

# Rowing Shoalhaven

## Spring Beginner Program



## How to Participate

### Discover Rowing

Register your intent to participate in the Discover Rowing program by clicking the register interest link at the bottom of the Shoalhaven Rowing Club web page. Come to the boat shed and participate in the introduction session with no obligation.

### Learn to Row

On completion of the Discover Rowing program, you can elect to join the Learn to Row program to further develop your rowing skills and technique.

### Learn to Row Costs:

- Adults 19yrs+ - \$100
- Juniors 12-18yrs - \$50

### Rowing Development

Following completion of the Learn to Row program and your basic skills have been developed, we can discuss various options available depending on what you want to do (either recreational or competitive) with your new-found love for the sport. We will endeavor to create as many options as possible depending on your availability and commitment level.

## What to Bring

- Appropriate clothing
  - o No loose-fitting apparel
  - o Board shorts/tights
  - o Rash Shirt or form fitting shirt
  - o Thongs
  - o Socks and runners
- Water bottle
- Sun protection
  - o Hat
  - o Sunscreen
  - o Sunglasses
- Full change of clothes
- Towel
- Jumper



## Contacts

### Shoalhaven Learn To Row Coordinator

Mary Ambrose

[learn2row@shoalhavenrowing.com](mailto:learn2row@shoalhavenrowing.com)

0428 164 560

### Shoalhaven Junior Coaching Coordinator

Dave Eddington

[davidmooseddington@hotmail.com](mailto:davidmooseddington@hotmail.com)

0428 277 728

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## What's on Offer

Shoalhaven Rowing Club will be offering THREE modules of rowing development during the Autumn School Holiday period.

**Discover Rowing** - A no obligation introduction session. This session is suitable for absolute beginners.

**Learn to Row** - Following the Discover rowing session you can join the progressive learning 2 row program.

**Junior Rowing Development** - Participants must be 12 years of age minimum.

## Requirements

### Discover Rowing

#### Sculling (two oars)

- Must be able to swim 100m
- Program session duration 1hr
- Participants must book in for the session

A great way to be introduced to the sport and technique of rowing

### Learn to Row

#### Sculling (two oars)

- Must have completed Discover Rowing
- Duration is Eight Hours instruction
- Sessions: 2x4hr conducted on Saturday and Sunday mornings
- Participants must pre-book for the program

This program is to develop the basic skills of sculling and introduce team crew development.

### Junior Rowing Development

- 12yr minimum age
- must complete a Discover Rowing session for Juniors
- Must be able to swim 100m
- Participants must register intent to participate
- Sessions: 2x4hr conducted on consecutive mornings TBA

This program is designed to enable juniors to participate and develop with in their own peer group.

## Dates to Remember

### Discover Rowing

Saturdays 0730-0900 - Participants must book in for the session beforehand

### Learn to Row

Sat 1/9 & Sun 2/9  
0730-1200

Join our Community on the Web

[www.shoalhavenrowing.com](http://www.shoalhavenrowing.com)

[www.facebook.com/shoalrow/](https://www.facebook.com/shoalrow/)