

# SUMMER

# ROWING

Five-day intensive Learn to Row courses for  
14 - 18 year olds at Warwick Boat Club



Running **Monday to Friday**, these courses are designed to teach individuals basic technique and to give a taste of competitive rowing.

## Courses run

Week beginning 24th July, 31st July and 7th August  
9am to 2pm

12 places available per course  
£320 per person

To book a place or for more information please email  
[junior-rowing@warwickboatclub.co.uk](mailto:junior-rowing@warwickboatclub.co.uk)

A swim test and capsizing drill for all participants will be held at the University of Warwick Sports Centre on Tuesday 25th July 1330 - 1530. All course participants must be at least 5'2" and be able to swim 50m in light clothing.



# Frequently asked questions

## What if I'm unable to attend the capsize drill?

Alternative arrangements exist for a small number of participants to do their swim test and capsize drill during the week of their course.

## Who will be coaching?

All adults on the coaching team will have undergone a DBS check. Coaches are qualified. They are highly experienced rowers and teach at schools or coach locally.

## How much rowing will we do?

On most days there will be two morning sessions, separated by a break. After lunch, there will be a final afternoon session.

## What kind of boats will we row in?

You will initially learn in stable boats, then transition into 'fine' racing boats. You will experience boats which are rowed by a single person or a crew of two or four.

## Where will we row?

The Warwick Boat Club multi-sports club based on the banks of the river Avon next to the beautiful Warwick Castle. You will be part of over 110 years of rowing tradition here on the Avon at Warwick.

## Can I be dropped off early or picked up late?

You can be dropped off or picked up an hour outside the scheduled time. This will incur a charge of £5 per occasion.

## What happens after the course?

We will have hoped you've enjoyed the course and the taste of competitive rowing. If you've been inspired and would like to continue the sport further, please talk to a member of the coaching team. After evaluating your technique and fitness, we will discuss the options available with you and your parent / guardian.