

14th July 2021

Dear Parents/Carers of Year 8 and 9 Students

Rowing Summer School

On behalf of Ely Rowing Club we would like to offer this exciting opportunity for students previously involved in our school rowing programme.

This summer Ely Rowing Club will be offering a bespoke, fun 3-day rowing course, each day will involve a 3-hour session.

Course 1

Monday 16th August

Wednesday 18th August and

Friday 20th August

from 9.00am to 12:00pm each day

maximum of 12 students.

Course 2

Monday 16th August

Wednesday 18th August and

Friday 20th August

from 1.00pm to 4.00pm each day

maximum of 12 students.

The total cost per student is £50.00 per course.

In addition to the water sessions in small boats (singles and doubles), the activities will include:

- Introduction to coaches and to rowing
- Training in rowing technique on an ergometer (rowing machine) and an Edon training boat on stands
- Look around the site and introduction to equipment
- Warming up exercises, cooling down, stretching, coxing and steering, safety and hazards
- There will be a simple skills competition at the end of the course and we shall give each student a British Rowing booklet and an attendance certificate.

Students will need to wear trainers and multiple light layers of clothing suitable for outside sport (Ely College PE kit is ideal). They should also bring a light waterproof, a towel and a complete change of clothing in case they fall in the river. Sun cream, a sun hat or cap, a bottle of water and a light snack for the mid-session break will also be needed. We may ask students to wear a mask on land (if required) during the sessions because they are in close proximity to each other or to the coaches. During the water sessions there will be at least two coaching/safety launches on the water.

If your child is interested in taking part, then please complete and return the attached reply slip to Ely Rowing Club via email by 23rd July 2021. Places will be offered on a 'first come, first served' basis.

If you have any further questions, then please email the Ely Rowing Club direct: chairman@elyrowingclub.org.uk

We hope this opportunity is of interest to your child.

Yours faithfully

J. Coe

Mr J Coe

PE Curriculum Lead

Please complete and email this form to: chairman@elyrowingclub.org.uk by 23rd July 2021.

Rowing Summer School – August 2021

Name of child: _____ Child's DOB: _____

Address: _____

Parent/Carer Name: _____

Parent/Carer contact details: _____

Please detail any SENDV or medical needs relating to your child: _____

- My child is interested in taking part in the rowing summer school and is available on the above dates/times.
- I confirm that I will pay £50.00 cash/cheque at the first session on 16th August 2021.
- My child will be collected at the end of each session by myself.
- My child is allowed to walk/cycle home at the end of each session.
- I consent/do not consent to Ely Rowing Club using photograph images of my child for future promotion.

Signed Parent/Carer: _____ Date: _____