OUR VISION

The Boat Club is one of the University’s top performance sports and is becoming increasingly competitive in both Scottish and British rowing. Our vision is to create an environment that supports athletes of varying ability, enabling them to achieve their maximum potential, compete at the highest levels of British and international sport, and represent the University on the global stage.

The sport of rowing is renowned for its exceptionally dedicated and committed athletes with St Andrews’ senior rowers training up to 11 times every week. This goes beyond a desire simply to maintain physical aptitude and fitness, but also to further the reputation and success of the club of which all our members are so loyal.
Founded in 1962, the University of St Andrews Boat Club is a relatively young rowing club compared to many others in the UK. When founder John Browne started the club, he had “no water, nobody to row with, no boat, and no oars”, but nevertheless was able to create what is now a high performance rowing club both within Scotland and the UK.

Today the club is part of the University’s performance sport programme and welcomes rowers from all backgrounds and with different levels of experience. We cater for heavyweight, lightweight and novice rowers and currently support four squads – Novice and Senior Men, and Novice and Senior Women. With just over 50 members, the club offers a high performance training programme within a close knit community.

The club is run by a committee of student rowers, who are responsible for the day to day running of the club, as well as coordinating additional projects, such as a school’s indoor rowing programme, a sprint regatta held in September as well as winter and Easter training camps overseas, with past camps held in the Netherlands, Spain and Italy.
The Boat Club is one of 12 performance sports at St Andrews, benefiting from increased support and a dedicated sports specific Director. We strive to provide the very best support and a comprehensive programme of training and competition to enable our students to harness their full potential so we can compete with the best universities across the UK.

**PROGRAMME HIGHLIGHTS**

- Eleven training sessions per week for senior athletes (nine sessions for novice rowers) including ergo, water and strength & conditioning sessions
- Five water sessions per week at Lochore Meadows for all athletes
- Sport specific Strength & Conditioning
- Competitive local and national regattas
- Video analysis sessions focusing on individual technique of the rowing stroke and boat performance
- Sports science support (nutrition, hydration, psychology, recovery)
- Physiotherapy support
- Leadership and personal development programme
- Three comprehensive training camps in the autumn, winter and spring breaks, in Scotland and abroad
- Full training programme through to Henley Women’s and Henley Royal Regatta
- Weekly Wednesday sports’ night socials and annual Club dinners at Christmas and in May, co-ordinated by our Social Secretaries
The Boat Club endeavours to create competitive and determined athletes who strive to succeed individually as well as with their respective squads. Commitment, dedication and teamwork are key characteristics of successful UStABC athletes.

The long term aspiration of the club is to continually send athletes onto the Scottish Rowing Team and ultimately to send athletes to compete for the GB U23 Team. In both 2018 and 2019, we supported four athletes in their selection to the Scottish Rowing Team and one athlete at the first stage of GB Rowing trials.

The club has seen incredible development over the past few years, increasing both our numbers and our standing within the Scottish and British Rowing communities. In 2014, we gained performance status and appointed our first Director of Rowing, Iain Rice. Under his guidance the club saw great competitive success in competitions and regattas throughout the UK, including course records on the Tideway, BUCS medals, points and Championship Finals. We recently recruited a new Director of Rowing from New Zealand, Jordan Stanley, in February 2019. Since his appointment, our competitive strength has grown further and in 2019, we became British, British University, Scottish and Scottish University Champions. We reached the quarter-finals of Henley Women’s Regatta and the Semi-Finals of Henley Royal Regatta, finishing in the top four crews out of 49 entries. One of the Club’s foremost goals is to win an event at one of the Henley Regattas in the coming years.
DIRECTOR OF ROWING
JORDAN STANLEY

Jordan Stanley joined the University as Director of Rowing in 2019 and has a background in school and international rowing.

Jordan was previously a teacher and the Head Coach at Westlake Boys’ High School in New Zealand, one of the top boys’ programmes in the country. He has also coached at representative level in New Zealand and Scotland. Jordan’s athletes have gone on to representative honours with the New Zealand Rowing Team across all levels, as well as the Scottish Home Countries Team.

In his own rowing career, Jordan won multiple New Zealand and New Zealand University Championship titles. He also represented New Zealand in the Men’s 8+ at the 2009 World Junior Championships and the 2011 and 2012 Trans-Tasman Universities Regatta.
In January 2016, the Boat Club moved its main water-training base to Lochore Meadows Country Park, set amongst the stunning Fife countryside.

Loch Ore provides 1.4km of open water and consistent and predictable training conditions; it is small enough to allow for easier coaching, yet large enough that all our crews are able to train at once. A 45-minute drive from St Andrews our water-training base is a beautiful place to row, but also provides the perfect location from which to expand the club, in terms of both the quality and quantity of boats representing the University.

Our squads train on the loch on Wednesday afternoons, either Thursday or Friday mornings and at the weekend. Each squad has access to an extensive fleet of boats of every class and calibre – from novice sculling to brand new top-of-the-range, sweep boats. The club continually updates and renews its equipment, thanks to support from corporate sponsorship, large fundraising programmes and generous private donors.

The recently redeveloped University Sports Centre is the main land training base for athletes during the week, with ergometer (rowing machine), cardiovascular and S&C training all taking place in bespoke facilities. As part of the performance programme our athletes are afforded access to sport specific specialist strength and conditioning coaching within the University’s dedicated strength and conditioning suite. Senior athletes will attend up to six land sessions a week, with Novice/Beginner athletes attending up to five.
The annual rowing programme incorporates comprehensive autumn, winter and spring training camps each year, either in the UK or abroad.

Our training camps are vital for making improvements before the summer racing season begins and particularly preparing our athletes for the Scottish Head season and BUCS Head, where the club medalled for the first time in 2017. Training camp schedules involve up to three water sessions a day, varying in intensity and distance.

The club has organised a number of foreign and domestic training camps over the past few years, with recent destinations including Lovere (Italy), Banyoles (Spain), Pitlochry (Scotland) and the Netherlands.
Joining a sports club is a great way to meet new people and make new friends when arriving in St Andrews, and opens up a wealth of experiences and opportunities.

The Boat Club recruits annually in September, taking on both those completely new to the sport and those who have rowed previously. Our novice programme is streamlined in the first few weeks according to potential and the club also has an annual intake of coxes and coaches.

Lifestyle management for rowers at St Andrews is challenging but certainly possible. Our squads train early in the mornings and in the mid evenings, allowing athletes to balance their studies and other commitments around their training schedule.

By joining the Boat Club, new rowers to St Andrews will find a close-knit and dedicated community of performance athletes, who continue to make lifelong friendships through their passion for rowing.
In 2015 The Boat Club launched a weekly indoor rowing programme, working with external partners to facilitate the development of rowing for schoolchildren in the local Fife area. The indoor rowing programme was launched thanks to a successful grant application from sportscotland's Awards for All scheme, and sees volunteer student coaches from the Boat Club deliver training sessions to children from the local community. Student coaches go through their own training scheme before having the opportunity to volunteer across their four years in the Club. This new, exciting programme is the first stepping-stone in an ambitious plan by the Club to make rowing more accessible to the communities of Fife.

The Big Free Open Weekend
Each year, the Club also takes part in the Big Free Open Weekend at Loch Ore, our water-training base. With support from Scottish Rowing, the Club arranges for glide singles to be brought from Glasgow, so that taster sessions can be offered in single sculls, stable enough for a first outing on the water.
The Eden Boat Club is the alumni rowing club and supporter’s network for the University of St Andrews.

Founded by a small group of alumni in 2015, the club has rapidly grown from humble beginnings with private match racing in Oxford, to being an encompassing supporters’ network and potential future racing club. Eden BC has taken on a supporters’ club role, bringing together generations of alumni for social activities and reconnection efforts with the club for all of our alumni. Membership of the club is free and brings a series of benefits to our members, including an annual newsletter and access to a plethora of social events.

The Eden Club aspires to offer racing in a few years’ time at all standards for its members, whilst promoting student and alumni relations via several social events throughout the season, including an annual alumni dinner in London and Henley Royal Regatta BBQ and drinks party.
Today, the University offers a flexible degree structure based on your choice of subject or research specialism, creating an environment which nurtures inquisitive minds and a culture of shared learning.

St Andrews provides a unique location for a very special university. Wherever you walk you are reminded of its rich and colourful history with buildings both ancient and modern. The beautiful unspoilt beaches with fresh clean air and wide expanse of sky provide the perfect antidote to the classroom or laboratory.

St Andrews offers students from all over the world an outstanding academic education with research-led teaching and a truly unique student experience. The University’s size gives students at all levels access to top academic staff, and with students from over 140 different countries and territories, every student gets a truly international experience.

There are plenty of opportunities to meet the University staff, both in St Andrews and elsewhere. Whether you have questions about your application or student life, you can do so no matter where you live.
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