



Whether you're an experienced oarsperson or wanting to try it for the first time, rowing is a great sport and we'd love for you to join us at Runcorn. We have good boathouse facilities and the best stretch of water in the Northwest.

If you have rowed before then, depending on age and ability, you're welcome to join one of our men's or women's squads. Each squad has a dedicated, qualified coach who can help you achieve your goals, whether they are for improving technique, increasing fitness or success in competition.

If you are under 18, then we have a growing and successful Junior Squad, the most successful in the Northwest.

If you're new to the sport, then we offer regular 'Yearning to Row with Runcorn' courses. Courses are usually held on Saturday or Sunday mornings from 1030-1230. The capsise drill is on Saturday evening. If there is sufficient interest it may be possible to plan a course on Summer weekday evenings.

Details are as follows:

### **Introduction:**

It is a 6 week course which will introduce you to rowing.

The outcomes are:

- A working knowledge of the sport, both on the water and off.
- An understanding of safe rowing procedures.
- An understanding of basic British rowing technique
- The ability to scull with others 4,000 m
- Knowledge of Runcorn Rowing Club
- Temporary membership of the Club and progression to a rowing squad, if desired.
- Good times

## **Requirements**

- The ability to swim fully clothed 100 m and to tread water for 5 minutes. Instruction on capsize drill and water safety will be carried out in session 2
- A Club membership form including a declaration of health form duly completed.
- Acceptance of the terms and conditions.
- Attendance at all 6 sessions.

## **The course**

Learning to row takes a combination of technique and strength, and you will have the opportunity to develop both. Some coaching will be during water sessions and some will be in the gym using rowing machines (ergos). You may already have experience of ergos in other gyms, and may find that our coaching is better than you have previously had as we use the ergo as a tool to teach you to row on water, and not to just thrash the machine for a fast time.

The course will be led by a qualified British Rowing instructor and coach supported by members of the club and a course administrator. Normal club equipment will be used and the course will be based at Runcorn Rowing Club.

## **What to wear**

In the winter it can get very cold, and you will need to wear layers of light clothing rather than a big padded jacket as this will get in the way. Ideally a long sleeved thermal base layer (as worn by climbers and walkers) under 1 or 2 t-shirts with a sweatshirt (but not a hoodie) and light waterproof on top will give you the protection you need from the weather.

Stretchy leggings, trackie bottoms or Ron Hill type trousers are ideal NOT JEANS - you will not be allowed on the water in jeans.

A hat is also desirable as your ears can get cold.

In the summer leggings, cycling shorts and t-shirts with a sweatshirt are suitable. Sun cream and baseball caps are required on most days as the sunlight is reflected off the water even when it's cloudy. Old trainers are suitable as the boats have shoes attached in them.

You should bring a change of clothes and towel in case of a capsize or

## **Programme**

<b>Session</b>	<b>Title</b>	<b>Activities</b>
1	Dry start	Familiarization with the Club. Health and Safety. Work on land based rowing machines. Hands on boats and boating procedures.
2	Capsize Drill	In a local swimming pool.
3	Wet and dry	Work on land based rowing machines. Initial drills. First strokes
4	Wet and dry	Sculling as a crew. Technique improvement
5	Wet	Same as session 4
6	Wet	4,000 m row. Review & feedback

### **Note**

Sessions three to six are weather dependent.

### **Course timings**

The course will be held for six weeks over an eight week period. All Club based activities will be from 10.30 to 12.30 on Saturdays or Sundays

### **Personnel & Safety**

There will be a maximum of 10 people on each course and 3-4 coaches and assistants at each session. All water based sessions will be supervised by a safety launch.

### **The cost**

The cost for the 6 sessions is £50. This includes the cost of the capsize drill on week 2 and also £30 towards Club membership (non-refundable)

**The fee must be paid at session 1.**

## **Course start dates for 2012**

(2011 courses are fully subscribed)

*Courses will start once we have 6-8 on the waiting list*

- Late January
- Late April
- Late September

## **What next?**

To book your place contact the course administrator Simon Leach:

Mobile            07801-228193

email             [simonleach@mac.com](mailto:simonleach@mac.com)

