

## Information for new junior members

All junior beginners must complete a 3-week Introductory Course. These are held at 11.30am on Saturdays and cost £40 for 3 sessions. Please arrange these by emailing Sue at: [suebovington@btconnect.com](mailto: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 £34, 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 each calendar month.
- There are separate membership forms for TWC, Junior Royal Canoe Club membership and a Medical / Contact form that will all need to be filled in and returned to the membership secretary.

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

**To join, you will need to fill out a membership form. These are available upstairs in the clubhouse.**

Any parent/guardian are actively encouraged to become a social member of the club. The fee will be £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. Subject to availability, the opportunity to hire the venue for private functions.

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

## 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 member's only Facebook page. Communication with the coaches is currently done through emails. Coaches can be reached by the general coaching email. [coaching@royalcanoeclub.com](mailto: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 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 around £3. It's a great time to catch up with all those at the club. The volunteers who run this are all adults, but they do not act in loco parentis, so we encourage parents to come along as well.

We request all juniors to stay in the club house or balcony during club night. All those dining with food allergies must talk to the kitchen staff who will do their utmost to help. We are unable to make the area totally clear of certain food products as the preparation area is shared with other clubs.

Club kit including racing vests are also for sale. Please ask Jackie Williams or Sue Bovington about this.

### Medical:

When training at the club any regular medication should be bought to every session either in the gym or out on the water – inhalers / EpiPens. The Junior must inform their coach. The coach can look after this during the session if needed.

## Communication:

The club has tried various methods in past and present with varying degrees of success. Currently the members only \***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 **Emails**. 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). Sunscreen 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 waterproof 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.