

Information for new junior members

All junior beginners must complete a 3 week Introductory Course. These are held at 9.00am on Saturdays and cost £40 for 3 sessions. Please arrange these by emailing Sue at: suebovington@btconnect.com. If you decide to join, then there are 2 fees that need to be paid.

- A TWC (Teddington Watersports Centre) fee is paid annually for use of the site. This is currently £135 for junior members.
- Monthly coaching subscription fees are £30, payable to the Royal Canoe Club. Juniors who have completed the Introductory Course will be able to attend a minimum of four coached sessions each week. Sessions are on Wednesdays at 6.00pm, Fridays at 5.00pm, Saturday mornings at 10.30am and Sunday mornings at 9.00am (unless there is a race - in which case they will normally be expected to race).
- Coaching subscriptions are due on the first of every calendar month.

NOTE: Coaches will advise about progression to the next level. This is based on a 'handicap' criteria.

To join, you will need to fill out a membership form. These are available upstairs in the clubhouse. The club would actively encourage parents or guardians to become social members of the club. The fee is £40 annually. Details below:

- a. Access to the clubhouse where tea, filter coffee and cake is served on a Saturday. Dinner is served on a Wednesday after the 6pm session.
- b. An invitation to all club socials.
- c. Information on upcoming races and events.
- d. Access to the parents WhatsApp group.
- e. Subject to availability, the opportunity to hire the venue for private functions.

All communication for sessions, races and events is via emails.

How we work

General notes:

Royal Canoe Club (RCC) is run by volunteers. Club members and parents will often be asked to help out from time to time. This request can come through a members-only Facebook page. Communication with the coaches is currently done through emails. Coaches can be reached by general coaching email coaching@royalcanoeclub.com

Being in good time for training is essential for setting up boats and getting on the water together. Please make sure your child meets their coach before you leave the site.

During the summer months there will be capsized drills and skills which will mean that your child will get wet! Please ensure that they have enough spare clothing.

There are various socials through the year, details of which are posted on the RCC Members Facebook page - **see under **Communication*** - and an annual junior awards evening at the beginning of December.

Every Wednesday is clubnight. Weather and light permitting, there is a time trial on the water for all members. Afterwards, the bar is open in the clubhouse and food served at a price of £3. It's a great time to catch up with all those at the club. Club kit including racing vests are also for sale. Please ask Jackie Williams or Sue Bovington about this.

Communication

The club has tried various methods in past and present with varying degrees of success. Currently the **Facebook* page for Royal Canoe Club members is your main source of information. We know it doesn't suit everyone but please keep checking it regularly for updates.

As mentioned earlier, all direct communication for groups regarding sessions, races or events is via **email**. Your first point of contact for any specific paddling enquiries is with the coach, but you can find out more about the club by talking to members, fellow parents and coaches on at club night on a Wednesday evening or on Saturday mornings at training where upstairs in the lounge, cake and fresh coffee is served.

Sue Bovington and **Kathy Ruff** are the Welfare officers and their contact details are on the notice board in the mainland clubhouse.

Clothing

Clothing to bring for kayaking

Lightweight shoes – trainers are not allowed (plimsolls are perfectly adequate).

For Summer

Shorts and t-shirts are suitable plus a cag (cagoule). Sun screen protection is also advisable as the water reflects the sun. A cap in the summer is essential.

For Winter

The sport of kayaking continues throughout the winter months!

You will need leggings, or long lightweight trousers. Essential items are a long sleeved thermal top; a warm hat and a waterproof cag. Lightweight waterproof trousers are also very useful.

Always bring a CHANGE OF CLOTHING, a towel and a plastic bag to take wet clothes home in. Your child can fall into the river (capsize) at any time and a complete change of clothing to go home in is essential. Dry clothes should be left in the changing room.