



17th January 2023

Dear Parents/Carers of Year 8 and 9 Students

Rowing Taster course, February half-term and Easter holidays 2023

The Isle of Ely Rowing Club would like to offer this exciting opportunity for beginners 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 13th February
Wednesday 15th February
Friday 17th February
from 9.00am to 12:00pm each day
Maximum of 16 students.

Course 2

Monday 3rd April
Wednesday 5th April and
Thursday 6th April
from 9.00am to 12.00pm each day
Maximum of 16 students.

The total cost per student is £25.00. These courses are subsidised by LoveRowing.

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

- Introduction to coaches and to rowing;
- Training in rowing technique on a rowing machine and a 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 (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. A bottle of water and a light snack will also be needed. We intend to provide a hot lunch – details will be confirmed nearer the time. 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 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: richard.maxey@cantab.net by 6th February for the half term course, or by 27th March for the Easter course. If you have any further questions, then please email the Ely Rowing Club direct: richard.maxey@cantab.net

Yours faithfully

R. Maxey

Richard Maxey
Isle of Ely Rowing Club



Rowing Taster Course – Feb/April 2023

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:

- ☐ 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 £25.00 cash/cheque at the first session.
- ☐ 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 to Isle of Ely Rowing Club using photograph images of my child for future promotion.
- ☐ We may need financial support. (*The LoveRowing grant has made some provision for this.)

Signed Parent/Carer: _____

Date: _____