

Inspiring the next generation...

...developing sports champions and creating local heroes

Rowing



Amy McCarthy, a Year 10 student at Kingsmeadow School in Gateshead, had never rowed until taking part in the TBSF Get Going Get Rowing competition in Year 7. Unsure as to how well she would perform on the day, a rather quiet and nervous Amy was thrilled to find she displayed some real talent under pressure and finished first in her category. By Year 8, Amy continued to progress in Indoor Rowing and after winning the North East Regional Final found herself returning from the National Junior Indoor Championships with a coveted Silver Medal. Amy was then encouraged to attend Tyne United Rowing Club to try out her talents on the water and despite the fact she has to take two buses and has a further 45 minute walk she now trains 3 times a week. She is achieving great success at national level and has her sights firmly set on becoming a future Olympian. Amy continues to use the ergometer as an indoor training tool and has recently rowed 2000m in 7:44 minutes - an impressive time if she was an 18 year old and at only 14 is truly amazing!

Amy previously played tennis at primary school and netball at Kingsmeadow but it is the rowing that has captured her heart. Preferring to work individually, she knows that she only has herself to rely on and is often the first and last on the machines showing true dedication. Amy now wants to give something back to her sport and TBSF are supporting her to train as a coach thus enabling her to help others in her school, club and community to fully enjoy the experience and enjoyment of rowing that Amy has encountered. What started out as a hobby and a way to lose weight has certainly turned into a real passion and Amy now wants everyone to enjoy rowing as much as she does!

