



## 2023 Learn to Row Courses

RGS Rowing would like to invite boys from **Year 8** to register for our popular **Learn to Row Course**. This introduces rowing and is our annual entry point to the Club. **Years 9** and above are welcome if they missed the opportunity in Year 8.

Our main **Water Course** is at **Easter** with the possibility of a weekend course in the summer term. Before Easter we invite all boys who would like to learn to row to come to **Land training**. Land training will be after school for an hour on weekdays, starting after half term until Easter. Land training enables the boys to learn the rowing stroke on rowing machines (ergs) and to improve their strength before they go on the water. Attending the land training is an important part of the course so the boys are prepared for the water sessions.

Boys wanting to row need to be competent swimmers and will need to take a **swim test**. Please encourage your son to improve his swimming in advance of the test.

The **Rowing Courses** at **Easter** take place at Jubilee River Riverside Centre near Eton. We run sessions both weeks of the Easter holiday, so there is an opportunity to fit in other activities. For those attending courses in the summer we will run sessions on weekend afternoons at Longridge near Marlow (<http://www.longridge.org.uk/>).

We ask for a donation of **£150** for the course including the land training. Payment will be requested once we have allocated spaces. We have a practical limit on spaces at the Easter course and work hard to accommodate as many boys as possible. Applications received on or before **Friday 10<sup>th</sup> February** will be considered first.

Boys who want to continue with rowing are invited to join the Club as improvers in the summer term. Sessions will be organised on Saturdays and Sundays and the boys will be allocated to one regular weekly session. There will be a request for an ongoing donation for joining the improvers.

To **sign up to** the Learn to Row Course, please complete the form below and return this by email to [rgslearntorow@gmail.com](mailto:rgslearntorow@gmail.com) (salient points in an email are fine) by **Friday 10<sup>th</sup> February**.

*Late applications are welcome but will be handled after the first round of allocation.*

Name of Student		Form	
Name of Parent		Email	
		Mobile no	
Availability after school for <b>Land Training</b> , please select all possible days:			
Monday	<input type="checkbox"/>	Tuesday	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	Thursday	<input type="checkbox"/>
Friday	<input type="checkbox"/>		
About the <b>Easter Course</b> , please select all possible courses:			
Easter week 1: April 3 (Mon) – 7 (Fri)	<input type="checkbox"/>	Easter week 2: April 11 (Tues) -15 (Sat)	<input type="checkbox"/>
		Summer weekends	<input type="checkbox"/>
We know boys enjoy being in friendship groups. Please tell us of any other boys your son might like to learn with:			
Anything else we should know:			

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

## FAQ

### *What are the benefits of rowing?*

Rowing works nearly all the muscles in your body, so it is a very efficient work-out. It is a great way to stay physically active or develop your fitness even further.

### *What will my son learn?*

The land training will prepare the boys for the water sessions and mean they can get going from Day 1. The boys will use ergs to learn the rowing stroke and [improve their strength](#). You can see [what they will learn](#):

<https://www.britishrowing.org/indoor-rowing/go-row-indoor/how-to-indoor-row/british-rowing-technique/>

The land training will also prepare the boys to go out in “floaty boats” on the Jubilee River. They will get coaching in small groups. Each boy will be able to make progress at his own speed. At the end of the sessions they will take part in a mini-regatta including competitions to demonstrate both skill and speed.

### *What should my son wear?*

The boys need to wear layers and tight-fitting clothes. PE Kit with leggings and a training top or waterproof will be fine. It doesn't have to be RGS kit, especially as the course is over a series of days. We will provide a life jacket if they have not yet taken a swim test.

### *Why is the Easter Course at Jubilee River?*

The Jubilee River is over towards Eton, south of the M4 and near Slough. It is part of the flood relief scheme so has a managed flow and is sheltered from the winds. The Riverside Centre we use provides all the equipment and facilities we need.

That's a long way when you row in Marlow you might think and it's true... but we can't predict the weather or the flow of the river. Our experience is that the boys develop fastest this way. When they do get on the river, they are in a good place to improve. Additionally, using the Jubilee River means we are far more likely to be able to run the course.

### *Who will be coaching my son?*

Our team of coaches is headed by Bruce Gascoine supported by Olly Costley (Leander Rowing Club), Joseph Adamson (Leander Rowing Club), Ollie Hill (Marlow Rowing Club) and Uzair Hammad.

### *How do the boys get to the course?*

Parents will need to get their sons to the course, but in planning the times of the sessions we will try and co-ordinate lift shares.

### *When do you row? Is it just the summer?*

For people who haven't been involved in rowing before and only see the Boat Race and Henley Royal regatta it can come as a surprise that we row all year. The rowing calendar means there are competitions across the country almost every weekend.

We run sessions on the water every weekend between 8am - 4pm. On weekdays we have either water or land sessions after school. When light allows and we row on the water we take the boys to and from the sessions in school mini-buses.

### *My son does lots of sports, how can we fit in another one?*

Once your son is an improver, we will do our best to get to know your son and his other sporting activities. We do our best to match our sessions to availability. We have boys rowing who do many sports at the school and for local clubs.

### *I didn't know there was rowing at RGS?*

There has been rowing at RGS since 1954. Originally the Club rowed at Marlow Rowing Club but we now operate at Longridge Activity Centre, Marlow, alongside Sir William Borlase and Great Marlow School. The Club has more than 90 boys rowing across Years 9-13 with a team of paid part-time coaches. We have an active Friends of Rowing who organise fundraising events and support the Club at races. We will be delighted to welcome you to get involved.