

**Medway Towns Rowing Club**

**Introduction to Rowing**

**Student Booklet**

**Participant Name: …………………………………………**

**Course Date: …………………………………………**

**Introduction**

Dear participant,

Thank you for taking the time to explore rowing, and for choosing Medway Towns Rowing Club for your first experiences of our wonderful sport. You will be provided with structured tuition by experienced coaches who have a passion for the sport, and the significant benefits rowing offers for physical and mental wellbeing.

Rowing is a strength and endurance sport. In order to enjoy it to the fullest, you need to be in good health, free from injury (as you will be required to manoeuvre boats to and from the water) and moderately fit for your age. You must be able to swim at least 50 meters unaided. MTRC is a small club on a fast flowing tidal river and unable at present to offer support to those with significant mobility issues – but please do contact us and discuss if you are at all concerned.

The Introduction to Rowing program will provide you with the basic skills to row in crewed boats. We hope that the experience you gain will motivate you to join Medway Town Rowing Club on the Improver Rower pathway to achieve Level 1 British Rowing certification and quickly move on to our competitive, adventure or recreational crews.

The Medway is tidal at Rochester so we have to look at conditions and likely changes in conditions carefully ahead of each outing. We may not, therefore, always be able to get out on the water, but we will ensure you gain the most from each session you spend with us.

We welcome you to our club, and hope that you thoroughly enjoy the experience.

**Session 1**

**1.1 Club facilities (30 minutes)**

* Tour of building and boathouse, including safety issues
* Introduction to boats and boat parts
* Introduction to gym area and the indoor rowing machines (Ergos)

 **1.2 Indoor rowing session (45 minutes)**

* Introduction to posture dynamics needed to row effectively
* Introduction to components of the rowing stroke on an ergo
* Introduction to the basic rowing commands
* Introduction to the indoor rowing shell

**1.3 Tea/coffee and chat (15 minutes)**

* Chat about session and what has been learned
* Meet other club members!

**Session 2 – to include first water session, if weather suitable – bring wellies!!**

**2.1 Indoor session (25 minutes)**

* Recap on session 1, inc. Q&A
* Introduction to crew timing
* Warm up row, focusing on new-found technique

**2.2 Outdoor preparation (15 minutes)**

* Moving boats from inside club to outside trestles
* Checking the boats that all present and correct
* Carrying oars and boats to the water
* Putting oars into the correct positions and getting the crew seated/ adjusted

**2.3 First water session (40 minutes)**

* How to “sit” the boat (keep it upright)
* Re-iteration of commands and what they mean
* Transfer of skills learned on the ergo to the boat
* Introduction to new skills, specific to the water
* How to turn round and how to stop the boat

**2.4 Back on land (20 minutes)**

* Carrying boat and blades safely back up to the trestles
* Washing kit down
* Putting boat and blades back inside the clubhouse
* Tea/coffee and feedback time

**Session 3**

**3.1 Indoor session (25 minutes)**

* Recap on earlier sessions, inc. Q&A
* Warm up row to include some harder rowing

**3.2 Water session (60 minutes, to include getting boats out and on to the water, and back into the boathouse after the row)**

* Recap on previous session
* More exercises to improve technique

**3.3 Back in the boathouse (15 minutes)**

* Tea/coffee and feedback time

**Session 4**

**4.1 Indoor session (25 minutes)**

* Recap on earlier sessions, inc. Q&A
* Warm up row to include rate and pressure changes

**4.2 Water session (60 minutes, to include getting boats out and on to the water, and back into the boathouse after the row)**

* Recap on previous sessions
* More exercises to improve technique
* Focus on changing rate and pressure
* Longer pieces of continuous rowing as a crew

**4.3 Back in the boathouse (15 minutes)**

* Tea/coffee and feedback time

**Session 5**

**5.1 Indoor session (30 minutes)**

* Recap on earlier sessions, Q&A
* Warm up row plus relay races!

**5.2 Water session (60 minutes, to include getting boats out and on to the water, and back into the boathouse after the row)**

* Introduction to “fine” boat rowing
* Recap on previous sessions, with emphasis on balance exercises
* Introduction to “pyramids” (increasing and decreasing length of hard work, interspersed with recovery pieces)
* Introduction to racing starts (conditions permitting)

**5.3 Back in the boathouse (15 minutes)**

* Tea/coffee and feedback time

**Session 6**

**6.1 Indoor session (30 minutes)**

* Recap on earlier sessions, Q&A
* Warm up row with rate changes, in time with others

**6.2 Water session (60 minutes, to include getting boats out and on to the water, and back into the boathouse after the row)**

* Recap on previous session
* Warm up exercises, including starts
* 600 metres, or thereabouts, at full pressure

**6.3 Back in the boathouse (15 minutes)**

* Tea/coffee and feedback time

Congratulations, you have successfully completed the Medway Towns Rowing Club Introduction to Rowing programme. The skills and experience you have gained covers most of the technical requirements to achieve British Rowing Level 1. A copy of the course content followed by our coaches is available on request – and may be helpful as an aide memoire to some of the jargon that is peculiar to our sport.

As a Learn to Row graduate of the club, you are invited to join the Improving Athlete program for 3 months at a discounted membership rate. During this time, you will be given additional support and coaching to complete Level 1 and move onto any of the Competition, Recreational or Adventure Sections under the support of Vice Captains.

As Improving Athletes you enjoy the full benefits of unrestricted access to the club house and arranged on-water rowing.

If you require any further information on Club Membership, please discuss with Coaches or Committee Members. We look forward to seeing you at the club and supporting your rowing aspirations.