



Monmouth Rowing Club

Learn to Row Course 2019

Information sheet

Course Dates: (all sessions 6.30pm – 8.30pm)

Week1: Monday 29th April and Friday 3rd May
Week2: Wednesday 8th and Friday 10th May (nothing on bank holiday Monday)
Week3: Monday 13th and Friday 17th May
Week4: Monday 20th and Wednesday 22nd May
Cost: £95

We are eager to accept people onto the course who are interested in going on to become club members with a commitment to developing rowing skills, becoming fitter and an interest in competing. You do not need to be fit to join the course but fitness and flexibility are important to rowers and we have a gym with 12 ergometers (ergs) which are used by all of the squads on a regular basis. We all have to learn to 'love the erg' and training on them with others can be good fun!

Essential criteria for coming onto the course are:
the ability to swim 50m, tread water for 2 minutes and swim underwater for 5 strokes, wearing rowing clothing (as laid down by British Rowing). Course is for adults only (over 18).

Course Aims:

- To welcome you and value you as a course member
- To introduce you to the sport of Rowing in a way that is fun and also challenging
- To ensure that you are aware of how to keep yourself safe on and off the water

Draft Programme: (May be amended)

Session 1	Introduction to the Club, Health & Safety issues, boats & terminology, the basic sequence of the stroke.
Session 2	'Going Afloat' - Emphasis on the role of the cox. Handling boats, getting in & out of them, rowing on the water
Session 3	'Staying Afloat' – the development of the stroke
Session 4	Crew Development - working together.
Session 5	Rhythm and the effective stroke
Session 6	Improving technique – Turning & Backing Down; Where & How?
Session 7	Improving technique
Session 8	'Scratch Regatta' – Races in boats with MRC rowers.

Additional information:

- The sessions are run by qualified rowing coaches and MRC volunteers
- Equipment needed: layers of comfortable stretchy clothing that is not too baggy
- With your agreement, some sessions will be videoed so that you can see yourselves rowing

If you think rowing might be for you and the dates are suitable, we would be delighted to hear further from you. Please complete the Expression of Interest form on the MRC website and return as indicated.