



Welcome

We are delighted to welcome you to Star Club where we offer rowing and sculling opportunities for all ability levels and ages. Star is primarily a competitive rowing club performing at local, regional, national and international events with notable achievements at the highest level. Star club also caters for recreational rowers who wish to enjoy the sport in a more relaxed manner, without competing.



Star Club was founded in 1960, (the full history is available on our website) and has evolved into a thriving rowing club built around the values of respect, passion and pride both on and off the water. Over the years, there have been several members from Star Club who have progressed to International level and competed within the GB rowing squad. Notably, Tim Foster who won a Gold medal at the 2000 Summer Olympics held in Sydney.

The majority of funding for the club comes from membership fees. We are lucky and proud to have Ceetak as our long term principle sponsor; you will notice Ceetak written on the side of many of the boats and our club kit. We also receive funding from the Poynter Charitable Trust and other local charities.

The club has a president who serves a 3 year term of office, and an elected Management Board. Details of individual management board officers and their responsibilities can be found at: www.starclubrowing.co.uk

The main people on the Management Board include:

- Chairman
- Secretary
- Treasurer
- Captain
- Welfare and Safeguarding Officer

There are many other roles that help the club to function. As a club member we strongly encourage you to become involved and volunteer your time which will be gratefully received.

Rowing membership is made up of 8 different squads

1. **Learn to Row** – An introductory rowing course, run over several weeks by volunteers on Sunday mornings from 9.30am – 12pm. The coaching is either 1:1 or 2:1 and rowers normally fledge to the development squad once they are able to competently scull the full length of the river.

In addition, there is a six week ‘Try Rowing’ course which runs within the same group, however these rowers normally fledge to the recreational squad.

2. **Development Squad** – This is a transitional squad, which is led by an experienced coaching team. It involves a land and water training programme which is based on building rowing performance and prepares rowers for competitive racing.

3. **Recreational Squad** – A group of rowers who usually meet on Tuesday evenings and Sunday mornings. They are keen to enjoy the sport of rowing together without the dedicated training required to compete.

4. **Junior Squad** – Currently the largest squad, enrolling and developing youngsters from the age of 12 – 18 years. This squad has a group of dedicated volunteer coaches and introduces the juniors to competitive rowing with great success.

5. **Senior Women** – A competitive squad of women who train regularly and compete locally, regionally, nationally and at Henley Women’s Regatta.

6. **Senior Men** – A competitive squad of men who also train regularly and compete locally, regionally, nationally and at Henley Royal Regatta.

7. **Masters Women** – This is a squad of mature women, typically over the age of 40 years, who train regularly and aim to compete at numerous events including National Masters and Henley Masters regatta.

8. **Masters Men** – This is a group of more mature rowers, typically in their 40’s and upwards, who train regularly and aim to compete at numerous events each year. These events include National Masters, Henley Masters and International Masters regattas (World Masters).

NB: Masters rowing begins from the age of 27 years, however young men and women can continue to row as seniors if they wish.

A coxswain is an important member of any crew. They are responsible for steering the boat and issuing the correct commands to keep the crew safe. Star is always looking for new coxes, if you are interested please let your squad leader know.

Star Club Boathouse

There is a fleet of around 60 boats in the boathouse, singles, doubles, fours and eights. We are very fortunate to have two volunteer boatmen who do a fantastic job keeping the boats in order, however every member must take responsibility for the safe handling of boats both on and off the water, any incidents must be reported immediately. Damage to boats should be reported either using Icrew or to your designated squad leader in order that appropriate action can be taken. These reports can also be used to highlight areas of risk which may need future attention.



Incidents on the water must be reported to British Rowing (the national governing body for rowing) via their online reporting system at www.incidentreporting.britishrowing.org. It is important to report any incident of concern, including near misses, whether or not damage, injury or a health issue has occurred as British Rowing gathers data which is subsequently used in guidance to protect rowers.

NB: All capsizes must be reported to British Rowing.

There are systems in place for boat allocation according to rowing ability and there is a comprehensive online tool (Icrew) used for booking boats. The squad leaders are normally responsible for booking the boats and blades required for their squad members. There is also a boat sharing policy in place, details can be found on the Star club website.

It is a British Rowing requirement that all members familiarise themselves with safety issues each year. Please contact your squad leader for further details. Current safety guidance is available on the club website.

All members of the club are responsible for adhering to the 'Star Club Code of Conduct' which is available to read on the club website.

Club Room and Café

We are very proud of our club house and all its facilities. We have a large club room with a well stocked bar, the clubroom is available to hire for private functions. Further information is available on the following website www.coffeetatar.com or from Ann Rennell who can be contacted on 07773 942586.

We are fortunate to have a popular, privately run cafe (thanks to Ann and team) which serves delicious, nutritious breakfasts, lunches and a range of coffees. Currently, the café opens mornings only as follows;

Wednesday 9-2pm, Friday 9-2pm, Saturday 9-1pm
and Sunday 9-2pm.

The cafe is open to everyone; Star members, their friends and families and the general public.

Thursday evening is Star club night and supper can be pre ordered from Ann each week. It is a good opportunity to meet other club members and catch up with rowing news including a weekly update from the Club Captain.



Gym and Changing Rooms

The gym and ergo rooms are available to use according to time slots allocated for your squad. Please ensure you adhere to health and safety rules and clean equipment following use.

We strongly advise you not to leave valuables in the changing rooms, anything left in the changing room is at your own risk. The changing rooms are reserved for juniors between the hours of 4 – 6pm every weekday, adults must not share changing room facilities with juniors at any time.

We have security door fobs which enable access to the changing areas and gym/ergo room. The fobs require a small deposit and are available through our membership secretary:

Email – membership-renewals@starclubrowing.co.uk

Members are encouraged and welcome to join *club circuit night*. This is a circuit training session held on Monday evenings from 6.45pm to 8pm during the winter months. It is held at Trinity Arts College, Bromham Road, MK40 2BS. It is free to all Star members.

Events

Star club host two Head of the River race days during the Autumn/Winter as well as an annual regatta in the summer; we have an excellent rowing events organising committee. However, such events rely on members volunteering their services for a few hours to carry out marshalling or timing duties etc, so please do try to help out if you can.



Car Park

A car park sticker is required to park in the allotted spaces outside Star club, these are available from our membership secretary:

(Email - membership-renewals@starclubrowing.co.uk). This sticker also allows you to park in Prebend Street car park after 6pm on weekdays and any time on Saturdays and Sundays. The sticker must be clearly visible. We share our premises with Viking kayak club, who hold their club night on Wednesday evenings so please do not use the Star club car park after 6pm on a Wednesday evening.

If you are planning to cycle to Star club, there are some sturdy bicycle racks under the outside staircase, please be aware that your bicycle will need to be securely locked up and Star club do not take any responsibility for it. There are locked bicycles kept at the back of the boathouse for coaches to use.

Club Kit

If you would like to purchase Star club rowing kit; we have two suppliers (Godfrey Sports and Rival kit). All ordering information can be found on our club website.

Useful contact information

Website: www.starclubrowing.co.uk

British Rowing: www.britishrowing.org

Email: info@starclubrowing.co.uk

Star club telephone: 01234 212070

The information provided in this leaflet will help you to settle into Star Club and answer some of your initial questions. However, if you require any further assistance please do not hesitate to contact your assigned squad leader.

Happy Rowing!

