

Introduction to Rowing: Land training & Easter Course, 2020

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 / 10 / 11** are welcome if they missed the opportunity in Year 8.

The courses will be staffed by our team of coaches led by Head Coach, Bruce Gascoine. The coaching team are Luke Reiser from Leander and Chris Ray previously from Leander.

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 and 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 Gym or the Space after school with sessions available:

- **Tuesdays** 4.00 - 5.00pm, 25th February - 31st March
- **Fridays** 4.00 - 5.00pm, 28th February - 27th March

These pre-course sessions are not mandatory. If your son cannot make all the sessions, we advise they attend a minimum of two sessions to learn the rowing stroke.

To cover our costs of the Land Training, we ask for a donation of **£20** for the land sessions (payment can be made on ParentPay).

Boys wanting to join the Easter Course will need to take a **swim test** in the next half term. As the pool is not available, we will organise a test at another school one weekend.

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 can often help by arranging car sharing. There will be a charge of **£85** for the course (payment will be requested nearer the time). 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 6th – 9th or Week 2: April 14th – 17th. 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 Sundays, 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 below. Please return this by email to rgslearntorow@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.

Application form:

Introduction to Rowing – Land-Based Training & Easter Course 2020

| | | | | | |
|---|--------------------------|--------------------------|--------------------------|------|--------------------------|
| Name of student | | | | Form | |
| Name of parent contact | | | | | |
| Contact email address | | | | | |
| Land Training | | | | | |
| My son would like to take part in the Tuesday land training. | | | | | <input type="checkbox"/> |
| My son would like to take part in the Friday land training. | | | | | <input type="checkbox"/> |
| My son would like to take part in the land training but is not available on either day. | | | | | <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 6 th – 9 th | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | |
| Week 2: April 14 th – 17 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 rgslearntorow@gmail.com by Monday 24th February; ongoing applications are always welcome.

About RGS Rowing

We have rowers from Years 8-13. We take a new intake from Year 8 every year after the Easter Course. Our Coaching team are: Bruce Gascoine (Head Coach), Luke Reiser and Chris Ray (Rowing Coaches).

We row at the Longridge site at Quarry Wood Road, Marlow, SL7 1RE (<http://www.longridge.org.uk/>). We switch to 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 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 one of our J14 quads has 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.