



WELCOME to HISC Rowing
Saturday 17th October



Valerie – The Story So Far



1. Primarily bought and paid for from grants and donations and about 1/5 HISC funds.
2. Maintained, insured and owned by HISC
3. Who's she for?
Everyone and anyone (as long as they are HISC members!) – so far mainly ladies have taken part, a couple of youth and a couple of gents.
4. There are techniques to learn, to be safe and also so people will want to row with you!
5. So far 28 members have done a Learn2Row course (L2R) run from Northney
6. Valerie can't go out without a Competent Cox. Currently we only have 3, with limited availability, a further 5 in training.
7. You need to have L2R before you can Learn2Cox so you understand what's going on.
8. Excluding Taster Sessions, you do either need to have done the L2R course or have past rowing experience to be able to row without the coach.



Valerie – Meet the Team



1. Kirsten Bithell Class Captain rowing@hisc.co.uk
2. Emma Stokes Class Administrator emmastokes4HISC@gmail.com
3. Sarah Mitchell General sticking in of noses
4. Simon Radford Fund Raiser extraordinaire and procurer of stuff
5. Mike Gilbert Coach
6. Coxes
Carol Carter
Chris Ellis
Sarah Mitchell



Valerie – The Pathway



1. The Pathway
2. Courses
 1. Learn2Row - 4 session course (L2R)
 2. Development Row (Dev Row) – Adhoc to hone your skills after a L2R course
 3. Race Training sessions – (Race Train Row) Adhoc to get us race ready
 4. Cox Course
3. Types of Row
 1. Taster Sessions (2 x rowers and 2 x tasters)
 2. Social Rows
 3. Race Practice
 4. Destination Rows (Weekdays)



Rowing Courses – 2026



L2R – 4 sessions

L2R1 – Saturdays 1.30 pm 7th Nov, 21st Nov, 5th Dec, 12th Dec

L2R2 – Over 2 Weekends 2.45pm 7/8th Nov and 21st/22nd Nov

Book direct with Kirsten at rowing@hisc.co.uk – 5 spaces on each course

Other Training Sessions

Race Training- Dates tbc

Development For those who wish to further improve having done L2R - Sun 22nd Nov and 29th 13.00 (book on Easy Teams)

Coxing Current course completes on 15th nov – making 5 more Coxes, a new course to follow

Train the Trainer Learn to teach others to row, in the new year.



Rowing Coaching Calendar – 2026



November

Saturday 7th - L2R 1 - 13.00 – 14.30 (4 sessions)
Saturday 7th – L2R 2 - 14.45 – 16.15 (4 sessions)

Sunday 8th – R1 - 13.00 – 14.30
Sunday 8th – L2R 2 - 14.45 – 16.15

Saturday 14th – ESC Winter Series – RACE DAY (need Cox)

Sunday 15th - C1 (Cox Course) - 13.00 – 16.15 (to complete existing Cox course)

Saturday 21st – L2R 1 - 13.00 – 14.30
Saturday 21st – L2R 2 - 14.45 – 16.15

Sunday 22nd – Dev Row - 13.00 – 14.30
Sunday 22nd – L2R 2 - 14.45 – 16.15

Saturday 28th - tbc
Sunday 29th – Dev Row - 13.00 – 14.30
Sunday 29th – Coached session with Mike tbc – 14.45 – 16.15



Rowing Coaching Calendar – 2026



December

Saturday 5th - L2R 1 – 13.00 – 14.30

Saturday 5th – Coached session with Mike tbc – 14.45 – 16.15

Sunday 6th – Coached Session with Mike tbc – 13.30 – 14.30

Sunday 6th – Coached session with Mike tbc – 14.45 – 16.15

Saturday 12th – L2R 1 – 13.00 – 14.30

Saturday 12th – Coached session with Mike tbc – 14.45 – 16.15

Sunday 13th – Coached Session with Mike tbc – 13.30 – 14.30

Sunday 13th – Coached session with Mike tbc – 14.45 – 16.15

Tuesday 29th – TWIXMASS Regatta at Northney – 12.00 – 1600 (need Cox)



Cost and How it works



Objective is to keep rowing out of the Office and Marine Team and be self contained.

Administrator Emma will keep the financial records.

1. If you donated via Crowdfunding your donation has now turned into ROWS, the balance of which Emma will post on the main WhatsApp group regularly.
2. To **pay** for ROWS or top up your Row Balance you pay via JOTFORM at £5 per row. Courses and training are to be paid separately via the same JOTFORM (you can't use donation funds to pay for training)
The link will be on the Website page <https://www.hisc.co.uk/on-the-water/rowing-and-paddling/coastal-rowing/>
3. To **book** rows once you are trained up you use EASYTEAMS

4. COSTS

- All rows are charged at £5 per session (if you have donated to crowdfunding then you already have a Row Balance) or pay via the Jot Form
- L2R courses - £52 (for 4 sessions, the £52 includes the £5 ROWS)
- Race training - £11.25 (£5 from Row Balance & £6.25 Training Session Jotform)
- Dev training - £11.25 (£5 from Row Balance & £6.25 Training Session Jotform)



Booking and Paying



JOTFORM and EASYTEAMS

To **PAY** for things, use Jotform <https://pci.jotform.com/form/262752925387065>

Here you can pay for

Rows

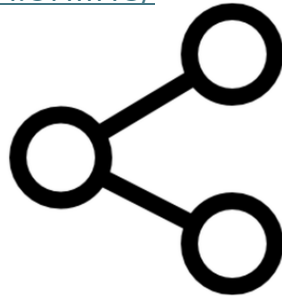
Training Sessions

Training Courses

To **BOOK** for Rows other than L2R and Taster Sessions (which you book through Class Captain) use EASYTEAMS

Download the app (not PC) <https://easyteam.online/>

Its looks like this



You will need a log in Link (which you can get from Rowing@HISC.com

AND you need our Club ID which is 1228

You will only be able to join EasyTeams once you have either completed the L2R course or are approved as a previously experienced rower



Racing



Our First Race! 14th Nov

Who is interested?

Classes

We think the classes are:

Men

Women

Mixed

Novice (they get to go a shorter distance)

Valerie will be going and it would be great to get as many teams there as possible.

We have no idea how much time we have to practice and we don't know if we have a cox, but we want to go!!

Please show expression of interested on the dedicated Race Teams WhatsApp group found in HISC Rowing and Paddling Community



Lots still to do!

- Finish the SOP's and Risk Assessments
- Upload a full Launching and Recovery How To guide
- Update the website – how to find the page
 - Hisc.co.uk
 - On the water
 - Rowing and Paddling
 - Coastal Rowing
- Set up rows on Easy teams and figure out how to share rows out fairly while we are low on experienced coxes.
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- Therefore, please bear with us, and help – this is a team effort.
- Talking of help – time to go welcome our guests at the beach and the causeway please.

Happy Rowing!!