



# MBC COMMUNITY ROWING TANK

## OUR FIRST YEAR

Firstly, a huge thank you to all who have made grants, donations, or given up their time to work on the community rowing tank project.

This brief report gives you a snapshot of what your contribution has achieved in our first year.

Each year we normally have a couple of months when the river is closed, which should have generated a strong demand for the tank. As Murphy's Law dictates, in the year the tank was opened there wasn't a single river closure!

Nevertheless, we are pleased to report that (as well as our members, from Juniors right through to the senior squad), many schools, rowing clubs and community groups have used the rowing tank, some of which are listed opposite:

- Kingston Grammar School
- St James School
- Fulham Reach Boat Club
- Hampton School
- Lady Eleanor Hollis School
- Weybridge Boat Club
- Louis Braille School for the blind
- University College London
- Guildford Rowing Club
- Australian Surfboat Team: "Torquay Pirates"
- Henley Rowing Club
- Walton Weyfarers
- Walton Rowing Club
- White Lodge Centre for the disabled
- Surrey University
- Sir William Perkins School
- Wimbledon High School
- Hillingdon RC
- Gosden House School Guildford for children with special educational needs



### ELMBRIDGE BOROUGH COUNCIL OLYMPIC TASTER SESSIONS

Following the club's excellent performance at Rio, we ran three Olympic taster sessions jointly with *Elmbridge Borough Council*. In total we had 30 visitors, who completed a coached session on the tank followed by a video of the Olympics to see how it should be done!

Our aspiring Olympians were pretty evenly split between male and female, and ranged in age from 29 to 72. We hope they will all be encouraged to take up the sport.



# VICTORIA LYONS BACK ON THE WATER



A keen rower from Newark, 14-year-old Vicky Lyon has made an amazing recovery from brain damage after a car accident in November 2015.

Initially paralyzed and unable to walk, Vicky has undergone treatment at Tadworth Court, a rehabilitation centre in Surrey run by the *Children's Trust*, the UK's leading charity for children with brain injury.

Her parents were keen to see if Vicky could start rowing again, and get back into the sport she loves.

As part of her rehabilitation she came to use the *Molesey Boat Club* community rowing tank.

Ian Knight, who coached her in the tank, said it was "remarkable" that she'd retained such good technique.

**"The stability of the Molesey tank gave her the confidence she needed."**

Victoria continued to work on her technique with sessions on the rowing tank over the summer, and rowed on the tank with some *MBC* juniors.

"The stability of the tank at Molesey gave her the confidence she needed and helped her recall the basics of rowing", said Howard Lyon, Victoria's father.

"It's been a great help in her recovery. I'm delighted to report that Vicky is back on the water, rowing with her friends."



**TRY OUT ROWING ON THE NEW  
MOLESEY COMMUNITY ROWING TANK**

## FREE ROWING TANK TASTER SESSIONS

In conjunction with *Elmbridge Borough Council*, *Active Surrey*, and *British Rowing*, we are offering free rowing tank taster sessions to schools and those with special needs.

Our goal is to introduce these groups to sport through rowing, help get them active, and hopefully see them come and use the tank again.

The response so far has been very encouraging.

### THE FUTURE

Over the coming years we will continue to work with *British Rowing*, *Elmbridge*

*Borough Council*, and *Active Surrey* and use the tank to introduce people from all walks of life to the sport of rowing.

All this would not have been possible without your support.

### Thank you.

"What a fantastic facility. Its design is so much nicer than the 'torture chamber' I remember from my youth, with holes in large blades... *Hillingdon RC* will be a frequent visitor!"

- **Matthias J. Koeppe**  
MD PhD FRCP

- Molesey Boat Club is keen to encourage schools and community groups to come and try out rowing.
- We are offering the opportunity to book a free taster session until the end of July 2017.
- The club has high quality facilities and expert coaching for children and adults.
- This is a great way to introduce children to a new sport in safe, stable conditions off the river.
- Our rowing tank is suitable for children with special needs, and those with visual impairment.



**FOR MORE INFO AND  
TO ARRANGE YOUR  
FREE TASTER SESSION:**

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