



R H K Y C
香港遊艇會

Royal Hong Kong Yacht Club
Youth Rowing Development Program

Information Booklet

“The Royal Hong Kong Yacht Club is pleased to extend the invitation to the youth of Hong Kong, their families and their schools to participate in the Club’s Youth Rowing Development Program. As the oldest established rowing club in Hong Kong, we are in a unique position to contribute to the development of the sport through engaging with its future champions.”

-Ng Kong Wan,
(RHKYC Rowing Captain, Chairman of Rowing Committee)

Objectives

The Youth Rowing Development Program at the Royal Hong Kong Yacht Club (RHKYC) exists to foster the next generation of Hong Kong rowers. Its primary goal is to provide world-class coaching and mentorship of school-aged rowers, with a focus on *enjoyment, growth* and *engagement*.

Through the Program, The Club hopes to support schools in establishing rowing as an official school sport in order to facilitate a robust and competitive schools rowing league in Hong Kong.

In order to achieve this, the Program will provide:

- A safe and enjoyable learning and training environment
- Integration with the Hong Kong, China Rowing Association’s Galaxy Accreditation scheme in order to reward progression and dedication
- The highest quality of coaching by our internationally recognized and esteemed coaches
- Regattas throughout the season in order to enjoy the fruits of all the hard work
- An opportunity to become Cadet Members of RHKYC in order to enjoy use of the club’s facilities at both Kellett and Middle Islands

Squads and Crews

In order to provide a focused and relevant training environment, the participants will be assigned to one of three training squads. Allocation into squads will be made by Lead Coach, Peter Wells in consultation with RHKYC rowing coaches and school staff based upon the competence and ability of the participant. Whilst it is the Club’s desire to stream all participants into one of these three squads, we recognize that sometimes this is not possible due to other commitments or family arrangements and accommodations may be made.

Selection

From time-to-time, for various training sessions and regattas, it is also necessary to select crews. This process will once again be the responsibility of Lead Coach, Peter Wells. Crews will be selected based on the selection points below, but ultimately the best interests of the development of the individual rowers will guide the final decision. Arrangement of training crews will be made on a casual and/or ad-hoc basis; unless for the purpose of training for a specific event. For the selection of school representative crews, the Club will make recommendations to the individual school, but the final responsibility falls on the school.

Squad and Crew Selection Points:

- Rowing technique and competency
- Participation and attendance to scheduled training sessions
- Sportsmanship and spirit
- Strength and aerobic capacity

Youth Development Squads**Learn to Row - Novice Rowing Squad**

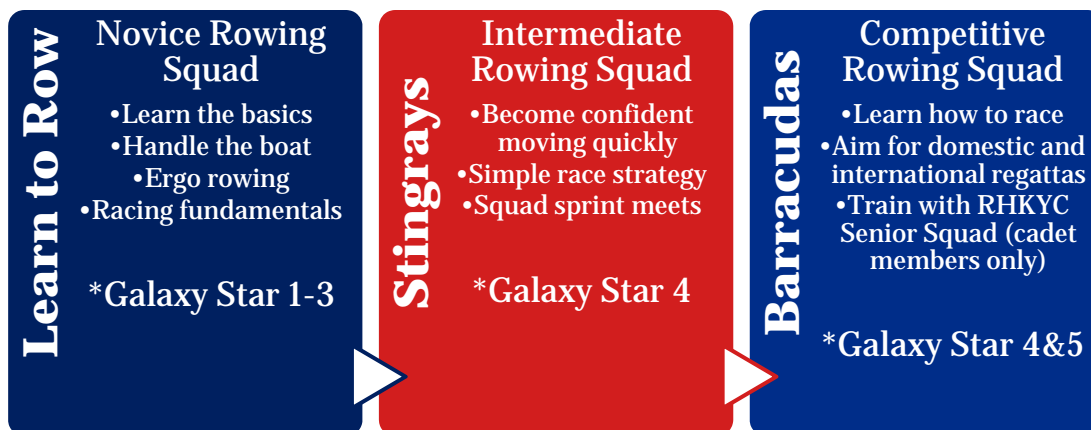
This squad is for newcomers to the sport of rowing or for those yet to master the basic skills. It will be focused on younger rowers and encompass the majority of our Under 14 group whilst accommodating for older novices.

Stingrays - Intermediate Rowing Squad

The Stingrays provides an opportunity to move towards racing and competition by providing a learning based training environment. Whilst the emphasis is not on performance, it is expected that rowers will apply themselves and gain the valuable skills necessary to achieve competence in training and racing environments.

Barracudas - Competitive Rowing Squad

With a focus on performance and racing, the Barracudas will train with the intention of achieving personal and crew goals at both local and possibly international regattas. Goals will be personally created by the athlete and their crew in consultation with coaches and mentoring staff members.



*Galaxy Star Certificates provided to interested participants upon attendance of separate HKCRA accreditation sessions.

RHKYC Coaching Staff

Peter Wells - Lead Rowing Coach

Coaching Experience:

- Chief Coach - Henley Rowing Club
- Rowing Liaison - Redbull UK
- Club and Development Coach - Molesey Boat Club
- Head of Rowing - Bryanston School
- British Rowing Level 2 Coaching
- Level 2 Coaching Strength and Conditioning

Rowing Achievements:

- 2004 Olympics - Quadruple Sculls, 12th Place
- 2003 World Rowing Championships - Quadruple Sculls, 9th Place
- 2002 U23 World Championships - Single Scull, Gold
- 2002 Henley Royal Regatta - Diamond Sculls, Winner



Toby Cheng - Rowing Coach

Coaching Experience:

- Lingnan University And Chinese University Hong Kong Rowing Coach
- Hong Kong Coach Accreditation Program- Level 2

Rowing Achievements:

- Member of City of Oxford Senior Rowing Squad
- Member of Oxford Brookes University Senior Rowing Squad
- High Performance Program (Rowing) of Great Britain
- Member of University of Leeds Rowing Squad
- Member of Hong Kong Youth Development Rowing Squad

Serra Sevenler

Coaching Experience:

- Skill Development Coach & Paralympic Volunteer– Community Rowing Inc., Boston, MA
- Varsity Coach – Brighton High School, Rochester, NY
- Assistant Coach – Our Lady of Mercy High School, Rochester, NY

Rowing Achievements:

- 2012 World University Rowing Championships – Team USA
- 2009/2010 Turkish Junior Rowing Championships



Assistant Coaches

The club also employs a number of experienced casual assistant coaches to assist with coaching duties.

Important Details

Swimming Ability

Students must be able to swim 100 meters and tread water in light clothing for 2 minutes. The test should be conducted by a member of school staff at the school swimming pool and signed off prior to beginning the program.

Transportation

Middle Island - RHKYC Middle Island Base, Hong Kong Island

Students should arrive by bus at the Middle Island drop off site (50 Island Road in Deep water Bay) by 3:45pm on school days and 15min before the scheduled session on weekends. After school, it would be advisable to have a school staff member or nominated parent accompany them on the bus and across to Middle Island by sampan, though other arrangements could potentially be made. It is expected that rowers are collected promptly at the scheduled conclusion of each session.

Sha Tin - HKCRA Jockey Club Shek Mun Rowing Centre, 27 On King St, Sha Tin

Students should arrive at the HKCRA Jockey Club Shek Mun Rowing 10min before the scheduled start time. It is the responsibility of the school and parents to drop-off and pick-up the rowers on time. It is expected that rowers are collected promptly at the scheduled conclusion of each session.

Clothing and Equipment

Students can change onsite. Students should dress in lycra or cotton shorts, and t-shirts. Snug fitting, long sleeve layers should be worn on cold days. Long socks and secure fitting sandals or Aquashoes will be needed for wading into the water. Students should bring sunscreen, a hat, a dry change of clothes and a water bottle. All rowing equipment will be provided by the club.

Session Cancellation

Rowing is an outdoor sport and adverse conditions are sometimes encountered. Unless expressly communicated by the RHKYC Lead Rowing Coach or Rowing and Paddle Sports Manager, sessions will go ahead in most conditions. Sessions will only be cancelled under the following conditions with confirmation by the before-mentioned staff members:

- Raising of the T.3 Typhoon signal before or during school hours
- Red or black Rainstorm Warning during school hours or immediately preceding session
- Pollution over 9 API

Rowers with Special Needs

The Club is keen to embrace the participation of all pupils who are keen to row or sail and will make every effort to ensure that such pupils, whatever their needs, enjoy learning to row or sail in a safe environment.

If any pupil attending rowing or sailing has special needs, this should be discussed with the rowing staff prior to the student beginning their first session. If any pupil attending a rowing session has special needs such that additional support is required for any part of the rowing session, the school or parent agrees to fund the required additional support.

Additional support may be in the form of additional personnel, extra or specialized equipment or coaching time.

Any additional funding required of the school will be discussed with parents and school staff and approved before the additional support is deployed.

It may be that during the course of a session it is identified that a pupil has special needs which are specific to rowing activities, but which had not been previously identified. These will be brought to the attention of the parents or school staff by the rowing staff as soon as they are identified.

Session Timetable

Timetable is indicative only, individual arrangements may be made with parents and schools.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Middle Island	3:30-6pm Barracudas & Stingrays	3:30-6pm LTR	3:30-6pm Barracudas & Stingrays	3:30-6pm LTR & Barracuda (Land)		8-10am Stingrays	10-12am Barracudas & Stingrays
Sha Tin	3:30-6pm Barracudas	3:30-6pm LTR	3:30-6pm Barracudas	3:30-6pm LTR		9-11am Barracudas (all)	

'Winter Season' Calendar

Week	Week Beginning	Event	Organizing Body
1	7 September		
2	14 September		
3	21 September		
4	28 September		
5	5 October	Inter School Ergo Champs (Sat)	HKCRA
6	12 October	Northside V Southside I (Wed night)	RHKYC
Break	19 October	<i>RHKYC Development Camp (Mon-Fri)</i>	RHKYC
7	26 October	Autumn School's Invitational	RHKYC
8	2 November	HK School Championships	HKCRA
9	9 November		
10	16 November	Northside V Southside II (Wed night)	RHKYC
11	23 November		
12	30 November	Northside V Southside III (Wed night)	RHKYC
13	7 December	RHKYC & HKCRA Schools Racing Carnival	RHKYC

*Events in grey will to be confirmed in September

Pricing

	Cost	Notes
Youth Development Squad (non-RHKYC Member)	\$1200/month or \$3240/quarter	All Sessions
Youth Development Squad (RHKYC Cadet Member)	\$800/month or \$2160/quarter <i>(plus club fees of \$420/month)</i>	All Sessions + full use of RHKYC facilities at Kellett & Middle Islands, ability to train with senior squad, eligibility to race for RHKYC in international regattas
HKCRA Registered Rower Fee	\$150	Compulsory for all participants
Additional Group/School Crew Sessions	\$2000/session	Maximum 6 people
Private 1-on-1 Coaching	\$500/hour	Depending on coach availability



Royal Hong Kong Yacht Club Rowing Section

Youth Development Program - Participant Information & Indemnity Form

Rower's Name:	Rower's DOB:
School:	RHKYC Membership # (if applicable):
Rower's Email:	
Parent/Guardian's Name (Primary Contact):	Primary Contact's Mobile Number:
Primary Contact's Email:	Parent's RHKYC Membership # (if applicable):

INDEMNITY FORM & PAYMENT

I, _____ am the parent/guardian of _____ and consent to him/her participating in this course. I declare that the above student does not suffer from any illness that render him/her unfit for this activity. I agree that if the above student suffers damage, death or personal injury as a result of him/her participating in Junior Rowing, I shall not hold the Royal Hong Kong Yacht Club or the Course Instructors liable for such damage, death or personal injury and I make this agreement in full knowledge of the risks inherent in these activities.

>Medical:

- Please attach details of any medical conditions/ allergies/disabilities
- Please attach details of any medication the above student is receiving for any condition

It is your responsibility to make known any potential medical conditions that may affect the above student's own personal safety during the activities associated with the course/training.

>Promotion

I understand that participants in RHKYC Rowing Activities grant to RHKYC, at no cost, the absolute right and permission in perpetuity to use their image and likeness in any media, including video footage, for the sole purposes of advertising, promoting, reporting and disseminating information regarding RHKYC activities.

- Please tick here if you do not permit the students image to be used in this manner.

>Application and Cancellation Policy

Please note that priority will be given to RHKYC members who return their application form one month prior to the start of the session. All other applicants will then be accepted on a first-come, first-served basis. ONCE THEIR PLACE HAS BEEN CONFIRMED, Students will be charged the full fee if they do not turn up to the session. CANCELLATIONS WILL ONLY BE ACCEPTED THREE WEEKS PRIOR TO THE COURSE DATE. COURSE FEE WILL BE FORFEITED AFTER THIS DEADLINE.

SIGNED BY PARENT / GUARDIAN:

DATE:



Royal Hong Kong Yacht Club

Payment Information

RHKYC Members - HK\$800/month or HK\$2160/quarter (10% Discount) +HK\$150 HKCRA Charge

Please debit my RHKYC account number _____, HK\$ _____ /month or quarterly +HK\$150 one-off

Non- Members - HK\$1200/month or HK\$3240/quarter (10% Discount) +HK\$150 HKCRA Charge

Non members are requested to pay by cheque (made payable to 'Royal Hong Kong Yacht Club') or by completing and returning the attached credit card form. Please note: a 3% surcharge will be added to all credit card payments.

Cheque Credit Card Direct Debit (please contact Rowing Manager)

I agree and authorise ROYAL HONG KONG YACHT CLUB to charge my MASTERCARD / VISA card for payment of the following course expenses (include 3% credit card processing surcharge):

Course fees total HK\$ _____ /month or quarterly + HK\$150 one-off

Card Number:

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Card Expiry Date:

/

Cardholder's Signature

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Name in print:

Date:

Thank you and we wish your child every success in their rowing career!

Please return to:

Rowing Section, Royal Hong Kong Yacht Club, Kellett Island, Hong Kong.

Email: rowing.manager@rhkyc.org.hk

Fax: 2572 5399