



Learn to Row Program Overview and Costing

Goal:

Teach non-rowers basic sculling rowing techniques so they can safely row quads with a coxswain. Teach an appreciation for the sport and its history at Nicomekl Rowing Club (Nicomekl RC).

Objectives:

At the end of the program, students should have a good understanding of the basic sculling rowing stroke, river patterns, club rules, and rowing jargon. They should have experience rowing in different seats in the boat, including the coxes seat (steering the boat). Students should have an appreciation for the sport, the river and Nicomekl RC.

Method:

Students will be taught in crews of 5 people and row on the club's indoor rowing machines (ergometers) and in club 4xs (quads; 4 person rowing shells). Students will be on the water as soon and as much as possible (initially dockside during the first lesson).

Synopsis of what you will learn:

- Fundamentals of the rowing stroke (stroke cycle) and body mechanics
- Rowing and equipment [terminology](#)
- Equipment care
- Correct use of rowing machines, known as ergometers
- How to set a boat and establish correct timing
- Basic maneuvers (e.g., stopping, pressure turning, emergency stops)
- Oar blade techniques
- Coxing skills
- Launching and docking skills
- Boat and personal safety

All Learn to Row programs include:

- Land coaching on ergometers, to learn and practice technique and body mechanics
- Rowing on the water using a coxed (steered) four-person rowing shell
- Personal attention from coaches to help you develop your form and rowing skills
- A question-and-answer session, as well as a review of lessons learned, at the conclusion of each day's class

Program Requirements

- No prior experience necessary.
- All participants must be able to swim and have an ability to lift up to 35 lbs. Any person who has any doubt as to their own fitness or medical condition should consult their doctor prior to registering for classes.

- Attendance: All classes must be attended for each program. This is not only a graduation requirement but also a coaching and crewing necessity. All training for this program is done in a set crew format and absences from any of the sessions affect the other LTR crew members as well as the coaching plan. Please do not register unless you can commit to attending all six sessions. Note that we will be mostly on the water so you cannot join in part way through practice or leave early. Arrive on time and plan to stay the entire session.
- Time Allowance: Please allow up to 2.5 hours for each session. Your program dates will stay the same (either Monday/Wednesday or Saturday/Sunday) but your rowing times may change as our club water is tidal and the rowing times are set around the tides. Please refer to the [Current Schedule](#) for details.
- Clothing: You will want to dress in layers, as your body temperature will change between set up, active rowing, and equipment clean up. Runners, leggings, and removable layers of upper body clothing work best. Layers should be tight fitting so they won't get caught in moving parts. Ideally wear upper body layers that have no pockets. If you must row with pockets it is a good tip to wear the item inside out. Maybe not overly fashionable but it works!
- Bring a toque in case it is cold, and a change of clothes in case you get wet.
- Use sunscreen, sunglasses and bring a water bottle.

Program Costing

Program cost for the **2016 Learn-to-Row Season** is **\$295.00 for eight (8) lessons**. This includes a \$20 annual contribution for Rowing Canada Aviron and Rowing BC membership. It further includes coaching, rowing boats and oars, safety boats, life jackets, and insurance while working with us.

Pre-payment is required for all registrations. We accept Visa, MasterCard and American Express. Credit card payments are securely processed via PELOTON Technologies, a trusted Canada-based source for online payment processing.

LTR graduates are invited to join the rowing club at a **reduced membership fee of \$250 for the first year** and enjoy coached, recreational (or competitive) rowing sessions with Nicomekl club members throughout the season (our season runs from April 1, 2016 to March 31, 2017).

For questions please contact our Learn to Row Coordinator.

See you on the water!

Nicomekl Rowing Club
 LEARN-TO-ROW Coordinator
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