



# AVON COUNTY ROWING CLUB

## Taster Sessions for Learning to Row Course Programme

Saturdays and Sundays, various times depending on demand.

Please arrive 20 minutes before your session to enable parking, observations and changing of clothes as necessary. Your first taster session will comprise of:

### **Taster 1**

Introductions, tour of the building/site, questions (10-15 minutes)

Land Training (30 minutes)

Instruction on how to get in the boats, getting in and important things before having a paddle (50 minutes)

Debrief – Tea & Cake (as long as you like!!)

### **Taster 2**

General refresh (5-10 minutes)

Land Training (15 minutes)

Getting in Boat (refresh) and longer paddle (45 minutes)

Debrief (10 minutes)

All timings are approximate and subject to slight fluctuation on the day. Times can be subject to change and sometimes it might be necessary to wait for a few minutes between each transition. We will endeavour to keep to time.

## **Full Learn to Row (LTR) programme**

All sessions will start with a 15 minute warm-up on the ergs (rowing machines). Therefore please arrive in sufficient time to do this with your crew.

<b>Week 1</b>	Tasters 1 (as above)	Learning how to place oars in the water in the square position, learning how to slide and new terminology (sweep rowing)
<b>Week 2</b>	Tasters 2 (as above)	Continuing the above from Week 1
<b>Week 3</b>	Start of LTR	Continuing what has been learnt from Weeks 1 & 2 but with square blade and possible introduction to sculling in a quad or even a single if equipment and coaching staff available.
<b>Week 4</b>	Continuing previous things but also balance drills and reference point drills (sweep & sculling)	

**Week 5** Just over the half way point. Discussions of where we are and how we feel we are progressing. Briefing with safety advisor.

Your warm-up time will take place on the water rather than the usual on the ergs due to the above.

We will then continue with what we have been working on previously and starting to learn to cox with an experienced person in the crew. Maybe introduction to single virus session depending on weather conditions and numbers for session/coaches.

**Week 6** Continuing with training and start to think about racing starts

**Week 7** Training for mini race including more racing starts

**Week 8** Saturday Final training session before race – as many as possible to turn up for this session please!

Sunday Mini race and Graduation Day! Probably late morning/lunchtime (details to be arranged), maybe against another club or maybe against each other. Will see as the course progresses.

**After graduation:**

You will be handed over to your respective coordinators to continue your development and maybe to start working towards racing properly. Don't forget, you don't have to race, it is possible to still be at the club and enjoy rowing without the stresses of competing.



**Clair Ponting**  
Beginner Coordinator (Adult)  
Avon County Rowing Club

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