

Introduction to Rowing: Land training & Easter Course: 2019



We are delighted to announce the return of the popular **Easter Rowing Course** for **Year 8**. This introduces rowing and provides an entry point to the Club. **Years 9** and above are welcome if they missed the opportunity in Year 8.

The courses will be staffed by our team of coaches led by Head Coach, Chris de Kock. The coaching team are Giedre Rakauskaite who is a member of the GB Para Rowing Squad, Tom Howatt from Molesey & Clydesdale Rowing Clubs and James Beagles who rowed for RGS as a pupil.

Boys who are interested in participating at Easter should also attend the **land-based training** after spring half term. Attending the land-based training ensures the boys have an idea of what is expected of them physically, have the rudiments of the rowing stroke ready for their first time in a boat. It also allows them to improve their fitness for other sports.

The land-based training will take place in the Rowing (Cricket) Pavilion after school with sessions available on **Fridays**, 4.00 - 5.00pm from March 1st for 5 weeks (*excluding March 8th and with the last session on Thursday April 4th*). These pre-course sessions are not mandatory, but the boys that have attended do make progress more quickly at Easter. If demand requires it, we would look at putting on another set of sessions on a different weekday. To cover our costs of the Land Training, we ask for a donation of **£20** for the five sessions.

Boys wanting to join the Easter Course will need to take a **swim test** in the next half term.

The **Easter Rowing Courses** will run over the Easter Holidays. Sessions will take place at either the Longridge Activity Centre near Marlow or the Jubilee River Riverside centre near Eton. If transport is an issue, we often can help by arranging car sharing. There will be a charge of **£85** for the course. We are weather dependent so please do not change holiday plans to attend; we would look at running catch-up sessions in the summer if needed.

The sessions will be in the afternoon with courses in both Week 1: April 8th – 11th or Week 2: April 15th – 18th. Each session will last 90 minutes. Based on your availability we will allocate you to either Week 1 or Week 2. More details will be sent out in the next half term.

Boys that want to continue with rowing are invited to join the club from the Summer term. Sessions will be organised on Saturday and Sunday afternoons and boys will be allocated to one regular weekly session. There will be a membership fee for the summer term for the improvers group.

To book your places on the Land Training and Easter Courses, please complete the form overleaf. Please return this by email to rgshwrowing@gmail.com (a scanned copy or the salient points in an email are fine). Please pay via ParentPay for the land training course now. Payment for the Easter Course will be made available next term via ParentPay.

If you have any questions, please contact the Club Manager: rgshwrowing@gmail.com

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Application form:

Introduction to Rowing – Land-Based Training & Easter Course 2018

Name of student			Form	
Name of parent contact				
Contact email address				
Land Training				
My son would like to take part in the Friday land training. <i>Please note dates are Fridays March 1st, 15th, 22nd, 29th & Thursday April 4th</i>				<input type="checkbox"/>
My son would like to take part in the land training but is not available on Friday.				<input type="checkbox"/>
Please indicate available days....				
I have made a payment of £20 via ParentPay for the land training				<input type="checkbox"/>
Easter Course				
My son would like to join the Easter Rowing Course.				<input type="checkbox"/>
<i>Preference</i>	1 st choice	2 nd choice	Not available	
Week 1: April 8 th – 11 th	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 2: April 15 th – 18 th	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
My son is not available over the Easter Holiday but would like to learn to row.				<input type="checkbox"/>

Please return your forms to rgshwrowing@gmail.com by Thursday 14th February; ongoing applications are always welcome.

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About RGS Rowing

We have rowers from Years 8-13. We take a new intake from Year 8 every year after the Easter Course. The Coaching team are: Chris de Kock (Head Coach), Giedre Rakauskaite, Tom Howatt and James Beagles (Junior Rowing Coaches).

We row at the Longridge site at Quarry Wood Road, Marlow, SL7 1RE (<http://www.longridge.org.uk/>). We also do some land training at school in the winter or when we can't get on the water at Longridge.

Our **Ethos** is:

- To give any boy at the Royal Grammar school an opportunity to experience the sport of rowing
- To create the environment and support structures to allow each boy to maximize his potential
- To create future rowers and officers of rowing clubs

The Club believes that the optimal way of achieving this is through competition and desires all boys to compete, so they can measure their own personal progress.

For a small club, we have been very successful. In recent years our quads have entered the famous Henley Royal Regatta (the picture below shows our squad in 2015 at Henley) and represented Great Britain in the annual GB vs France U16 competition. In the National Schools' Regatta at Dorney Lake last year one of our J14 quads won Gold in the Nautics Cup.



We would not like anyone to be prevented from experiencing rowing for purely financial reasons. If you are in this situation, please contact the Headmaster in confidence as help may be available.