Unexpected benefits for Nottingham rowers

Written by Administrator
Tuesday, 15 September 2015 14:27 -

Nottingham Rowing Club's Junior rowers, recruited from local schools, train for about 15 hours a week. Apart from making them fitter and healthier than their peers it has had an unexpected effect on their education, life and career prospects.

A study by the Universities of Strathclyde and Dundee found that intensive exercise improves the academic performance of teenagers. The study found links between exercise and exam success in English, Maths and - particularly for girls - Science. The authors claimed that, since every 15 minutes of exercise improved performance by a quarter of a grade, it was possible for children who carried out 60 minutes of exercise a day to improve their academic performance by a full grade from a C to a B or B to an A for example. Dr Josie Booth, from Dundee University said: "Physical activity is more than just important for your health. There are other benefits and that is something that should be especially important to parents."

American Rowing coaches on the international regatta circuit identified Nottingham Rowing Club's Anna Thornton (Becket School) and Kyra Edwards (George Spencer School) as talented scullers and offered them generous sports scholarships to row in Washington and California respectively; they are off to the States before the end of the month. "This is a most unexpected result of being involved in the sport. A life changing outcome" said club President Keith Atkinson.

Yet another benefit resulting from being involved in rowing has been in university applications. Several universities regard rowing success as good for their image, and are willing to modify entry grades in order to attract suitable candidates. Financial incentives too have been offered to Nottingham rowers by interested universities.

For youngsters aspiring to become university students, the message may not be as simple as 'If you want to go, row!' but it certainly looks as though it could be a help.