



**SCOTTISH
ROWING**



ANNUAL REVIEW 2016-2017



**SCOTTISH
ROWING**

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CONTENTS

05 PRESIDENT'S REPORT

06 CHIEF OPERATING OFFICER'S REPORT

09 PERFORMANCE REVIEW

13 MEMBERSHIP

16 PARTICIPATION

19 COACH EDUCATION

20 INDOOR ROWING

23 SCOTTISH ROWING EVENTS

24 FINANCIAL OVERVIEW

27 PARTNERS





PRESIDENT'S REPORT

MIKE MORRICE

This is my last report as President of Scottish Rowing and I am delighted to be able to end on a high note.

2016-17 was the final year of the 2013-17 strategic plan and Scottish Rowing exceeded its growth and performance targets for the four year cycle. This is an achievement we should all be proud of, as it is the result of the hard work and dedication of our member clubs.

It was always going to be hard to improve on a successful Olympic year for the Scots on Team GB but the 2016-17 season has seen some significant performance highlights. Three home based athletes, Josh Armstrong, Maddie Arlett and Gavin Horsburgh all of Edinburgh University Boat Club ("EUBC"), achieved selection for the senior GB Rowing Team. EUBC alumna Robyn Hart-Winks also made the senior team, joining Maddie at the World Rowing Championships (a full performance report is on page 9).

Scottish Rowing is grateful for the strong partnerships we have with the University of Edinburgh and the University of Glasgow and for their continuing investment in and support of rowing.

On the development side, we saw strong growth in club membership as we would expect in an Olympic year, with clubs better prepared to deal with the increased interest in rowing. Our schools indoor programme is growing every year in terms of numbers of participants and also the number of schools involved.

Looking forward to 2018, it is less than a year until we welcome the European Rowing Championships to Strathclyde Park. The newly completed upgrade to

the finish tower is the first visible legacy from the event and I'm sure you'll agree that it looks magnificent. The event planning is being managed by a professional team as part of Glasgow 2018, but Ailie Ord will be the Race Director for the event. I know you will all get behind the event to make it special for any Scots in the GB Rowing Team who get the rare opportunity to race on home water.

The works on the finish tower, brought some challenges for our domestic competitions at Strathclyde Park and a lot of people worked hard behind the scenes to deliver the events. Sincere thanks are due to Alistair Neill as Acting Chair of the Domestic Regatta Organising Committee ("DROC"). Karen Ness has now been appointed as Chair of the DROC and I'm sure she will do an excellent job in moving both Strathclyde Park Regatta and Scottish Championships forward. I would also ask that clubs help support these events by supplying volunteers to ensure that they run as smoothly as possible.

As I come to the end of 12 years on the Board of Scottish Rowing, nine of those as President, I am confident that I leave Scottish Rowing in a good state. We have built a strong partnership with **sportscotland**, our funding partners, and this has been transformational in enabling us to increase participation and performance in rowing and I would personally like to thank all their staff involved for their support over the years.

I would like to thank all Scottish Rowing staff for their hard work and my Board colleagues, past and present for their enthusiasm, challenge and support over the years. Finally I would like to thank all the volunteers who give so much to rowing in passion, expertise, and most of all time to make the sport as successful as it is. There would be no rowing without you.

CHIEF OPERATING OFFICER'S REPORT

AMANDA COBB

This year saw Scottish Rowing come to the successful end of a four-year strategic cycle, exceeding both growth and performance targets.

Scottish Rowing's total membership grew by 18% from 3339 to 3932 during the four year cycle. The growth in junior rowing in particular has been a spectacular 94% since 2012. Female participation in junior rowing is now at 52%, which is a very healthy picture.

Our performance partnerships with the Universities of Edinburgh and Glasgow have transformed the opportunities for talented young athletes to reach their potential in Scotland and it is exciting to see three athletes living and training in Scotland achieve senior GB Rowing Team selection this season. However, Scottish Rowing wants to create opportunities for more Scottish rowers to progress on the GB performance pathway, irrespective of background and I am confident that the performance programme will continue to develop under the leadership of Lee Boucher, the new Head of Performance Pathways.

sportscotland's Catriona Semple who has worked with rowing as our high performance manager for the last 10 years has now moved on to a new role and I would like to thank her for all her advice and guidance over the years.

At the 2016 AGM we unveiled the key themes from our 2017-21 strategic plan. This was presented to **sportscotland**, our funding partners, in December and I am pleased to report that we secured increased funding for 2017-18. The final plan is published on the Scottish Rowing website.

Looking forward, it is clear that the funding environment both from Scottish Government and the National Lottery is going to be much more challenging. However, the new strategic plan is ambitious and exciting with a strong focus on creating an inclusive environment in rowing.

Last year we committed to making changes to the competition calendar. The calendar has now been reviewed and a more balanced programme of events was recently published. We also committed to working with clubs to introduce a fun summer sprint series. The pilot series finished in early September and we will be collecting feedback on these events.

The idea of fun informal competition is consistent with Scottish Rowing's 2017-21 vision to "support and empower people in Scotland to enjoy rowing and achieve their full potential". Implicit in this is the principle of equality and inclusion. Initiatives such as the Schools Indoor League, the Scottish Rowing Centre partnership with Help for Heroes and the exciting new community outreach programme at Firhill Basin (see page 16) all aim to increase access to the sport.

In addition to growing membership and medal success, Scottish Rowing along with its member clubs, has responsibility for the welfare of participants. Safeguarding in Sport was in the spotlight this year and it is important that we all work together to ensure a safe and positive environment for young people. A number of clubs took part in a pilot of new safeguarding standards and we have also introduced new procedures at Scottish Rowing events and activities and there will be more changes coming in this area.





> We also have a new Clean Sport education plan and you may have seen the 100%Me outreach stand at Strathclyde Park Regatta. We will be rolling out education to athletes at various stages of the performance pathway during the 2017-18 season.

There have been some staff changes during the year. Laura Jennings left us in August and Adam Hardy has now taken over as the Regional Development Manager for the East. I would like to thank all the Scottish Rowing staff for their hard work this year.

Finally I would also like to thank Mike Morrice who has been President throughout my time with Scottish Rowing for his leadership, passion for the sport and massive amount of work he has put in to help transform Scottish Rowing into a modern, successful governing body.



PERFORMANCE REVIEW

LEE BOUCHER - HEAD OF PERFORMANCE PATHWAY

Following on from 'best ever' performances by Scottish rowers competing as part of Team GB at Rio 2016, the first year of the Tokyo cycle gave reason for much optimism with a new generation of home grown athletes making the step up to the GB Rowing Team senior programme, taking over the baton from retiring Scots including Great Britain's most decorated female Olympian Dame Katherine Grainger and two-time Olympic champion Heather Stanning.

A record contingent of 12 Scottish athletes represented Great Britain at the 2017 World Rowing Championships in Sarasota-Bradenton, Florida, and this included two current student athletes, Gavin Horsburgh and Maddie Arlett, from Edinburgh University Boat Club who were both making their debuts at senior world level.

20-year-old Horsburgh, formerly of Castle Semple Rowing Club and Glasgow Schools Rowing Club, achieved the rare feat of winning medals in consecutive years at world level across the three main age groups. He had previously won gold in the junior men's quad scull in 2015 and gold in the under 23 lightweight men's quad scull in 2016 before his crew won an outstanding silver medal in the lightweight men's quad scull at this year's World Championships, just 0.17 seconds behind France.

Selkirk's Arlett was part of the Great Britain lightweight women's quad that finished 5th in the 'A final', in a crew which also featured fellow Scot Robyn Hart-Winks. Both Arlett and Hart-Winks had come through the same beginner programme at the University of Edinburgh following the London Olympics and have enjoyed a rapid rise through the sport.

Other Scottish 'A finalists' racing as part of the GB Rowing Team in Sarasota included Melissa Wilson in the new-look GB women's pair and Sam Scrimgeour in the lightweight men's pair, both of whom finished just outside the medals in 4th place. Karen Bennett was the sole survivor of the Rio 2016 silver medal winning women's eight that placed 5th overall at these championships, in a crew that also featured another Scot Katherine Douglas.

The performance pathway at junior and under 23 level continues to look strong with emerging Scottish talent gaining crucial international experience on both the World and European stage. In his first year out of the junior ranks, Edinburgh University Boat Club's Josh Armstrong achieved his first call up to the GB senior team, with selection in the men's single scull for the second World Cup event in Poznan where he finished in an impressive 5th position in the 'B' final.

Armstrong also raced the single scull at the World Rowing Under 23 Championships, held in Plovdiv, Bulgaria, finishing 7th overall in a competitive field featuring several Rio Olympians. Glasgow's Rob Hurn won a silver medal as part of the Great Britain men's coxless four whilst there was also a silver medal for Edinburgh University Boat Club's Oliver Wilkes in the men's coxed four. Harry Leask and the men's quad scull finished just outside of the medals in 4th place after having achieved the same result at World Rowing Cup I in Belgrade earlier in the season.

At the inaugural European Rowing Under 23 Championships in Kruszwica, Poland, three rowers from Scottish programmes won medals representing Great Britain. Edinburgh University Boat Club's Graham Ord, originally 

> from Strathclyde Park Rowing Club, and Oliver Wilkes helped deliver silver for the men's eight whilst Aberdeen University student Fiona Bell from Kilmacoll, and formerly of Castle Semple Rowing Club, won bronze as part of the women's eight.

There was more medal success at junior level with Miles Beeson and Robert Powell of Aberdeen Schools Rowing Association winning gold and bronze medals as part of the GB men's eight at the Coupe de la Jeunesse in Hazewinkel. Also on the podium in Belgium was Jane Hardie of George Heriot's School Rowing Club who won silver and bronze in the junior women's single scull. At the GB France J16 match at the Royal Albert Docks in London, Megan Hewison and Abigail Topp of Aberdeen Schools Rowing Association took gold.

For the third time in four years the Scotland Rowing Team senior women won the team event at the Home International Regatta, in doing so becoming the first recipients of the new Dame Katherine Grainger Quaich presented by Scottish Rowing. There were five individual race wins in total at the regatta which was hosted by England at Strathclyde Park. Gregor Maxwell (lightweight men) and Dale Flockhart (junior men) both produced fine performances in their respective single sculls categories before further victories followed in the form of the women's pair, the lightweight women's double scull and the men's four. The Scotland Rowing Team senior men, junior men and junior women all placed third in their respective team events.

Scottish athletes and crews continued to perform with distinction in national level competition throughout the 2016/17 season. The Edinburgh University Boat Club women's eight enjoyed an historic season with a club record top 10 finish at the Women's Eights Head of the River Race before going on to become the first Scottish women's club eight to compete at Henley Royal Regatta, coming through qualifying in the Remenham Challenge Cup to set up a memorable row against the New Zealand national team. The St Andrew Boat Club men's coxed four came within

a boat length of winning the Britannia Challenge Cup in the final race of the regatta. At the British Rowing Junior Championships seven different Scottish clubs shared 12 medals on the podium from 20 crews in 'A finals' whilst there were numerous medallists from across Scotland at the British Universities & Colleges Sport (BUCS) Championships and the National Schools Regatta.

Scottish Rowing remains committed to providing athlete and coach development opportunities with a significant focus on the junior to under 23 transition to support the long term delivery of the performance strategy. The Toyko cycle will continue to see investment in key university rowing programmes across Scotland to help support high quality training environments. The performance rowing infrastructure in Scotland was enhanced in 2017 with the relaunch of the British Rowing World Class Start programme at Strathclyde Park, headed up by Tom Young.

The Scottish Rowing Performance Programme supported six 'home based' athletes during 2016/17 with a further 10 Scottish rowers involved in the GB trialling process receiving financial support from Scottish Rowing. In total, Scottish Rowing invested £14,250 in individual athlete and coach support awards during the 2016/17 season. With the support of Winning Students and the **sportscotland** institute of sport, Scottish Rowing was also able to introduce a new 'Team Scotland' style prep-camp this year for all those 'home based' athletes invited to the GB Rowing Team Senior & Under 23 Trials.

Scottish Rowing would like to offer thanks to our excellent partners who support our performance programme and without whom the successes over the past 12 months would not be possible – **sportscotland**, the **sportscotland** institute of sport, British Rowing, the University of Edinburgh, the University of Glasgow, Winning Students and SportsAid Scotland. We would also like to acknowledge the outstanding work of the coaching workforce, support staff and volunteers across Scotland who work selflessly to help our athletes realise their potential in the sport.

EVENT / LOCATION	No. OF ATHLETES	No. OF MEDALISTS	COLOUR OF MEDALS
World Rowing Championships - Sarasota-Bradenton, USA	12	1	
World Rowing Under 23 Championships - Plovdiv, Bulgaria	8	2	 
European Rowing Under 23 Championships - Kruszwica, Poland	3	3	  
Coupe de la Jeunesse - Hazewinkel, Belgium	3	6*	     

* 3 athletes raced twice for medals over the weekend



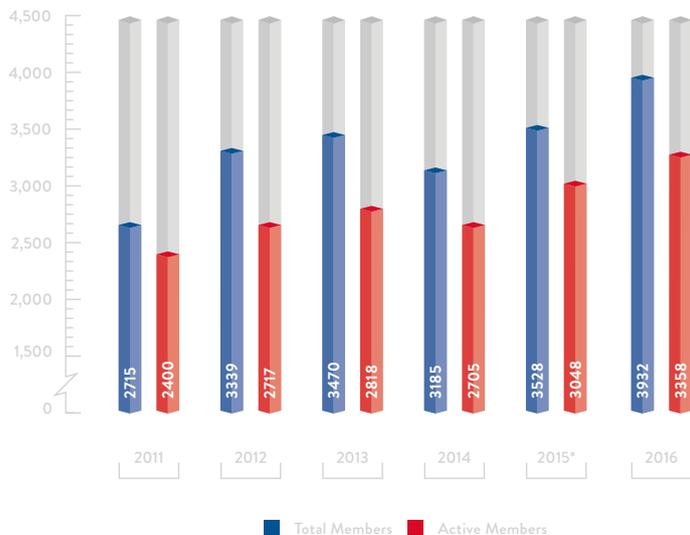


MEMBERSHIP

MEMBERSHIP GROWTH EXCEEDS TARGETS

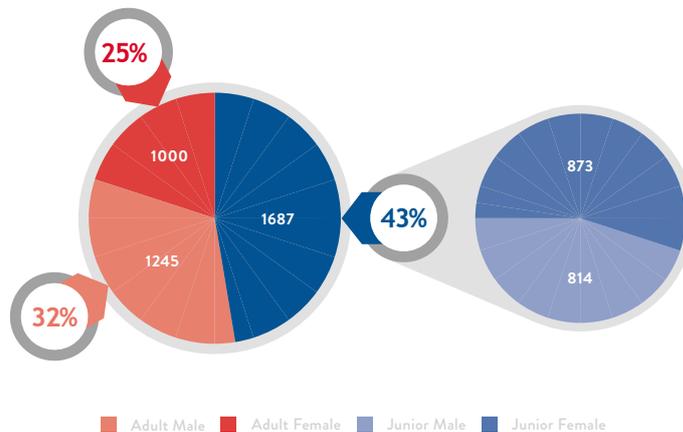
Increasing participation and club membership is one of Scottish Rowing's primary objectives. The chart below shows the trend in membership since 2011.

MEMBERSHIP NUMBERS 2011-2016



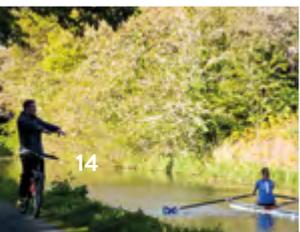
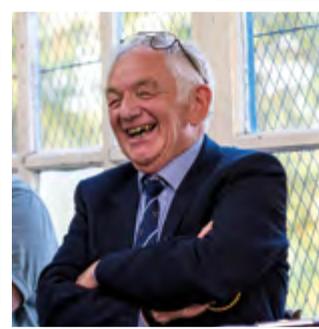
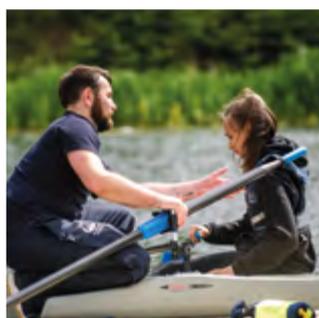
* From 2015, reported membership data includes regular participation in the Scottish Rowing Schools Indoor League

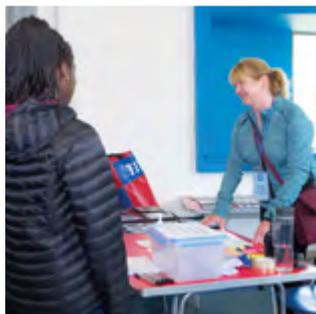
MEMBERSHIP BREAKDOWN



Total membership (reported club membership plus the impact of any direct Scottish Rowing activity) grew from 3528 to 3932 in 2016 (11.5%) and active membership grew 10.2% in the same period. The strategic growth target for 2013-17 of 10% was also significantly exceeded, with membership growth over the 4 years of 17.8% (from 3339 to 3932) with an associated increase in active membership of 23.6%.

The number of members registered with Scottish Rowing as individuals is always lower than the total active membership. At the end of June 2017, there were 1,458 individuals registered, compared with 1,391 in June 2016.





PARTICIPATION

FIRHILL PROJECT

The Firhill Project in Glasgow was established as a community engagement programme in partnership with British Rowing (through the deployment of a HCT Coach), Partick Thistle Football Club, Scottish Canals and Glasgow Kayak Club. The project has a specific remit to engage young people in Scottish Index of Multiple Deprivation (SIMD) areas within the East, and North east areas of Glasgow. The main purpose of the project is to encourage participation in rowing in a fun, safe and welcoming environment.

Although the project is still in its infancy, a number of organisations have signed up for activity including Church House and NG Homes. There is also schools activity planned as part of the Year of Young People (2018). Miki Lee Dale, the coach leading the project, is also building a number of community partnerships with rowing clubs in Glasgow including SHARP and Active East at Glasgow Rowing Club and LGBT Youth Scotland and Donaldson's School at Clydesdale ARC.

SUMMER SPRINT SERIES

In response to feedback from members asking for more summer racing, Scottish Rowing worked with clubs to put together a pilot Summer Sprint Series. With the primary aim being to put on more informal, fun racing opportunities through the summer, clubs running the events were encouraged to be creative and innovative in the format of their events. The pilot series was made up of three events hosted by Clydesdale ARC in Glasgow, Committee of the Dee in Aberdeen and University of St Andrews BC at Lochore Meadows, each of which had its own unique flavour.

REGIONAL FOCUS

The North region is leading the way in starting up a new regionally lead programme. In Aberdeen a collective from all the clubs on the Dee has been meeting regularly to discuss issues relevant to the development of the sport in the area and take more local ownership of activity in four key areas:

- Club Support and Volunteer Development
- Coaching Development
- Umpire Development
- Safeguarding and Child Protection

HELP FOR HEROES SPORTS RECOVERY ROWING AND FITNESS SESSIONS

Over the last year these sessions, delivered at the Scottish Rowing Centre at Strathclyde Park, have gone from strength to strength. They are now an integral part of the Rolling Recovery Programme delivered by the Personnel Recovery Centre with individuals travelling from all across the central belt to attend. We have also seen an increase in the number of veterans engaging with the programme with some individuals completing a three hour round trip twice a week to take part. Our rowing sessions on the water have been a huge success with the participants and more often than not the first question after they finish one is when can they do it again?





COACH EDUCATION

SCOTTISH ROWING COACHING CONFERENCE 2017

A total of 33 coaches from throughout Scotland attended a two day Coaching Conference held at Peffermill, Edinburgh University Sports Facilities in January. Delegates enjoyed a wide range of topics from speakers including:

- Miki Lee Dale (British Rowing HCT Coach) presenting on 'every young person should have the right to experience rowing'
- Steve Gunn (START Manager, British Rowing) presenting a practical workshop on core strength engagement and developing sculling skills
- Colin Williamson (Head Coach Edinburgh University BC) talking about his journey to becoming a Performance Coach leading Edinburgh Universities Rowing Programme

SESSION COACH AWARD

British Rowing has introduced the Session Coach Award as an entry level course for those wishing to get involved in coaching. The new course was piloted in Scotland in April 2017 with ten candidates from Glasgow Rowing Club, Clydesdale Rowing Club, Clyde Rowing Club, Edinburgh University Boat Club and Help for Heroes. The course format is a single weekend of contact time with a final assessment day four weeks later. All candidates completed the course and final assessment.

CLUB COACH

The UKCC Level 2 Course has now been rebranded as the Club Coaching Certificate in Rowing. Scottish Rowing continues to offer this course and has run two courses this year.

- January 2017 at the Scottish Rowing Centre with 8 candidates from Stirling Rowing Club, St, Andrew Boat Club, George Watson's College Boat Club and Edinburgh University Boat Club
- June 2017 at a new venue, Forfar Loch with 6 candidates from Dundee University Boat Club

INDOOR ROWING

SCOTTISH ROWING SCHOOLS INDOOR LEAGUE

The Scottish Rowing Schools Indoor League ran from August to October in 2016. The first 3 rounds were held in the schools and the final round was held at the Scottish Schools Indoor Rowing Championships on 28th of October 2016 in Glasgow.

The main features of the league are as follows:

- All age group races over set times rather than a fixed distance
- School awards are offered to reward retention of pupils across all three rounds
- Individual awards are offered to recognise those taking part in “regular” activity as well as the best scores

Round	No. of Schools	No. of Participants
1	20	528
2	17	491
3	13	464

SCOTTISH ROWING INDOOR CHAMPIONSHIPS

The Scottish Rowing Indoor Championships, including the Scottish Rowing Schools Indoor Championships provides the opportunity for participants of all ages, abilities and backgrounds to take part in rowing in a friendly and competitive environment.

The Scottish Rowing Schools Indoor Championships is the culmination of the Scottish Rowing Schools Indoor League. It is free to enter and is promoted to every school in Scotland. Schools travel from all over the country to compete and the event has seen significant growth since it started three years ago. The ambition is to grow it further subject to funding.

The Scottish Rowing Indoor Championships is an open event for anyone wishing to take part in a rowing competition. Entries come from all over Europe and from ages 12 to 80.

Year	Schools Championships	Open Championships
2014	275	548
2015	537	529
2016	499	731

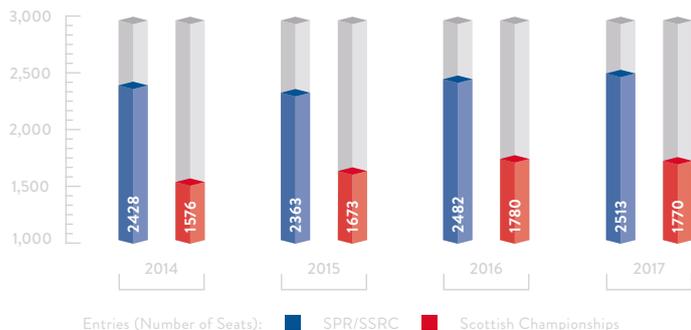




SCOTTISH ROWING EVENTS

2017 brought some challenges for the organisers of Strathclyde Park Regatta and the Scottish Rowing Championships. With the finish tower out of action for a major upgrade, the Domestic Regatta Organising Committee and a team of dedicated volunteers had to run the event without any timing and race systems or visibility of racing and they rose to the challenge admirably. Conditions for Strathclyde Park Regatta were kind and the full race programme went without a hitch. At Scottish Championships however, the adverse weather conditions coupled with the systems limitations, resulted in racing being suspended near the end of the third day.

Entries at Strathclyde Park Regatta were up again, resulting in a very busy weekend of racing at both events. The Scottish Student Rowing Championships (SSRC) runs alongside Strathclyde Park Regatta (SPR) in April. At the end of the weekend, the finish order was a repeat of 2016 with a dominant Edinburgh University Boat Club securing the Victor Ludorum with Glasgow University Boat Club in second and the University of St Andrews Boat Club in third.



At the Scottish Rowing Championships in June, a fixed race timetable was piloted and competitors were restricted in the number of events they could enter. It was encouraging to see overall entries broadly in line with 2016 in spite of this change.

These regattas are run by volunteers and thanks go to all who help with umpiring, entries, preparing the draw, commentary, regatta office duties, bow number distribution, programme production, first aid cover etc. Particular thanks are due to Alistair Neil who took on the role of interim Chair of the Regatta Organising Committee this year.

Open 1x



Matthew Curtis
Edinburgh University Boat Club

Open 2-



Calum Irvine & Rufus Scholefield
Edinburgh University Boat Club

Women 1x



Alex Rankin
Edinburgh University Boat Club

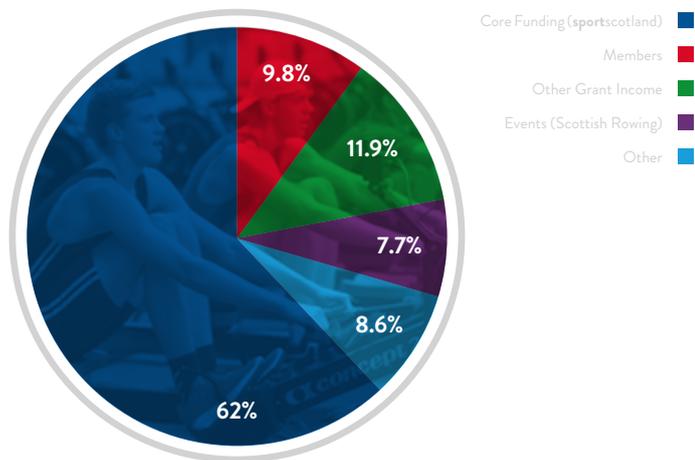
Women 2-



Lauren Gray & India Somerside
Edinburgh University Boat Club

FINANCIAL OVERVIEW

BREAKDOWN OF INCOME



In the financial year ended 31st March 2017, Scottish Rowing received 62% of its income in the form of core grant funding from **sportsScotland**. This investment in rowing funds the Scottish Rowing administrative and development staff, and the coaching, development and performance programmes. The majority of the core funding (£216,000) is for Scottish Rowing staff posts.

Other grant income was received from **sportsScotland** (in the form of non-core funding), Winning Students, Scottish Disability Sport and the National Lottery Awards for All.

Membership income which is made up of club affiliation fees, individual members and regatta fees and levies represented 10% of Scottish Rowing's 2016-17 income. Event income was generated from Strathclyde Park Regatta, Scottish Championships and the Scottish Rowing Indoor Championships. Making up 8% of income this year, it was significantly reduced by comparison with the last two years as Scotland was not required to host an International event (2015: HIR, 2014: Commonwealth Rowing Championships). The majority of "other" income relates to candidate fees for coaching courses and athlete contributions towards performance programme activities and the cost of competing at the Home International Regatta.

BREAKDOWN OF EXPENDITURE



**SCOTTISH
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Company Registration No. SC357505

ADDITIONAL INFORMATION

INCOME *

Core Funding (sportsotland).....	£344,250
Members.....	£54,196
Other Grant Income.....	£66,126
Events.....	£42,453
Other.....	£47,766
TOTAL	<u>£554,791</u>

EXPENDITURE *

Performance.....	£200,124
Governance.....	£134,791
Sport Development.....	£124,014
Member Services.....	£53,605
TOTAL	<u>£512,534</u>

* The information shown is based upon Scottish Rowing's accounts for the year ended 31st March 2017.



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