

# Devon Adaptive Rowing

The newsletter of the Devon Adaptive Rowing Project

Summer 2010



## Online Blog Launched

The Devon Adaptive Rowing Project's online blog has now gone LIVE!

Its where you and your students can keep up-to-date with the latest news and opportunities, competition results, rower profiles and schools resources.



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THE BLOG FOR EVERYONE INVOLVED WITH ADAPTIVE ROWING ACROSS DEVON.

There is also a new challenge series; Devon Adaptive Rowing Youth League (DARYL) Each term there will be a different challenge posted on the blog for pupils to complete. From Summer Sprints to Winter Endurance events there will be a challenge to suit everyone.

Go online now and find the challenge at <http://devonadaptiverowing.blogspot.com>



## Special Schools Panathlon



On Tuesday 27th April, 7 schools took part in the Special Schools Panathlon at the Devonshire Health Club in Plymouth. The event was a joint venture between the two School Sports Partnerships in Plymouth. Students from Woodlands, Mill Ford, Mount Tamar, JCC, Courtlands, Longcause and Plymstock School all entered teams in a number of events including Rowing, Football, Boccia and Tennis.

In the rowing event racing was close in the heats and even closer in the seeded finals. With medals for the top three in each final all the competitors pushed themselves to the limit to place in a medal position.

For a full results list go to the new Devon Adaptive Rowing Blog at <http://devonadaptiverowing.blogspot.com>



Joseph with his gold medal after rowing a distance of 358m in 2 minutes

## On Water Rowing Sessions



The leaves are back on the trees, the flowers are blooming and the weather is getting warmer. It can only mean one thing.  
*Time to get rowing on the water!*

Sessions on the water are now available at the Mount Batten Centre in Plymouth.

The session length can be varied to suit individuals needs and sessions are carried out in individual boats (as in the picture on right).



To arrange a session email [paul.johnson@britishrowing.org](mailto:paul.johnson@britishrowing.org)

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## Spotlight on...

# Longcause

COMMUNITY SPECIAL SCHOOL



Longcause Community Special School have been involved with indoor rowing as well as rowing on the water for well over a year now. Some of its students regularly compete at indoor competitions at various levels, row regularly on the water and attend rowing courses during the school holidays. Longcause is one of the most active schools involved in the Devon Adaptive Rowing Project.



As a result of all the rowing activity in the school, some of the students chose to use the rowing machine to fundraise for Sport Relief and ended up keeping it in the classroom.

"We have used the rower in the classroom since Sport Relief Day. Our challenge for Sport Relief was to keep rowing all day long. We managed this (much to our surprise) and had so much fun we decided to keep the rower in our classroom."

- Colin Broughton, Longcause

With the rowing machine in the classroom, the pupils are allowed to go on when work has been completed or at break times. They tally on a chart the distance covered and the time in minutes that they have rowed and this is added up to give class totals for the schools - 'Row to the Olympics Challenge'. The school has seen benefits through increased fitness levels, improved numeracy skills and better teamwork.

## Get out onto the water this Summer



Summer holiday rowing sessions are available for students at the Mount Batten Centre in Plymouth this year.

Group numbers are kept low to ensure that participants have an enjoyable experience and come away with a smile.



For dates and prices check the online blog or email [paul.johnson@britishrowing.org](mailto:paul.johnson@britishrowing.org)

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