuit training, shoes must be of the “non-marking sole type”.

What about boats and equipment?

Tees provides its members with quality boats and equipment to ensure they are able to be competitive at the level they are rowing. Tees has modern off water training facilities including gym equipment, Concept 2 Indoor Rowers, and have access to the latest video and digital cameras to assist in the analysis of individuals and crews in training.



Photo-Ian Smith

How much will it cost me?

We make a small charge for your first few sessions. If you try rowing but do not wish to continue, don't worry, we are glad you had a go!

If I want more information before I come along, how do I get it?

Please see the “Contact information for Tees Rowing Club” on the club website at www.teesrc.co.uk.

Safety and other issues.

You must be able to swim 100 metres without a buoyancy aid. Buoyancy aids are available for coxes, junior and adult rowers.

Tees Rowing Club adheres strictly to the Amateur Rowing Association Safety Code and follows Child Protection Procedures.

Rowing at Tees Rowing Club

Tees runs a number of structured programmes (squads) for male and female Beginner, Novice, Intermediate, Senior, Veteran, Junior and Youth rowers.

Each squad is managed by a coordinator who is responsible for ensuring all athletes have access to the equipment and coaching they require to participate and enjoy rowing to the level they aspire.

Tees Rowing Club is able to provide endless opportunities and support for its members to participate in rowing at all levels, from the elite performer to the low intensity fitness and recreational participant.

Competitive rowing at local and national level is available as is recreational rowing.

Coaching

We are fortunate to have a number of dedicated, quality Amateur Rowing Association qualified coaches who coordinate and train crews within the individual squads. They have access to the latest equipment and coaching techniques allowing them to develop programmes suited to individual athletes and training squads. Coaches are all volunteers drawn from the club membership.

Competitions

The main racing season runs from April to September with numerous regattas being held across the Northern Region. Tees will have crews competing in National Championships, Henley Royal Regatta and local regattas including Durham Regatta. Tees Regatta is in May.

During the winter months, Head of the River events are held in which Tees compete locally and further afield, with great importance being attached to **the Head of the River** on the Thames in March each year. Tees hosts the Long Distance Sculls and Small Boats Head of the River in October.

Training Camps

Junior rowers are encouraged to attend a training camp each year at which top level coaching is available and where technique and fitness can be honed in a supportive sociable environment. Tees Rowing Club has applied for Clubmark status.

Tees Social Scene

Tees social scene is vibrant. There are events held throughout the year at the Watersports Centre. Events include Wine Tasting, Barbecues, Discos, Quizzes, Bonfire Night Celebrations, Club Dinner. There is a café serving quality food on Saturday and Sunday mornings from 10 am.

