

Nepean Rowing Club Come Try Day- 3rd November 2019

The below information sets out the details of the day and some information regarding post open day.

Why: Nepean Rowing Club is always looking for new members and by opening up the club for a day and showing individuals the basics of the sport, it is hoped they can see if it is a sport for them.

How: To enrol in the course please fill out the enrolment form on the website to book your spot. No applications will be accepted after Sunday 2nd June.

Who: Anyone 12 and above is welcome to attend. The ability to swim is also recommended however those unable to are still welcome but are to note this on their enrolment form.

When: The open day is on Sunday 3rd November 2019, 9-12pm.

Where: Nepean Rowing Club Boatshed. Bruce Neale Drive, Penrith. Approximately 200 metres down the road from the licensed Club.

What to bring: Runners, workout gear, towel and drink bottle.

Program cost: Free

Program Schedule:

Date	
Sunday 3/9/19 9am – 10am	Session 1 Land session <ul style="list-style-type: none">• Technique on rowing machine• Boat handling procedures• Rowing terminology• River safety
Sunday 3/9/19 10am – 11am	Session 2 Water session <ul style="list-style-type: none">• Sculling- quads• Basic on and off water procedures• Basic technique• Arms only, rock over etc
Sunday 3/9/19 11am – 12pm	Session 3 Water session <ul style="list-style-type: none">• Sculling- doubles and singles• Basic technique• Arms only, rock over etc Question time <ul style="list-style-type: none">• During this time participants are encouraged to ask any questions about continuing rowing at Nepean

Post Come Try Day

Trial sessions

Details can be found below regarding signing up to the club. If you come to the day and enjoy it, we will facilitate individuals participating in semi-private coached sessions before signing up to the club. These sessions will run on weekends between 12-6pm (other days and times may be possible) and will be organised on an individual basis. You can attend up to 5 sessions before deciding to sign up. These sessions cost \$20 each and run for sixty minutes. You will be contacted after the course to organise session days and times.

Membership- pro-rata

Senior (over 18): \$600

Tertiary Student (over 18 and study): \$550

Junior (under 18): \$500

The membership price entitles rowers access to our boats and gym (under the supervision of a coach if under 18) and enables them to be entered in regattas (seat fees are payable on top of this fee). Membership runs May-April and pro-rata rates will apply for late registrations.

Regattas

The season begins in September and runs until May. Regattas will be entered into in consultation with a club coach. Our schedule for this season is set and can be requested.

Training

The current program will be discussed with individuals at the course as the program changes (please find a typical week below). Upon joining rowers will be provided with a google sheets document with the current program.

Week 22/4 - 28/4							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Gym 6-7am	Erg 6-7am	Gym 6-7am	Erg 6-7am	Gym 6-7am	Row 7-12pm	Row 7-12pm
PM	OFF	Row 4:30-6:30pm	Row 4-6pm	OFF	Row 4-6pm	OFF	OFF

More information: If you are after more information, please feel free to contact us on the below email.

rowing@nepeanrowingclub.com.au

Kind Regards,
Daniel Waddell
Nepean Rowing Club
Rowing Coordinator