



Vesta Rowing Club

Application for Membership 2008/2009 Season

1. Personal Details		
Surname:	First Name(s):	Date of birth:
Address:		Post Code:
Contact telephone:	Email:	
Occupation:	Emergency contact (name & mobile):	

2. Rowing Experience	
Rowing experience:	Novice / Intermediate / Experienced (circle as appropriate)
Capability:	Bowside / Strokeside / Steers / Sculler (circle as appropriate)
Rowing points:	Sculling points:
I have previously been a member of the following rowing club(s):	

3. Membership Category	
Please circle your preferred membership category and payment method:	
Active £405	Student £100
Honorary £60 (non-rowing/social)	Cadet £25 (under 17 years old on 1 st October)
I include a completed: a) direct debit form or b) a cheque for £_____ made payable to "Vesta Rowing Club".	
Important subscriptions information	
<p>Annual subscriptions are payable on 1st October of each season and can be paid via Direct Debit over six months or by cheque. All new members must pay £50 of their subs by cheque which should be submitted with this form, and also complete a direct debit instruction. New members joining during the year pay as follows: those joining between 1st October and the VIIIIs HORR (March) pay the full subscription; those joining between VIIIIs HORR and Henley Royal Regatta (July) pay a half subscription. For those joining between Henley Royal Regatta and 30th September, the full subscription is due which will be credited towards the following season.</p>	

4. Declaration		
<p>I declare that the information given above is accurate and true. I understand that rowing is a physically demanding sport and confirm that I have no medical or other reason that would be affected by or preclude heavy exercise. I can swim further than 100 metres. I apply to become a member of Vesta Rowing Club in the category marked above, and agree to be bound by the prevailing rules of the club; this will include my agreement to contribute a maximum sum of £1.00 (one pound) in the event of the Club being wound up. I have read the 'Notes for members'.</p>		
Name:	Signature:	Date:
Countersigned by a parent for applicants under 18 years:		

5. Proposer and Seconder	
We, the undersigned, support the application of the above named for membership of Vesta Rowing Club. The applicant has read the safety notices and understands their responsibilities to the Club.	
Proposer's Name:	Proposer's Signature:
Seconder's Name:	Seconder's Signature:

VRC Use Only			
Elected Date:	Membership Secretary:	Entered Date:	

Please put this application form on the Club noticeboard, deposit your cheque and Direct Debit form in the Treasurer's box behind the bar, and retain the 'Notes for Members'



NOTES FOR MEMBERS

The 'Notes for Members' are an introduction to Vesta Rowing Club and rowing. These notes are not definitive, but we hope they provide a straightforward introduction to rowing, racing and how Vesta's members like to run their club.

A. Rowing Safety and Security

Vesta Rowing Club is very proud of its ethos of the safe practice of rowing and sculling.

All rowers and scullers are responsible for the safe working of their equipment. All members must check that heel restraints, bow balls, and rudders and fins are in good working order before boating. Members should ensure the weather conditions are appropriate for rowing, that they are wearing clothing appropriate to the conditions, and that the their boat is appropriately lit one-hour before sunset until one-hour after sunrise.

It is the responsibility of all members to read the Club's safety boards, and club or PLA safety notices which will be issued via email and/or posted on the Club website (www.vrc.org.uk). Members are encouraged to report any unsafe acts to the Club Safety Officer, and if necessary to complete an Incident Report Form which are available from the Club office.

As with all sports and particularly water sports, there is a potential for coming into contact with viral or bacterial infections. We ask all our members to wash appropriately as they use the club's facilities particularly the 'crew room'. Please seek professional advice before training with an injury or illness.

Vesta has over 300 members and the Club is often open throughout the day, everyday. Due to the large number of Members passing through the Club, the Club cannot take responsibility for personal possessions left in the Club. We endeavour to provide lockers for as many of our members as possible, and we ask all Members to ensure they use an adequate padlock. Note the club does not take any responsibility for members' boats racked at the Club.

We advise all our members to join the Amateur Rowing Association (www.ara-rowing.org.uk). This enables you to enter all UK rowing events, and provides for 3rd party insurance should you be involved in an accident. Please see the ARA website for further information.

Please ask your proposer or seconder takes the time to show you the Club's facilities, the Club's safety notice board and the Club's rowing boats and equipment.

B. Membership and Subscriptions

Vesta Rowing Club has 150 active rowing members and a further 150 honorary members (akin to social membership). A strong membership pays for high quality and equipment and facilities.

For the current season subscriptions are as follows:

- Active Member: £405
- Honorary Member: £60
- Scull rack: £145

Those joining before 31 March are liable for the full subscription of their membership category. Those joining between 31 March and 1 July are liable for half subscription. For those joining after 1 July, their subscription will be credited towards the following season.

New members are asked to pay £50 towards their subscription by cheque with the remainder of their first year paid by Direct Debit over six instalments from January to June. Existing members will pay their subscription over six equal monthly instalments from November to April of each season. Those paying by cheque are expected to settle their account by 31 December.

We take a strict line towards none payment of subscriptions. Members who do not settle their account in good time will be excluded from rowing and competing with the Club.

However, we do not want to exclude Members on affordability and ask anyone to contact the Membership Secretary at membership@vrc.org.uk if they have any concerns about payment or would like to request a reduced subscription.



Notes for Members (continued)

C. Squad Rowing

Vesta Rowing Club will typically run six different rowing squads: a novice, intermediate and senior squad for the men and for the women members. Whilst the Club shall endeavour to ensure members receive the right level of coaching, availability of places in these squads is contingent upon the availability of coaches, launches, rowing equipment and the commitment of the squad members to follow the designated coaching programme.

Coaches with the support of the Rowing Committee may decide to increase or decrease the available seats in each squad at their discretion. This may include competitive selection for crews in the form of seat trials, gym/ergo scores and technical proficiency as appropriate.

Coaching may be available outside the formal coaching structure on an ad-hoc basis upon request. Please speak to the Captain of Boats.

D. Racing and Competition

Rowing is an extremely competitive sport with Club members representing all tiers of ability from novice through to national level. We have had significant success at a large numbers of events in recent years, a success we would like to continue.

The Club enters all crews into regattas through the Rowing Secretary by request of the squad coach or individual members. Members are asked to deposit funds into Vesta's 'Race Account' and are required to ensure they have sufficient funds in the account prior to each race to cover the race/regatta costs, otherwise the entry will not be entered.

All regattas charge a race entry fee which can be more than £10.00 per seat per race; race fees are charged to our members in addition to the Club membership fee. In addition to the race fees, Vesta charges £1.00 per seat raced to cover the cost of fuel and trailer maintenance. For members who are actively racing throughout the season, the costs of racing can be substantial (in excess of £150 per season for a highly competitive rower or sculler).

Competitors, including coxswains, must be a member of the Amateur Rowing Association (www.ara-rowing.org.uk) to be entered into any ARA race or regatta. Coxswains and coaches do not pay a race fee.

The loading of boats on the trailer going to and from regattas is the responsibility of the individual crew. The crew is responsible for tying their boat securely, and for ensuring the correct seats and riggers are loaded onto the trailer. The first and last racing crews of the day are expected to accompany the trailer to and from the Club if required.

E. Rowing Equipment

Vesta Rowing Club invests heavily in new rowing boats and equipment. In the past few years we have consistently spent circa £25,000 per season on new boats and rowing equipment. We have a defined, long term boat buying policy in place that aims to meet the best, long term interests of the Club.

Inevitably due to the nature of the sport boats and equipment and the amount of use they get, the boats and equipment may get damaged through accident or normal usage. If you have problems with any of the equipment please log the damage on the white board in the crew room. We would all agree there is nothing worse than getting to the pontoon of a race, miles from the Club, only to discover you cannot race due to avoidable equipment failure.

Racking and Private Boats

The Club has a number of racks in the main boatshed which, on payment of a fee, are made available on an annual basis for members who own their own sculling boats. These racks are made available entirely at the Captain's discretion and members should note that there is generally a lengthy waiting list for racks to become available. Members should similarly note that if a rack is made available to them, any boat stored on that rack is placed there entirely at the owners risk, and that they are responsible for insuring the boat and otherwise ensuring its maintenance and safe-keeping. The Captain may ask Members who are not using their boat regularly to either let other Members use their boat or otherwise free up their boat rack for other Members to use. Racks are there to be used by active members; racks are not provided for general storage for the boats of inactive Club members.

The Club does not take any responsibility for Members boats or equipment racked or stored at the Club.

Any requests for a rack space should be made to the Captain of Boats: captain@vrc.org.uk.



Notes for Members (continued)

F. Rowing Calendar

Vesta Rowing Club actively participates in numerous head races and regattas throughout the season across the range of ability of our members from novice through to veteran rowers. In addition, we are a very social club and encourage our members to attend a variety of social functions throughout the season.

The main events during the year are as follows:

- October: Fours Head of the River
- November: Vesta Scullers Head, Vesta Annual Dinner
- December: Vesta Plum Puds, Vesta Christmas Party
- January: Remenham Head
- March: Reading Head, Kingston Head, WEHARR, HARR, Vesta International Veterans' Head of the River Race
- April: Remenham Annual Dinner, The Boat Race Luncheon
- May: Wallingford Regatta, Twickenham Regatta
- June: Metropolitan Regatta, Marlow Regatta, Henley Women's Regatta, Henley Royal Regatta
- July: Kingston Regatta, Richmond Regatta, Staines Regatta, Molesey Regatta, National Championships
- August: Henley Town and Visitors, Peterborough Regatta, City of Oxford Regatta, Bristol-Gloucester-Ross

These events not only provide an opportunity for our members to compete at club and in some cases at national level, but also provide for a great social occasion for those not competing. Many of the Head races row straight past our Club balcony and support on such days is actively encouraged. In addition to these regattas, members may enter other regattas of their choosing, though the onus on arranging entries and transport is the responsibility of individual members in this case.

G. Remenham Club

Vesta Rowing Club is a founding member of Remenham Club. Remenham Club was founded by seven Metropolitan rowing clubs, including Kingston, London, Molesey, Thames, Twickenham and Staines rowing clubs in 1909. Remenham Club, on the banks of the Thames in Henley-on-Thames, is an excellent venue from which to watch racing during Henley Royal Regatta and to socialise with other rowers from our fellow clubs.

Remenham Club accepts applications for membership from those rowers who have demonstrated competency at numerous rowing events including Henley Royal Regatta and Henley Women's Regatta. There is currently a waiting list for membership. If you are interested in becoming a member of Remenham Club please speak to one of our current Remenham members.

Information about Remenham Club can be found at: www.remenhamclub.co.uk



Notes for Members (continued)

H. The Club House

In the past ten years Vesta has invested significantly in a new gym, a new balcony, the women's changing rooms, a new kitchen and rewired the building, and consistently spent c. £20,000 pa on new boats and rowing equipment.

The Club House, we would hope you agree, is a beautiful Victorian building. It is not our first home (Vesta first rowed from the Wandle River in 1870). However the Club House, as with all buildings in constant use, needs to be well looked after. We are constantly ensuring the building meets our needs and is safe for all our members. However, if you do spot any particular issues, such as blown light bulbs or broken locks, please refer them to the House Captain, Dick Welch: dick@vrc.org.uk.

I. Volunteering

Vesta Rowing Club is a club run by its Members for its Members. Vesta's success is testament to the efforts our members put into the Club; without this support the Club could not be a success on or off the water.

Throughout the year the Club runs a number of events, most notably the Vesta Scullers Head of the River Race and the Vesta International Veteran's Head of the River Race. These and other events are both critical to the success and standing of the Club and the success of rowing as a sport. For these and other events the Club does ask its members for support in running the events, whether assisting with the execution of the events themselves, providing pre- and post-race refreshments or assistance with serving at the Vesta bar.

In addition Vesta runs a number of socials and parties throughout the year and asks that members provide as much support as possible. This includes preparing the Club for parties and help with running the bar.

We encourage members with enough rowing and/or sculling experience to participate in coaching and/or to work towards achieving the Umpires licence. Rowing remains a predominantly amateur sport and any time Vesta members can put back into the safe and competitive running of the sport is highly appreciated within the Club and the wider rowing community.

Mostly Importantly ... Vesta Bar

Vesta Bar is renowned along the length and breadth of the Globe with numerous international connections from Canada to Australia. For "reasons why" please visit the Vesta bar.

Vesta Bar hosts all manner of pre-, during and post-event celebrations throughout the year. There are five major Head races, our Annual Dinner, the Boat Race, and other Vesta parties all providing the perfect excuse to frequent the bar. This of course is in addition to the normal weekend and mid-week post-outing/training drinks.

The bar is open every Saturday and Sunday from late morning to the last Member standing, and during the week from about 7pm and serves Guinness, Carling and London Pride on tap, and all many of other beverages from bottles.

The bar is run by our own Members (we do not pay for staff), and it is a vital part of our boat buying programme. The more money we put behind the bar the more boats we can buy.

