



Performance Section

The current sub sections of the Performance section of the Jersey Rowing Club incorporates both Project Gold and Jersey Sports Foundation athletes. It is envisaged that the Performance Section will expand in the future to include additional groups.

Governance

The Performance Rowing section of the Jersey Rowing Club will be governed by a sub-committee, or committees, that report into the main JRC Committee.

Members of the subcommittee, of each group within the Performance section, are to be approved by the Jersey Rowing Club committee

The Head Coach is appointed by the sub-committee of the relevant group of the Performance section.

Participation

Any individual is eligible to participate in the Performance section, subject to the discretion of the head coach, provided they are able to meet the following expectations:

- Must be or willing to be a fully paid up member of Jersey Rowing Club;
- Be able to attend a minimum of 4 water based training sessions on a weekly basis (weather dependant), these sessions being led by the head coach or coach;
- Undertake additional cardio or strength and condition training on a weekly basis, if deemed necessary, as identified by the head coach;
- Be an ambassador for the Jersey Rowing Club and demonstrate a positive attitude at all times whilst on the Club's premises and when representing the Club;
- Is willing to be filmed and photographed for coaching and publicity (i.e. sponsorship) purposes;

The Performance Rowing Section has two groups:

- Project Gold
- Jersey Sport Foundation Performance Programme athletes

Project Gold

In addition to the above participation requirements, each member of Project Gold:

- Must be able to achieve the objectives agreed with Jersey Sport Foundation, both short term and long term
- The minimum performance outcome expectations are:

- Year 1: local championship finalist
- Year 2: County / Channel Islands Championship finalist
- Year 3: Regional Finalist or equivalent
- Year 4: National Championship Finalist
- Must be willing to share biometric data with the head coach on a regular basis;
- Must endorse the use of up to date modern training apps/software eg Garmin/Strava and be willing to share their data with the head coach ;
- Must be willing and able to travel to participate in off island competitions, as identified with the head coach and the Jersey Sports Foundation

Jersey Sports Foundation Performance Program

The Jersey Sports Foundation Performance Program supports athletes performing at national and international levels. All such athletes are subject to the additional requirements of the programme.

The JSF is an external body and not part of the JRC.

Discipline

Both Project Gold and the Jersey Sports Foundation Performance Programme have a disciplinary process should any rower or athlete not live up to what is expected of them, as set out above.

Responsibility for following the process is with the Project Gold coaches, who will liaise with the JRC committee as necessary.

Work, health and family commitments as well as an athlete's well being will be taken into consideration as part of the disciplinary process. The process will involve:

- i) initial verbal warning from two of the coaches or mentors; and
- (ii) the athlete's performance will be closely monitored for the next month
- (iii) in the event that the athlete's performance has not improved, they will be asked to leave the group.

Support Requirements

All participants within the Performance section of the Jersey Rowing Club can expect the following support:

- Access to the use of additional club facilities, such as use of the Club's RIBS during training sessions
- Financial support as may be required, and subject to the Club's financial resources and ability to secure sponsorship, in connection with the provision of high specification equipment.
- Priority access to use of any high specification equipment acquired by the Club with the objective of supporting the Performance Squad

Note that the funding, expenditure and equipment requirements of the performance section will be considered during H2 2021 and presented to the membership at the AGM or other appropriate forum for approval.