

Nepean Rowing Club Come Try Day- November 2018

The below information sets out the details of the day and some information regarding post open day.

Why: Nepean Rowing Club is always looking for new members and by opening up the club for a day and showing individuals the basics of the sport, it is hoped they can see if it is a sport for them.

How: To enrol in the course please fill out the enrolment form on the website to book your spot.

Who: Anyone 12 and above is welcome to attend. The ability to swim is also recommended however those unable to are still welcome but are to note this on their enrolment form.

When: The open day is on the 25th November 2018, 8-11am.

Where: Nepean Rowing Club Boatshed. Bruce Neale Drive, Penrith.

What to bring: Runners, workout gear, towel and drink bottle.

Program cost: Free- this is enabled by all coaches and rowers giving up their time freely

Program Schedule:

Date	
Sunday 25/11/18 8am – 9am	Session 1 Land session <ul style="list-style-type: none">• Technique on rowing machine• Boat handling procedures• Rowing terminology• River safety
Sunday 25/11/18 9am – 10am	Session 2 Water session <ul style="list-style-type: none">• Sculling- quads• Basic on and off water procedures• Basic technique• Arms only, rock over etc
Sunday 25/11/18 10am – 11am	Session 3 Water session <ul style="list-style-type: none">• Sculling- doubles and singles• Basic technique• Arms only, rock over etc Question time <ul style="list-style-type: none">• During this time participants are encouraged to ask any questions about continuing rowing at Nepean

Post Come Try Day

Test Period

Details can be found below regarding signing up to the club. If you come to the day and enjoy it, we will facilitate individuals joining in with our current sessions for two weeks so that you can see if it is for you. This will be discussed with individuals during the third session.

Membership- pro rata rate

Senior (over 18): \$200

Tertiary Student (over 18 and study): \$180

Junior (under 18): \$230 (includes uniform- zootie, shirt and socks)

The membership price entitles rowers access to our boats and gym (under the supervision of a coach if under 18) and enables them to be entered into regattas (seat fees are payable on top of this fee). Membership runs from May to May each year. Due to the late start a pro-rata rate is in place.

Regattas

The season begins in September and runs until May. Regattas will be entered into in consultation with a club coach. Our schedule for this season is set and can be requested.

Training

The current program will be discussed with individuals at the course as the program changes (please find a typical week below). Upon joining rowers will be provided with a google sheets document with the current program.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Gym 5:30-6:30am	Boxing 6-7am	Gym 5:30-6:30am	Rowing 5-7am	Gym 5:30-6:30am	Rowing 7-12pm	Rowing 7-12pm
PM	OFF	Rowing 4-6pm	OFF	OFF	Rowing 4-6pm	OFF	OFF

More information: If you are after more information, please feel free to contact us on the below email. There is more information also available on our website, <http://www.thenepeanrowers.com/>
info@thenepeanrowers.com

Kind Regards,

Daniel Waddell

Nepean Rowing Club Captain