



Email: juniors@riverteignrowingclub.co.uk

www.teignrowers.co.uk

Junior Rowing Programme 2014

Monday Evening Junior (12-18) Rowing 6pm—7.30pm

31 March & 7 April Come and have a go!

Learn how to row a four-oar Seine Boat with an experienced cox and full tuition. No experience needed. Come in a group or on your own — crews will be made up on the beach.

8 week Rowing Development Programme 14 April—2 June (20 places)

Structured 8 week programme to help junior rowers to develop good technique and enjoy the challenge of rowing in a crew.

The programme:

Mon 14 Apr	Wk 1 Timing (HW 1920)
Mon 21 Apr (BH)	Wk 2 Technique (HW 2340)
Mon 28 Apr	Wk 3 Technique (HW 1908)
Mon 5 May (BH)	Wk 4 Power & coxing (HW 2256)
Mon 12 May	Wk 5 Steering & navigation (HW 1754)
Mon 19 May	Wk 6 Fitness (HW 2249)
Mon 26 May (BH)	Wk 7 Starts & turns (HW 1747)
Mon 2 Jun	Wk 8 Race 1 (HW 2205)

Improvers and Racing 9 June—25 August

The programme:

Mon 9 Jun	General rowing (HW 1607)
Mon 16 Jun	General rowing (HW 2200)
Mon 23 Jun	Race 2 (HW 1616)
Mon 30 Jun	General rowing (HW 2118)
Mon 7 Jul	General rowing (HW 1354)
Mon 14 Jul	Race 3 (HW 2106)
Mon 21 Jul	General rowing (HW 1429)
Mon 28 Jul	Preparation for regatta races (HW 2030)
Mon 4 Aug	Preparation for regatta races (HW 1214)
Sat 9 Aug	Teignmouth Regatta Race (4) (HW 1813)
Mon 11 Aug	Preparation for regatta races (HW 2005)
Mon 18 Aug	Preparation for regatta races (HW 1235)
Sun 24 Aug	Shaldon Regatta Race (5) (HW 1852)

Depending on the tide and the weather we also hope to organise picnics on the beaches around The Ness, games on the Salty and other activities.

Our ambition:

- ◆ To increase the number of young people who are enjoying rowing on the River Teign
- ◆ To establish a race series for junior rowers
- ◆ To take two junior Seine Boat crews to row the **Great London River Race** on 27 Sept.



Wednesday Juniors and Novice Nights 7 May—27 August 6pm—7pm

Turn up and have a go!

A team of coxes will support juniors to develop their rowing technique and have fun on the water.

Juniors who are interested in rowing regularly can progress to the Monday evening sessions as well as, or instead of,

Shaldon Regatta Junior Rowing Mondays 23 Jun—11 Aug 6.30pm—8pm

Row in Regatta Dinghies and Seine Boats.

These sessions are for beginners and improvers so come along and have fun on the water while learning a new skill. Parents are asked to register before 6.30 and stay on the beach during the session. Full details www.shaldonregatta.com.



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Who is it for?

New and experienced rowers aged 12 and over

Who will be running the sessions?

A team of experienced coxes with safety boats on the water and a beach crew to keep things in order.

Where will it be?

On the Back Beach at Teignmouth. The Club boats are kept on the beach near the lower Point Car Park

What does it cost?

The Monday sessions are FREE. The Wednesday Juniors sessions are 50p per rower.

Do I need to be a member of RTRC?

All rowers are asked to join the RTRC on the third time they row. This is to ensure that everyone is covered by the Club's insurance policy. Junior membership costs £10 for the year

What equipment will I need?

Nothing other than enthusiasm and energy. Life jackets and all other equipment will be provided. You will need appropriate sports wear and shoes that can get wet.

Do I need to attend every week of the Rowing Development Programme?

This is a structured eight week programme designed to teach good rowing technique and to develop the rowers as individuals and within a crew. We understand that sometimes it is not possible to come every week but we would expect everyone to come to as many sessions as possible. The places are limited and it is a shame to waste the opportunity.

What's on offer?

Monday Evening Rowing
starts 31 March 6pm—7.30pm

with

8 week Rowing Development Programme

14 April—2 June (20 places)

and

Improvers and Racing
9 June—25 August

Wednesday Juniors and Novice Nights
7 May—27 August 6pm—7pm

Plus the option of picnics on the beaches around The Ness, games on the Salty and other activities.

How to join in

Email juniors@riverteignrowingclub.co.uk for an application form

OR

Download a form from the club website
www.teignrowers.co.uk

AND

Come and join us on the beach for the introductory sessions on 31 March and 7 April