

NORWICH ROWING CLUB

JUNIOR Learn2Row Courses 2015

Cost: £100 per person.

There is a 50% reduction on this cost for those who have achieved 95+% of the "Gold Medal" standard distance for indoor rowing in their age group.

The date for the 1st course:



JuniorL2row 2015 Monday 30th – 1st April
(capsize session date tbc)

The courses will run on three consecutive days from **10am -3.30** (with a break for lunch). (First Day please meet at 9.30am at the clubroom).It will be followed soon after by a capsizing drill held at a local swimming pool – usually a Sunday afternoon.

What your child will learn:



- Safe boat handling,
- "sculling" technique (that's rowing with two oars),
- what to do if you capsize, - in a swimming pool;
- Sculling in crew and individual (training) boats.
- using the indoor rowing machine for training technique and fitness,
- steering a boat, (coxing)

Your child will need to bring–

- To be in PE kit and bring a change of clothes and a towel (just in case!)
- Warm tops and track bottoms or leggings/ waterproof/ sun hat/sun cream –for all weather conditions
- Wellingtons – as tidal so water height can vary
- Packed lunches /water etc
- Money as hot drinks and snacks will be available in the clubroom
- There will be more detailed forms to be completed by parents/carers that will be given to parents/carers to complete at the start of the course to ensure we meet our Club Mark requirements

Location:

Norwich R.C. Whitlingham Lane, Trowse, Norwich, NR14 8TR

- The course start and end of day will be in the club house opposite the boatyard – all water activity takes place on river by the boathouse
- Our qualified professional coaches Graham Sparkes and David Wynne (CRB checked) will be teaching skills in a friendly club atmosphere.
- Current junior squad members including national medallists will be helping out at some sessions
- You child must be able to swim 50m in clothes
- There is a maximum of 12 places on each course so book early

After the course

Following the course your child will be ready to join the junior section of the club if he/she has enjoyed the experience and wants to continue

- **Club and British Rowing membership forms** will be given out at the end of the course if your child wishes to join Norwich RC junior squad to further develop skills within the squad system
- **NRC Junior membership is £348 pa** (pro rata when you join) including all coaching /launches fuel costs etc
- **British Rowing membership** is £25.50 for 15-18 and £16 if under 14 (free in first year). This is needed for insurance/racing and includes a monthly magazine <http://www.britishrowing.org/membership>
- **Foundation Junior Squad Sessions** are on Tuesdays (5.30-7.30pm) on the water for the summer (in the gym during the winter) and Saturdays (1-3pm)
- As they progress (and depending on age) these will be extended to Thursday evenings (5.30 – 7.30pm) and Sundays 8.30 -10.30.

And soon start racing and enjoying all the fun!

Coordinator for the Learn2row courses -

Graham Sparkes

- *mobile: 07905039291*
- *email: grahamsparkes@live.co.uk*

Norwich RC Junior Learn2row Application Form 2015

Course	JuniorL2row 30th Mch – 1st April 2015
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Please complete the following details

Name of child		
Date of birth		
Parent/Carer Telephone number/s	Home	Mobile
Parent/carer Email address		
School attends		
Any dry row score (if attends school club)		Dry rowing experience?
Any water experience?		
<p>To ensure a place –</p> <p>I wish to pay for the course and enclose a cheque (payable to Norwich RC) for the total cost £100</p> <p><i>please send to</i></p> <p>Graham Sparkes (Junior Coach) 6 Norwich Road Hapton Norfolk NR15 1SD <i>Cheques payable to Norwich Rowing Club</i></p>		<p>Please tick</p>
<p>I will email the completed form to grahamsparkes@live.co.uk and bring the cheque to the start of the course</p> <p><i>Cheques payable to Norwich Rowing Club</i></p>		