



Newark Rowing Club

Learn to Row course

Course objective

This is a course for beginners and introduces you to the sport of rowing. You will learn the basics on the indoor rowing machine and then quickly progress onto the water to row in a variety of training boats. The emphasis is on safety and developing basic technique and boat handling skills.

Course duration

Each course consists of 6 sessions, of 2 hours duration - 10am to 12 mid-day.
To be run on 6 consecutive Saturdays or 6 consecutive Sundays.
(There may be the occasional interruption by a week, for instance there will not be a session Easter weekend)

Course outline

Over the 6 sessions you will cover the following:-

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|-----------------|---|
| Indoors | Sitting correctly on the seat
Adjusting the feet up and down
Correct posture
Catch, drive, finish, recovery
Legs dominated drive; pushing with the legs vs. pulling with the arms
Hands, pivot and slide
Recovery to drive ratio of at least 2:1 |
| Outdoors | Boathouse hazards
Rowing vs. sculling
Coxed and coxless boats
Holding, lifting and carrying, boats and blades
Turning the boat over
Carrying the boat at waists
Correct grip holds
What to do in the event of a capsized
Always keeping hold of the handles |

Getting into and out of the boat, how and where to step
Putting the oars into the gate
Stroke (red) side and Bow side (green)
Adjusting the foot stretcher
Square and feathered blades
Sitting the boat in the safe position
Where to go on the water. Basic circulation rules of the river
Slide progression – body lean, quarter slide, half slide, three quarter slide and full slide
Drive and recovery ratio
Rowing in pairs and full crew
Backing down (reversing)
Turning the boat through 360 degrees by rowing on one side and backing down on the other

Course certification

On successful completion of this course you can attain a Level 1 certificates in indoor rowing and on the water rowing/sculling, which are nationally recognised skills tests.

Venue

Newark Rowing Club
Farndon Road
Newark

To register contact: Sally Miller
Learn to row co-ordinator
Sallymiller264@gmail.com
Mobile 07951 457264

Cost: £86

The fee covers: 6 x 2 hours coaching
Bronze British Rowing Membership
British Rowing Handbook
Level 1 Certificate

Participants must be 18 years or over, we welcome all ages.

Junior participants please contact Adam Stancer.