

*Curlew Rowing Club*

# LEARN TO ROW COURSE



April-May 2018

## Learn a skill, get fit and meet new friends



### **Is it for me?**

Curlew's Learn to Row is suitable for anyone over the age of 18 who is looking for a new hobby or wants to improve their fitness. Once the course is complete you will be eligible to join our development squad and, with time and training, our senior racing squads.

The course is taught by experienced rowers who will be able to answer any questions you have about technique, fitness, life as a member of Curlew and pursuing rowing beyond the course.

## What does the course entail?

Rowing is a whole body sport which will quickly build your strength and fitness. You'll learn how to row properly through a variety of sessions:

- In the tank: this is the closest thing to rowing on the water that you can do indoors! You'll learn the proper name for each part of the boat, how to get in and out safely, coxing calls and of course how to row properly.
- On the ergs: rowing machines are great for fitness and for perfecting the rowing stroke movement. We'll teach you proper rowing machine technique - you'll be correcting everyone else in your gym in no time!
- On the water: you will learn to scull in coxed lake boats on Royal Albert dock. When it comes to rowing on the water you'll have to think about your core strength and posture, as well as remembering the coxing calls and the rowing stroke that you've learned off the water.

See the course schedule on the next page for session locations and times.

## About Curlew

Curlew is a friendly and fun rowing club and we aim to foster a sense of enjoyment throughout the course and beyond. With regular socials and great team spirit, Curlew is well placed to act as a catalyst to make new friends in a fun and friendly environment. Follow us on Facebook to keep up to date with our socials throughout the course and beyond.

We are a racing club...it doesn't matter what age you are; our aim is to get you racing as fast as possible. Whether your aim is a local regatta or the prestigious Henley Royal Regatta, we will be the vehicle to allow you to achieve your dream. For those of a certain mature-ment, we also attend a number of Veteran events. So rowing is a sport for everyone regardless of age...

## How to sign up

The eight week course costs £200. We will provide all equipment and coaching resources and will be on hand to answer any questions you have.

To sign up, please click the link at the end of this document to fill in the application form and then follow the payment instructions.

Contact Gemma at [curlewfundraising@gmail.com](mailto:curlewfundraising@gmail.com) with any questions you may have about the course.

## Course schedule

Week	Date		Session	Location	start time	end time
1	Sunday	8-Apr-2018	Initiation	Docks	10:30 AM	12:00 PM
1	Tuesday	10-Apr-2018	Coached ergs	Greenwich	7:00 PM	8:00 PM
1	Thursday	12-Apr-2018	Tank Group 1	Docks	7:00 PM	7:45 PM
1	Thursday	12-Apr-2018	Tank Group 2	Docks	7:45 PM	8:30 PM
<b>2</b>	<b>Sunday</b>	<b>15-Apr-2018</b>	<b>Coached ergs</b>	<b>Greenwich</b>	<b>10:30 AM</b>	<b>12:00 PM</b>
<b>2</b>	<b>Tuesday</b>	<b>17-Apr-2018</b>	<b>Gym ergs</b>	<b>Greenwich</b>	<b>7:00 PM</b>	<b>8:00 PM</b>
<b>2</b>	<b>Thursday</b>	<b>19-Apr-2018</b>	<b>Tank Group 1</b>	<b>Docks</b>	<b>7:00 PM</b>	<b>7:45 PM</b>
<b>2</b>	<b>Thursday</b>	<b>19-Apr-2018</b>	<b>Tank Group 2</b>	<b>Docks</b>	<b>7:45 PM</b>	<b>8:30 PM</b>
3	Sunday	22-Apr-2018	Coached ergs	Greenwich	10:30 AM	12:00 PM
3	Tuesday	24-Apr-18	Gym ergs	Greenwich	7:00 PM	8:00 PM
3	Thursday	26-Apr-18	Tank Group 1	Docks	7:00 PM	7:45 PM
3	Thursday	26-Apr-18	Tank Group 2	Docks	7:45 PM	8:30 PM
<b>4</b>	<b>Sunday</b>	<b>29-Apr-18</b>	<b>Lakeboats Group 1</b>	<b>Docks</b>	<b>10:30 AM</b>	<b>12:00 PM</b>
<b>4</b>	<b>Sunday</b>	<b>29-Apr-18</b>	<b>Lakeboats Group 2</b>	<b>Docks</b>	<b>12:00 PM</b>	<b>1:30 PM</b>
<b>4</b>	<b>Tuesday</b>	<b>1-May-2018</b>	<b>Gym ergs</b>	<b>Greenwich</b>	<b>7:00 PM</b>	<b>8:00 PM</b>
<b>4</b>	<b>Thursday</b>	<b>3-May-2018</b>	<b>Tank Group 1</b>	<b>Docks</b>	<b>7:00 PM</b>	<b>7:45 PM</b>
<b>4</b>	<b>Thursday</b>	<b>3-May-2018</b>	<b>Tank Group 2</b>	<b>Docks</b>	<b>7:45 PM</b>	<b>8:30 PM</b>
5	Sunday	6-May-2018	Lakeboats Group 1	Docks	10:30 AM	12:00 PM
5	Sunday	6-May-2018	Lakeboats Group 2	Docks	12:00 PM	1:30 PM
5	Tuesday	8-May-2018	Gym ergs	Greenwich	7:00 PM	8:00 PM
5	Thursday	10-May-2018	Tank Group 1	Docks	7:00 PM	7:45 PM
5	Thursday	10-May-2018	Tank Group 2	Docks	7:45 PM	8:30 PM
<b>6</b>	<b>Sunday</b>	<b>13-May-2018</b>	<b>Lakeboats Group 1</b>	<b>Docks</b>	<b>10:30 AM</b>	<b>12:00 PM</b>
<b>6</b>	<b>Sunday</b>	<b>13-May-2018</b>	<b>Lakeboats Group 2</b>	<b>Docks</b>	<b>12:00 PM</b>	<b>1:30 PM</b>
<b>6</b>	<b>Tuesday</b>	<b>15-May-2018</b>	<b>Gym ergs</b>	<b>Greenwich</b>	<b>7:00 PM</b>	<b>8:00 PM</b>
<b>6</b>	<b>Thursday</b>	<b>17-May-2018</b>	<b>Tank Group 1</b>	<b>Docks</b>	<b>7:00 PM</b>	<b>7:45 PM</b>
<b>6</b>	<b>Thursday</b>	<b>17-May-2018</b>	<b>Tank Group 2</b>	<b>Docks</b>	<b>7:45 PM</b>	<b>8:30 PM</b>
7	Sunday	20-May-2018	Lakeboats Group 1	Docks	10:30 AM	12:00 PM
7	Sunday	20-May-2018	Lakeboats Group 2	Docks	12:00 PM	1:30 PM
7	Tuesday	22-May-18	Gym ergs	Greenwich	7:00 PM	8:00 PM
7	Thursday	24-May-18	Tank Group 1	Docks	7:00 PM	7:45 PM
7	Thursday	24-May-18	Tank Group 2	Docks	7:45 PM	8:30 PM
<b>8</b>	<b>Sunday</b>	<b>27-May-18</b>	<b>Lakeboat Racing</b>	<b>Docks</b>	<b>10:30 AM</b>	<b>1:30 PM</b>

## Session details:

**Coached Ergs:** In weeks 1, 2 and 3 we will teach you the basic rowing stroke movement on a rowing machine in our Greenwich gym. This will prepare you for rowing in lakeboats from week 4 onwards.

**Gym Ergs:** Every Tuesday evening our Greenwich gym will be open for you to use. Our members will be there if you have any questions about technique, and we will set your workout in advance.

Address: Trafalgar Rowing Centre, 11-13 Crane Street, Greenwich, SE10 9NP



**Tank:** The tank is an indoor facility which mimics the conditions of open water. It will enable you to perfect technique and build confidence by practising rowing skills in a stable environment.

### 7-8.30pm on Thursdays

You will be split into two groups with each group having 45 minutes of coaching every Thursday. The smaller group size allows us to coach you more effectively.

As the evenings get lighter we may move you in to lakeboats on Thursday evenings instead of the tank.

Address: Royal Albert Dock, 1012 Dockside Road, London E16 2QT



**Lakeboats:** You will be rowing on Royal Albert dock **on Sundays**

You will be split into two groups with each group having 90 minutes of coaching every Sunday. The smaller group size allows us to coach you more effectively.

Address: Royal Docks Adventure, Royal Albert Dock, 1012 Dockside Road, London E16 2QT



## Signing Up

1. Fill in the sign up form at  
<https://goo.gl/forms/dLidVWaQEUIVVU0d2>
2. Pay your deposit of £50 to reserve your place. Bank details:

Curlew Rowing Club

Sort code: 60-09-16

Account number: 25214748

3. The balance of £150 (£200 total) is due by 2nd April 2018. Unfortunately we cannot hold your place on the course after this date if the final payment has not been received. Please allow 3 working days for the payment to clear.

**Curlew's Learn to Row Course will open for sign-ups on 18th March 2018. Please contact [curlewfundraising@gmail.com](mailto:curlewfundraising@gmail.com) with any questions.**