

## ASRA Holiday Learn to Row Programme - Summer 2021

### COVID 19

Rowing is categorized as a contact sport as the risk of transmission of COVID 19 is increased in a crew boat compared with a single scull.

The athletes rowing or sculling will not be wearing face coverings, however anyone required / asked to cox will be required to wear a face covering.

We invite applications for the following Learn to Row course from young people who are in Secondary education.

**LTR 1: 5<sup>th</sup> to 9<sup>th</sup> July**  **Applications close Friday 25<sup>th</sup> June**

Mon: 09:30 – 11:30, Tues: 10:00 – 12:00, Wed: 10:30 – 12:30, Thur: 11:30 – 13:30, Fri: 12:00 – 14:00

**LTR 2: 5<sup>th</sup> to 9<sup>th</sup> July**  **Applications close Friday 25<sup>th</sup> June**

Mon: 12:00 – 14:00, Tues: 12:30 – 14:30, Wed: 13:00 – 15:00, Thur: 14:00 – 16:00, Fri: 14:30 – 16:30

**LTR 3: 2<sup>nd</sup> – 6<sup>th</sup> Aug**  **Applications close Friday 23<sup>rd</sup> July**

Mon: 09:30 – 11:30, Tues: 10:00 – 12:00, Wed: 11:00 – 13:00, Thur: 12:00 – 14:00, Fri: 13:00 – 15:00

This LTR week cost £40 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.

Priority will be given to those young people who have not attended a learn to row course previously.

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.

<b>Monday</b>	Land Based – Technique on rowing machines Water Session – Introduction to rowing
<b>Tuesday</b>	Water session – Re-cap on yesterday & Further technique work
<b>Wednesday</b>	Water session – Rowing games & Explore the River Dee
<b>Thursday</b>	Water session – Manoeuvring skills
<b>Friday</b>	Outing – Mini Regatta <span style="float: right;">Finish up</span>

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.