

Royal Chester Rowing Club

Rowing

Summer School



Starting Monday 27 July 2009

Mondays, Fridays & Saturdays, 9.30am-12.00 noon

Starting 27th July & through August.

Mon - 27th, 3rd, 10th, 17th & 24th

Fri - 31st, 7th, 14th, 21st & 28th

Sat - 1st, 8th, 15th, 22nd, 29th Aug.

Saturday 29th is subject to numbers wishing to attend.

Cost is **£6** per session. **Ability to swim is essential**

Royal Chester Rowing Club,

The Groves, Chester CH1 1SD Tel: 01244 322468

Contact: Mike Palamarczuk, Mobile: 07966646407,
michal@palamarczuk.co.uk

or Ian Addinsell 07803000056, Ian@addinsell.co.uk

Directions: Leave Boughton via Dee Lane towards the River Dee, and where it reaches the riverside bear to the right. Royal Chester is the first boathouse on the left hand side, before the Boathouse Inn.

Learning to scull:-

- Land training using rowing machine
- Introduction to boats
- Progression to independant rowing in single sculls, doubles and quads sculls.
- Learn to Scull (2 oars)
- Learn to Cox and steer a boat.
- Qualified CRB checked coaches

WHAT TO BRING: PE kit, trainers, sweat top, towel and change of clothes



Royal Chester Rowing Club will again be running their Annual Summer School during the holiday period, this part of the Amateur Rowing Association Project Oarsome Scheme and the clubs Junior Rowing Programme.

AIMS:

- 1 To provide an introduction to the sport of rowing for pupils finishing years 7 & 8 both boys and girls attending schools in the Chester District (not already offering rowing) including schools linked to Royal Chester Rowing Club through the Project Oarsome Scheme.
- 2 Specifically to find pupils not already involved in other sports. Rowing is a demanding yet rewarding all rear round sport requiring significant commitment to succeed at the top level as demonstrated by a number of previous participants on the course.

DELIVERY: Royal Chester Rowing Club was one of the first clubs to be awarded Project Oarsome and has recently been **awarded “Club Mark”** recognising the support put in place to encourage and develop young talent and the achievements of junior members.

WHEN: Beginners sessions will be held on **Mondays, Fridays and Saturdays between 9.30am and 12.00 noon commencing on Monday 27th July and finishing on Saturday 29th August.**

WHERE: Royal Chester Rowing Club, The Groves, Chester CH1 1SD Tel: 01244 322468
(Directions: Leave Boughton via Dee Lane towards the River Dee, and where it reaches the riverside bear to the right. Royal Chester is the first boathouse on the left hand side, before the Boathouse Inn.

WHAT TO BRING: PE kit, trainers, sweat top, towel and change of clothes

COST: The first session will be free, thereafter the cost will be **£6 per session.** Those who then choose to continue will be required to apply for membership of the club. Junior Membership is presently £96 per annum.

REQUIREMENTS: Parents/Guardians of all those participating will be required to complete and sign a consent form which will be provided. This is required as part of the Royal Chester Rowing Club Child Protection Policy.

ENQUIRIES: Initially please contact Club chairman Mike Palamarczuk, Mobile: 07966 646407, email: michal@palamarczuk.co.uk or Ian Addinsell 07803 000056, email: ian@addinsell.co.uk

Please complete this application form and return to
Royal Chester Rowing Club, The Groves, Chester CH1 1SD

Applicants Full Name:

Address:

.....

.....

Telephone No: Date of Birth:

School Attended:

Royal Chester Rowing Club

Rowing

Summer School



Parental Consent

Juniors Name:

Date of Birth:

School Attended:

Parent/Guardian Name:

Address:

.....

.....

Home Tel No: Mob Tel No:

Parent email address:

Junior email address:

Medical Details

Does your child suffer from:-

Asthma? Y/N Diabetes? Y/N Bronchitis? Y/N Ear Problemns? Y/N

Muscular/skeletal problemns? Y/N

Is He/She on regular medication? Y/N Does He/She have any allergies? Y/N

Are inoculations up to date? i.e. tetanus Y/N

Can He/She swim at least 100m in clothes? Y/N

Do you have any objection to your child being photographed at events/training? Y/N

In the event of a medical emergency do you permit the club coaches/officers to act on your behalf to authorise emergency medical treatment required by a medical professional? Y/N

In the event of any problems the club will always first attempt to contact the junior's Parent/Guardian regarding any permissions required.

Photos may be used for club promotional purposes eg stories in the local newspaper. All uses are controlled within the clubs child protection policy.

Athlete's signature

Print Name

Parent's signature

Print Name