



Headmistress: Mrs Caroline Jordan MA (Oxon)

Friday 18th July 2014

Dear Parents and Guardians

I would like to invite your daughter to join Headington School Oxford Boat Club. Not only is it an excellent opportunity for her to try a sport that is completely new and exciting, it's an opportunity for her to meet new friends within school.

Over the last five years Headington has ranked as the top rowing school in the United Kingdom and over the last six years, the top girls' rowing school. Rowing was first introduced in 1991 and since then the boat club has gone from strength to strength and now includes all years in the School. Membership in the boat club ranges from complete beginners to Junior World Championship standard.

The reason for this success lies in Headington's training ethos which relies on fun and the commitment of those involved in the boat club. Above all, enjoyment of the sport is encouraged by coaches as an essential element in success.

As Director of Rowing I am fortunate to be supported by ten qualified rowing staff. The Assistant Director of Rowing, Chris Hermes, together with eight other highly qualified junior coaches will be overseeing your daughter's training.

### **Why row?**

Rowing is a challenging sport which offers young people the opportunity to have fun in an outdoor environment. As the rowers' skills develop and they become passionate about the sport, a desire to compete is nurtured. This, coupled with the sense of identity and camaraderie within the sport, makes rowing one of the true great team sports. In addition, rowing helps girls to develop as individuals, encouraging them to develop qualities of self-motivation, personal responsibility, tolerance and a will to improve and succeed.

At Headington School we encourage girls to develop at their own pace. Our squad system allows girls to develop their skills with people of similar ability. Throughout each year, girls progress into the next squad where new skills are taught.

Headington School, Oxford OX3 7TD

Email: [enquiries@headington.org](mailto:enquiries@headington.org) Telephone: 01865 759100 Fax: 01865 760268 [www.headington.org](http://www.headington.org)

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## Can my daughter try the sport first?

### September enrolment for new rowers (U3 – L5 registration):

Please don't worry if your daughter is not that 'sporty'. That 'sporty' ability will develop as she takes part and begins to enjoy rowing. All girls enrolling into HSOBC must first complete a simple swimming assessment and learn how to safely capsize before they are allowed to row. This is completed in the first two weeks of term and takes about half an hour.

### U3 (Novice) rowing:

After the capsize drill, the **U3** girls will go to Hinksey Lake. This is a safe and controlled environment (the water is knee deep), to learn the basics of rowing. Since 1991 we have employed Hinksey Sculling School to teach these skills at their lake site.

### L4 to L5 fast track:

The **L4 to L5** new starters are enrolled into a fast track programme which very quickly teaches them the basics of rowing, allowing them to join their squads sooner. We do encourage the fast track group to try to attend as many weekly sessions as possible as this will allow them to join their squad by October.

### Autumn Rowing timetable:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Novices	<b>Land</b>				<b>Land</b>	<b>Water</b>	
J13s	<b>Water</b>		<b>Water</b>		<b>Land</b>	<b>Water</b>	<b>Optional</b>
J14s	<b>Water</b>		<b>Water</b>	<b>Land</b>		<b>Water</b>	<b>Water</b>
J15s	<b>Land</b>	<b>Water</b>	<b>Land</b>	<b>Water</b>		<b>Water</b>	<b>Water</b>
Fast Track	<b>Water</b>	<b>Water</b>	<b>Water</b>	<b>Water</b>		<b>After October</b>	<b>After October</b>

During the week, land sessions take place on the school site from 4.00 pm to 6.00 pm. Water sessions take place from 4.00 pm to 6:30 pm at Godstow (next door to the Trout Pub).

During the weekend, for novices (U3s), there is an option of a one hour slot that starts every hour between 8.00 am and 11.00 am. This takes place at Hinksey Lake.

All members need to have a signed rowers' parental consent form before starting a new season of rowing. New members have three training sessions where they can try rowing before being charged the termly rowing fee.

Please note that spaces are limited and we encourage parents to complete the attached parental consent form as soon as possible to secure a place in the boat club.

### **September enrolment for girls who have *not* rowed (L6 form):**

*Unless your daughter has previous rowing experience, the Boat Club regrets to inform you that it does not offer a late start rowing programme due to limitations to the number of boats and coaches that we have available.*

### **September enrolment for girls who *have* rowed at other schools/clubs (L4–L6 form registration):**

If your daughter has rowed she will be assessed by the Director of Rowing. If she is successful, she will be allowed to join Headington School Oxford Boat Club. If this is the case, please notify the Director of Rowing about this when you complete the registration forms.

### **Can my daughter join the boat club after the September enrolment?**

Unfortunately, Headington is normally oversubscribed and so girls who do not sign up in September cannot be enrolled into the club until the following September.

### **What are the termly rowing fees and what do they include?**

Fees for the 2013-2014 season:     **£265 for juniors to seniors**  
  **£200 for novices (U3 girls only)**

They include most essentials - all tuition at both land training and water sessions, use of all HSOBC facilities, provision of all boats and equipment and individual insurance (exceptional value for money). Additional costs of entering events, transport to these events and items of HSOBC rowing/racing kit are charged to the bill. Any girl who attends Great Britain squad trials will be charged for the costs incurred.

By the end of their novice year we hope that girls will have had a truly enjoyable experience. If you have any further questions please contact me at [rowing@headington.org](mailto:rowing@headington.org) or telephone 07918 742 412.

If you would like your daughter to join the boat club I would be grateful if you could sign the attached parental consent form and return it to me by **1st September 2014**. Please note that as we are oversubscribed, slots will be allocated on a first come, first served basis. Please sign up early to avoid disappointment. For more information about the club, please visit [www.hsobc.co.uk](http://www.hsobc.co.uk).

Please put **Tuesday the 9th September 2014** in your diary as a rowing parents' evening will take place at the Senior School, starting at 7.00 pm (this should last for around an hour). Any changes to these arrangements will be displayed on the scrolling notice board on the web page: [www.hsobc.co.uk](http://www.hsobc.co.uk). Girls and parents are requested to attend the parents' evening as vital information and details about the year are explained.

Best wishes

Ryan Demaine  
Director of Rowing  
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