



13th June 2022

Dear Parents/Carers of Year 8 Students

Rowing Taster course, Summer holidays 2022

The Isle of Ely Rowing Club would like to offer this exciting opportunity for students interested in learning to row. We shall run a bespoke, fun 3-day rowing course; each day will involve a 3-hour session.

Course 1

Monday 1st August
Wednesday 3rd August
Friday 5th August
from 9.00am to 12:00pm each day
Maximum of 12 students.

Course 2

Monday 1st August
Wednesday 3rd August
Friday 5th August
from 1.00pm to 4.00pm each day
Maximum of 12 students.

The total cost per student is £60.00.

In addition to the water sessions in single, double or quad sculling boats, 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 (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. Buoyancy aids will be provided. Sun cream, a sun hat or cap, a bottle of water and a light snack will also be needed. During the water sessions there will be at least two coaching/safety launches on the water.

We also hope to organise a swim and capsize exercise at Kings School - details tbc.

If your child is interested in taking part, then please complete and return the attached reply slip to the Isle of Ely Rowing Club. Places will be offered on a 'first come, first served' basis.

We hope this opportunity is of interest to your child. Please complete and email this form to:

chairman@elyrowingclub.org.uk by 8th July 2022. If you have any further questions, then please email the Ely Rowing Club direct: chairman@elyrowingclub.org.uk

Yours faithfully

Richard Maxey
Chairman, Isle of Ely Rowing Club



Rowing Taster Course – August 2022

Name of child: _____ Child's DOB: _____

School attended: _____

Address: _____

Parent/Carer Name: _____

Parent/Carer contact details: _____

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

Morning/afternoon course preferred (please choose)

- ☐ My child is interested in taking part in the rowing taster course and is available on the above dates/times.
- ☐ I confirm that I will pay £60.00 cash/cheque at the first session on 1st August 2022.
- ☐ 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 Isle of Ely Rowing Club using photograph images of my child for future promotion (Please choose).

Signed Parent/Carer: _____

Date: _____