



Learn to Row 2019 Course Info

www.tynerowingclub.org

As issued 17 May 2019

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

<i>Wednesdays</i>	<i>5 June to 24 July</i>	<i>18.00-20.30 (finish time a bit flexible)</i>
<i>Sundays</i>	<i>9 June to 28 July</i>	<i>11.00-13.30 (ditto)</i>

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. 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.

What to wear

The general advice for rowing is that clothing should be light, relatively close-fitting but flexible. Some warm and waterproof layers are also advisable in your kit bag! An absolute must - *no hoodies or jackets with unzipped side pockets* - thumbs get caught. Please bring wellies or sandals or shoes that can get wet as you will need to get your feet in the river on the steps putting boats into the water. Things may get wet or a bit dirty, so nothing expensive. Always bring a change of clothes and towel.

Course outline

In week 1 we will have an introduction to the club and to rowing, including a safety video and a tour. You will get a L2R handbook as well. We will then give you some coaching on basic technique on the rowing machines, followed by a taste of 'core' exercises and stretching. 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 normally take about 12 people on each course.

Booking and charge

Bookings open on 22 May and is by email to me. The course costs £100 all-in and we require that payment reaches us by a week before your course starts to guarantee your place (unless agreed otherwise) - send a cheque payable to Tyne Amateur Rowing Club to me at 10 Stephenson Terrace, Wylam, NE41 8DZ, or do an online transfer to us at Barclays Bank, acct no 00000345, sort code 20-59-59, ref SURNAME_L2R (and email me to say you have done it, please). Can't take cards, sorry.

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. We'll use early August to top up sessions for anyone who has missed days due to hols, etc. You will then start to form our new Development Squad through late 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.

Course coordinator: Colin Percy **Email:** colinwpercy@gmail.com **Mobile:** 07985 003304

L2R web page: http://www.tynerowingclub.org/pages/learn_to_row_16404.cfm