



Adult Learn to Row Course Info 2023

www.tynerowingclub.org

As issued 6 June 2023

Location

We are located at Newburn, west of Newcastle, at NE15 8NL. From the north, head for Newburn Bridge, but turn sharp right just before the bridge, go past the Boat House PH, then another sharp right and up and left into our car park. You can also park on the river side of the club house, but not directly in front of the buildings. See www.tynerowingclub.org/pages/contact_or_find_us_10598.cfm.

Days, dates and timings

The adult learn to row courses in 2023 run for one session a week for eight weeks:

Sundays	11 June to 30 July	10.30-13.00 (finish time a bit flexible); or
Wednesdays	14 June to 2 August	18.00-20.30 (ditto)

For those who intend carrying on rowing with the club, there will be a swim test and capsize drill, usually early afternoon on a Sunday in early September, but TBC. There will be a small further charge. You don't need to be able to swim to row, but we would need to discuss this with you at the first session. Life jackets are not generally worn even by novices when in our stable training boats (with an accompanying launch), but are available. There will be a safety briefing in week 1.

What to wear

The general advice for rowing is that clothing should be light and relatively close-fitting but without restricting movement - layers are best. Remember it could be cool or wet. An absolute must - *no hoodies or jackets with unzipped side pockets* - thumbs get caught. Please bring wellies (or other footwear that can get wet) as you need to get your feet in the river when boating and trainers. Things may get wet or dirty, so nothing expensive! Always bring a change of clothes and a towel.

Course outline (this could be varied a little in week 1 if everyone has done the taster)

In week 1 we will have an introduction to the club and to rowing. We will then give you some coaching on basic technique on the rowing machines and some basic 'core' exercises and stretching. You may also get a quick taster on the water. In weeks 2-8 there will be a warm up on the machines and we then get on the water asap, subject to weather. We start with sculling (two oars each) in stable boats for four rowers and then progress, hopefully, to either or both smaller sculling boats or sweep in eights (one oar each, like the Boat Races). We take about 10-12 people on each course.

Booking and charge

Bookings are now in and people informed if successful by email. The course costs £100 all-in and we require that payment to reach us by Friday 9 June 23 by online transfer to us at Tyne Amateur Rowing Club, acct no 00000345, sort code 20-59-59, ref SURNAME_L2R (and email Colin to say you have done it, please).

What happens after the courses

We'll explain more as we go along, but we obviously hope you will carry on rowing with us after your course finishes. You will then start to form our new Novice Squad in August, with full membership of the club required from 1 September. In previous years the Squad has carried on training in the course slots of Sunday mornings and Wednesday evenings, but TBC for 2023.

Pre-course coordinator: Colin Percy at colinwpercy@gmail.com **Lead Coach:** John Ord

Adult L2R web page: www.tynerowingclub.org/pages/l2r_adult_18_amp_over_126990.cfm