



Scottish Rowing Schools League 2024 Information Pack

If you are looking for a fun way to get your pupils interacting in physical activity and trying out something new - The Scottish Rowing Schools Indoor League is for you!

The purpose of the league is to encourage participation in indoor rowing, monitoring improvements and progress through the four rounds in the league, and for pupils to experience the thrill of a live competition among peers in the fourth round - a live final which will take place at Fettes College, Edinburgh, on Friday 22nd November. Olympic athlete Rowan McKellar shares some more information on the league [here](#).

Participation in all rounds is not essential - pupils may complete as much or as little of the league as they would like, although we would encourage participation in all rounds to get the most out of the experience. Pupils may also join the league at any point - if they miss a round, they can always take part in the next!



How it works:

- Schools enter the league by completing the sign-up form [here](#).
- Pupils race over a set time (dictated by their school year) and schools submit a score for rounds 1, 2 and 3. This is done in their school (we may be able to offer local club contacts if you require access to rowing machines out with your school facility).
- Scores for each round are added to the national leader board.
- Pupils are invited to attend the LIVE FINAL! This will be an in-person competition at Fettes College, Edinburgh EH4 1QJ on Friday 22nd November.

Race Distances:

Year group	Time
S1 Girls & Boys	2 mins
S2 Girls & Boys	3 mins
S3 Girls & Boys	4 mins
S4 Girls & Boys	5 mins
S5 Girls & Boys	6 mins
S6 Girls & Boys	6 mins

Adaptive* entries in all the above categories are also welcomed, please contact league@scottish-rowing.org.uk for more information.

*Adaptive meaning those require additional assistance.



Round Dates

Round 1: 16th September - 4th October

Round 2: 9th October – 1st November

Round 3: 6th November – 15th November

Round 4 Scottish Rowing Schools Indoor Championships: Friday
22nd November

Points System

There are gold, silver and bronze awards available to those who participate in the Scottish Rowing Schools Indoor Rowing League. Individuals can earn an award for taking part in multiple rounds.

Gold - Participates in all 4 rounds of the League

Silver - Participates in 3 rounds of the League

Bronze - Participates in 2 rounds of the League

Points are awarded to schools based on the number of participants they enter, in each of the four rounds.

Number of participants entered per school	Points
1-10	1
11-20	2
21-45	3
46-90	4
91 - 150	5
150+	6

Position in the category	Points
National winner of each category in each League round	5
2nd place of each category in each League round	4
3rd place of each category in each League round	3
4th place of each category in each League round	2
5th place of each category in each League round	1

Although participation is the main aim of the Schools Indoor League, performance points will also be awarded for the top pupil in each category each round.

Schools League Shield

The overall winning school will be awarded the Schools League Shield. Pupils who rank within the top 5 of their year group in all 4 rounds of the League will be awarded a Schools League T-Shirt. The final league results will be announced on Friday 15th December 2023.



Rules

The nominated contact for the school will be sent the details of each round (including instructions for submitting results) and the league table after each round. For each of the 3 rounds held at your school, races must be completed within the designated time frame with results sent in by end of day on the results submission date. You will be provided with instructions on how to submit results at the beginning of each round. Results will be made available following each round. Please be aware that results are shared on the Scottish Rowing website and emailed to the co-ordinators at participating schools. The names are shown in the format "A.Smith" and arranged by age group. If for any reason a competitor's name should not be shared in this way, please inform us when submitting the results and we will make their result anonymous.

Equipment Needed

Depending on the uptake of the pupils at your school, 1 rowing machine will be enough to enable pupils to complete the distance individually. The more rowing machines you have (or can borrow) for each of the League events at your school, the more entertaining it will be and the more competitive you can make it. As mentioned above - we may have a number of local club contacts who are able to support completion of the rounds within their rowing club - please email us to discuss options. While we recommend using Concept2 rowing machines, any make of machine can be used.

To set up a race time on a Concept2 rowing machine:

1. From the main menu on the screen press 'Select Workout'.
2. Then select 'New Workout'.
3. Then select 'Single Time, 'You can then use the buttons on the side of the screen to change the time, so it is correct for that pupil. The + and - buttons change the highlighted number, whilst the left and right arrows move the highlighted number around. Once the screen is set up correctly, please press the tick button at the bottom right of the screen and you will be ready to race.





Drag Factor

On a rowing machine, the drag factor is essentially how much resistance you are pushing against when you row. The higher the drag factor, the harder the rower has to push. We recommend having the drag factor low to reduce the risk of strain-based injuries, especially for younger/ less experienced competitors.

To view and set the drag factor on a Concept2 Machine, follow these steps:

1. From the main menu select 'More Options'
2. Then select 'Display Drag Factor'.
3. Row for five continuous full strokes and a number will appear on the screen.
4. To change the drag factor, use the lever on the side of the flywheel, this is called the 'damper'.

Move the lever up to increase the drag factor and down to decrease it. Keep rowing and checking the screen as you adjust to ensure the drag factor is set correctly. You cannot necessarily rely on putting the damper to the same point every time; each rowing machine is slightly different, so you will need to check each time to ensure it is set up correctly.

The recommended drag factor for: Girls is 105 Boys is 110.

If you would like any more help or guidance on how to set up rowing machines or how to coach indoor rowing, please contact us via email and we can provide you further help.

Perri McClusky – Scottish Rowing’s Assistant Performance Pathways Coach - has this advice for the league co-ordinators;

“The league is all about encouraging children to have a positive experience participating in sporting activity – so be sure to **celebrate every success** and enjoy the process with your pupils! Reassure them that nerves can be a good thing – it’s a great indication that they care about what they are doing.

Encourage your pupils to practice their rowing stroke and their race plan prior to the submission date. The aim is for them to rack up as much distance in their time cap as possible – but be sure to warn them to pace their performance! This should get easier the more rounds they do.”

Perri’s top rowing tips are:

- Sit up **tall**
- **Push with the legs**, then pull with the arms
- Aim for a **smooth “recovery”** (the part when your seat rolls back to the start of your stroke) – this will help you to maintain your pace throughout your race!
- **Enjoy** your race – no matter what!

FAQ's

Is this League for my School?

If your school wants to try a new, high energy, Olympic sport, then this League is for you! Indoor rowing is an individual sport and team sport where you cannot be left behind, so it is great for pupils to build confidence and self-esteem, especially those who are put off by other sports. All high-schools in Scotland are eligible to take part in the League.

Can my school still be involved even if we don't have any rowing machines?

Even though you will need a rowing machine to take part, you may be able to borrow some from your local leisure centre, another school nearby or any local organisation which have them. If you would like advice on this, then please contact the Scottish Rowing at league@scottish-rowing.org.uk

Is there a minimum or maximum number of pupils that can take part in the League per school?

No. You can have 1 pupil from your school, or you can have the whole school involved. It's completely up to you!

Who will deliver the indoor rowing sessions and submit the results to Scottish Rowing?

Any teacher, staff member, parent, volunteer, Active School Coordinator or student sports leader or Young Sports Ambassadors can manage the League events at their school and submit the results. The results are submitted by completing a form for each month and emailing this to Scottish Rowing. It's encouraged that this person starts up an indoor rowing club at your school to allow your pupils to train and prepare themselves for the League events.

What happens at the end of the League?

At the end of the League there is an in-person event held at Fettes College, where all schools across Scotland who have taken part in the League can enter.

We encourage you to continue running your indoor rowing club at your school. You can also gain some advice to about opportunities to take part in rowing activities and programmes on the water.

Check out Scottish Rowing's website for further opportunities.