

ASRA Holiday Learn to Row Program - Summer 2018

We invite applications for the following Learn to Row courses.

LTR 1: 9th - 13th Jul 09.00 – 13.00, LTR 2: 9th - 13th Jul 13.30 – 17:30 (Girls only)

LTR 3: 16th – 20th July, 13:00 - 17:00

LTR 4: 6th – 10th Aug, 09:00 – 13:00

LTR 5: 13th – 17th Aug, 13:00 – 17:00

These LTR weeks cost £50 per person, but are heavily subsidised by ASRA and there is an expectation that if your son / daughter wishes to continue rowing after the LTR week, then this will be done with ASRA.

The ASRA boathouse is situated on South Esplanade West, Torry.

Your child will need a snack and a water bottle each day. As rowing is a demanding sport it is important to keep energy levels topped up and to remain hydrated throughout.

You will need basic outdoor PE kit to take part. It is important to pack enough kit for two separate outdoor sessions a day and a light waterproof in the event of rain. A change of socks is important as they can get wet whilst getting in and out of the boats. Obviously, the weather can be very varied, so please pack accordingly.

Noted below is an outline of the programme for the week. Days are split into two sessions with a break in between for a snack and rest:

	Session 1	Session 2
Monday	Land Based – Technique on rowing machines	Water Session - Introduction to rowing
Tuesday	Outing 1 – Re-cap on yesterday	Outing 2 – Further technique work
Wednesday	Outing 1 – Rowing games	Outing 2 – Explore the River Dee
Thursday	Outing 1 –Smaller Boats	Outing 2 – Manoeuvring skills
Friday	Outing – Mini Regatta	Finish up

The coaches involved are qualified Scottish Rowing Coaches who are insured and fully disclosed. Application forms may be downloaded from our website. Places are however limited and will be allocated on a first come, first served basis.



ABERDEEN SCHOOLS ROWING ASSOCIATION

2018 Summer holiday Learn to Row Program

APPLICATION FORM

Please indicate which week you are requesting with an X in the box & cost is £50 per person per week

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LTR 5: 13th – 17th Aug, 13:00 – 17:00

This completed form, accompanied by a cheque for £50.00 payable to “ASRA”, should be returned to

**ABERDEEN SCHOOLS ROWING ASSOCIATION
81 POLMUIR ROAD
ABERDEEN
AB11 7SJ**

by Friday 6th July

NAME OF CHILD	DATE OF BIRTH
ADDRESS	
EMAIL ADDRESS OF PARENT/GUARDIAN	
SCHOOL	
EMERGENCY CONTACT DETAILS (NAME(S) & MOBILE NUMBER(S))	
THE ABOVE CHILD CAN SWIM 50 METRES YES NO	
PLEASE GIVE DETAILS OF ANY MEDICAL CONDITIONS	

I hereby give my consent for the above child to participate in the “Learn to Row” week run by Aberdeen Schools Rowing Association.

_____ Signature of Parent/Guardian

Occasionally photographs may be taken for promotional purposes. Please indicate if you do not wish your child/ward to be photographed.

Aberdeen Schools Rowing Association, 81 Polmuir Road, Aberdeen AB11 7SJ
email: bryan81@talktalk.net website: www.asra-rowing.co.uk

ASRA is a directly affiliated member of the Scottish Amateur Rowing Association and a recognised Scottish Charity SC029743