



TYNE
amateur
rowing club

www.tynerowingclub.org

Adult Learn to Row Course Info 2024

As reissued 22 April 2024

Dates and timings

The learn to row courses run for one session a week for eight weeks (you choose one or the other):

Sundays	26 May to 14 July 24	10.00-12.30 (finish time a bit flexible)
Wednesdays	29 May to 17 July 24	18.00-20.30 (ditto)

For those who intend carrying on rowing with the club afterwards, there will be a swim test and capsizing drill, usually early afternoon on a weekend in early September. 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, but are available. We always have a safety launch out. There will be a safety briefing in week 1.

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 Branzino's restaurant (in what was 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 this page for more information www.tynerowingclub.org/pages/contact_or_find_us_10598.cfm.

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 and/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 will need to get your feet in the river on the steps. Things may get wet or a bit dirty, so nothing expensive. Always bring a change of clothes and 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 on '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 sweep in eights (one oar each, like the Boat Races). We take up to 12 people on each course.

Booking and charge

Bookings are by email to Colin Percy as below - give your chosen day (Sun or Wed) name, address, and mobile number (all will be kept confidential). Entries open on 22 April and close for priority treatment on 1 May. Places will then be allocated, with bookings made after date that going to the back of the queue. The course costs £100 all-in and we require that payment reaches us a week before your course starts (at the latest) by online transfer to us at Barclays Bank, acct no 00000345, sort code 20-59-59, ref SURNAME_L2R (and email us to say you have done it).

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 through August into September, with full membership of the club starting on 1 October. In previous years the Squad has carried on training in the course slots of Sunday mornings and Wednesday evenings, but TBC.

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

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