



Rowing Ireland Women in Sport Strategy 2025

Rowing Ireland's Women in Sport Strategy aligns with Sport Ireland's overarching vision — to create a sporting landscape where women have equal opportunities to reach their potential and enjoy lifelong participation in sport.

Our strategy is dedicated to making rowing accessible, inclusive, and welcoming for girls and women of all ages and abilities. Building on the progress achieved since the introduction of this funding stream, we are committed to driving further development across four key pillars:

- **Coaching and Officiating:** Increasing the number of female coaches and officials while providing pathways for development.
- **Leadership:** Empowering women of all ages to take on leadership roles at club, regional, and national levels.
- **Active Participation:** Encouraging greater involvement in rowing for women of all backgrounds and abilities.
- **Visibility:** Showcasing the achievements and contributions of women in rowing to inspire the next generation.

Through targeted initiatives and continued collaboration, Rowing Ireland aims to create a more inclusive and supportive environment where women can thrive in all aspects of the sport.



Women in Sport

To increase the number of woman involved in Rowing throughout Ireland (rowers, coaches, officials, administrators, leaders)

Goal		Action	Ownership	Timeline
1.	Develop a female leadership programme for Women in Sport	Work with Sport Ireland's WIS lead to develop a female leadership programme, specific to women in rowing	Core	By 2025
2.	Create Women in Sport Future Leaders Programme for youth members	Work with clubs to develop a programme specific to young girls in rowing, and their development	Core	By 2026
3.	Continue to champion female athletes in the sport, as a priority	Raise the profile of high performing female athletes	Core	Ongoing
4.	Increase number of women involved in rowing	Place an intentional emphasis on women in rowing – across all roles – with a positive bias towards supporting and encouraging women to take on roles within Rowing	Core	Ongoing