



**TYNE**  
rowing club

# Junior Learn to Row

31<sup>st</sup> July – 3<sup>rd</sup> August

14<sup>th</sup> August – 17<sup>th</sup> August

[www.tynerowingclub.org](http://www.tynerowingclub.org)

## Course information

### Location

We are located at Newburn, west of Newcastle. **This is on the north side of the river.** From Newcastle, head for Newburn Bridge, but turn sharp right just before the bridge, go past the Boat House Pub, then another sharp right and up and left into our car park.

The address is **Tyne Rowing Club, Water Row, Newburn, Newcastle upon Tyne, NE15 8NL**

A map is at [www.tynerowingclub.org/pages/contact\\_or\\_find\\_us\\_10598.cfm](http://www.tynerowingclub.org/pages/contact_or_find_us_10598.cfm).

### Course personnel and equipment

Each course will be run by at least two adult club coaches. Names may differ for each course, but unless stated otherwise, they will have Level 2 coaching qualifications and a current DBS check.

Some of our older established junior club rowers (and their parents) may assist with the running of the course under the supervision of the coaches. The club holds full insurance.

The equipment we will use will generally be training boats and oars funded by British Rowing under the Explore Rowing initiative. Some older equipment will be used from time to time.

Although rowers do not generally wear life-jackets, the trainees on the course will wear them when on the water. All water outings will have at least one motorised launch in attendance.

### Dates, timings and refreshments

The courses run for four sessions, Monday to Thursday.

Sessions will start at 1:30pm and will finish at around 4.30pm. If there are any changes to these times because of the weather, the coaches will let you know.

Please let the coaches know by mobile any day if you are going to be late or not coming. We will give you the number to text before the start of the course.

We will provide water or squash. Please bring a water bottle and a snack every day.

### What to wear and advice on valuables

We may not be on the water the first day, but please bring every day:

- a) clothing and trainers suitable for reasonably strenuous exercise on land, i.e. on the rowing machines, stretching etc and
- b) both trainers and wellies, or sandals or shoes you don't mind getting wet
- c) A towel and complete change of clothes in case of water accidents.

No clothing or footwear should be expensive fashion items - they could get wet or dirty or lost.

The general advice for rowing is that clothing should be light, relatively close fitting but flexible. Even though this is the summer, warm and waterproof layers are also advisable in your kit bag.

No hoodies or other upper garments with unzipped side pockets - thumbs get caught!

You may bring mobile phones to the club, as these are useful should rowers need to contact parents. Under no circumstances should they be taken out of the clubhouse during training, especially when on the water. Coaches will offer to lock up valuables including phones at the start of sessions. But try not to bring valuables!

### Forms

Please complete the Registration Forms.

Preferably, email a signed and scanned copy to [cathwilliams@btopenworld.com](mailto:cathwilliams@btopenworld.com).

Alternatively bring these on the first day or fill it in when you arrive if for any reason you cannot do so in advance.

### Payment

The course costs £80.00 which includes the course itself and junior training sessions with the club until the end of September. There will also be course written material provided. There are no hidden extras.

#### **Payment must be received by the club at least a week in advance of the start of the course**

You can pay by one of these methods:

- **Preferably** online transfer to Tyne Rowing Club. Sort code 20-59-42, acct no 00000345. Please use JUNIOR\_L2R and your rowers name as a reference. E-mail [CathWilliams@btopenworld.com](mailto:CathWilliams@btopenworld.com) to say it has been done and we can confirm receipt.
- cheque payable to **Tyne Rowing Club** sent by post to Cath Williams, 18 Treherne Road, Newcastle upon Tyne, NE2 3NP.

This fee is non-returnable unless due to a cancellation in good time and we can fill the place. In the event that adverse weather conditions prevent some or all of the water outings, we will endeavour to provide more outings at some future time at no extra charge.

### What happens after the course?

The course fee includes junior sessions with the club up to the end of September. At the end of the course, or during September we will discuss with you the opportunities for carrying on rowing with the club as part of the Junior Squad.

Junior subs for 2017 are £14.50 per month for those under 14 on the preceding 1 September and £24.00 per month for those 14 and over on the preceding 1 September.

There will be a swim test and capsized drill on an afternoon of a Sunday in September 2017 at the Outer West Pool, West Denton. This is a requirement for those wishing to carry on rowing with us. There may be a small charge for this.

### Contact details:

<b>Cath Williams</b> (Coordinator)	Email: <a href="mailto:cathwilliams@btopenworld.com">cathwilliams@btopenworld.com</a>	Mob: 07947 279780
<b>Alex Leigh</b> (Junior Coach)	Email: <a href="mailto:alex.leigh@newcastle.ac.uk">alex.leigh@newcastle.ac.uk</a>	Mob: 07871 351053
<b>Jerry Barker</b> (Volunteer Coach)	Email: <a href="mailto:25jerrybarker@gmail.com">25jerrybarker@gmail.com</a>	Mob: 07434 232902