

Royal Chester Rowing Club

ROWING SUMMER SCHOOL

SUPPORTED BY THE ROYAL CHESTER TRUST FUND



JUNIOR LEARN TO ROW & COX

Starting Monday 25th July to Sat 17 Sept 2011

Excepting 8 - 14th August when the club will be in Scotland with a Sponsored Row of the Great Glen. See website.

Mondays, Fridays & Saturdays, 9am-12.30pm

Mondays & Fridays in Sept from 4pm to 6pm

ABILITY TO SWIM IS ESSENTIAL

COST: the first 3 sessions will be **£12** each, then **£9** per session, £27 per week. Those who decide to continue can apply for junior membership of the club see website for details.

Return the application and parental consent forms and £36 payment for the first 3 sessions. **ESSENTIAL FOR COURSE PARTICIPATION.**

Royal Chester Rowing Club, The Groves, Chester CH1 1SD

Tel: 01244 322468 • Contact: Mike Palamarczuk, M: 07966646407, michal@palamarczuk.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 on the left hand side, before the Boathouse Inn.

www.royalchesterrowingclub.co.uk

Learning to scull & COX:-

- 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 round sport requiring significant commitment to succeed at the top level as demonstrated by a number of previous participants on the course.
- 3 'Open door' rowing for all in a safe and coached environment.

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 9.00am and 12.30pm commencing on Monday 25th July and finishing on Saturday 17th September.**

Excepting 8 - 14th August when the club will be in Scotland with a Sponsored Row of the Great Glen.

See www.royalchesterrowingclub.co.uk

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. See website for full requirements.

COST: The first 3 sessions will be **£12 each**, thereafter the cost will be **£9 per session**. Those who then choose to continue will be required to apply for membership of the club. Junior Membership see website for details.

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 Captain Mike Palamarczuk, Mobile: 07966 646407, email: michal@palamarczuk.co.uk or James Carew e: james.carew@gmail.com

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

Applicants Full Name:

Address:

email, parent & Junior:.....

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