

2024 Summer Learn to Row Courses



Did you miss the Easter Course to **Learn to Row** and would you like to see if Rowing is for you? If so, we are offering Learn to Row courses during the **Summer Holidays**. We welcome boys who are currently in **year eight or above**.

Boys wanting to row need to be competent swimmers and will need to take a **swim test** if you continue. During the course you will wear a life jacket,

The **Rowing Courses** will take place at **Longridge Activity Centre in Marlow** and will consist of **five** sessions. We will work with you to schedule the sessions (courses can be scheduled between 29th July and 16th August), they will take place in the **afternoon**.

We ask for a donation of **£120** for the course. Payment will be requested once we have allocated spaces.

Boys who want to continue with rowing will be treated as improvers and we will include you in the relevant squad as soon as the coaches see you are ready. There will be a request for an ongoing donation for joining RGS Rowing

To **sign up to** the Learn to Row Course, please complete the form below and return this by email to rgslearntorow@gmail.com (salient points in an email are fine) as soon as possible and by the end of term at the latest.

Name of Student		Form	
Name of Parent	Email		
	Mobile no		
Which weeks is your son available in the Summer.			

We would not like anyone to be prevented from experiencing rowing for purely financial reasons. If you are in this situation, please contact us in confidence as help may be available.

FAQ

What are the benefits of rowing?

Rowing works nearly all the muscles in your body, so it is a very efficient work-out. It is a great way to stay physically active or develop your fitness even further.

What should my son wear?

The boys need to wear layers and tight-fitting clothes. PE Kit with leggings and a training top or waterproof will be fine. It doesn't have to be RGS kit, especially as the course is over a series of days. We will provide a life jacket if they have not yet taken a swim test.

Who will be coaching my son?

Our team of coaches is headed by Bruce Gascoine supported by Christy Job (Marlow Rowing Club), Ollie Costley and Abi Topp (Leander Rowing Club), Olly Hill and Alex Jackson (Marlow Rowing Club).

How do the boys get to the course?

Parents will need to get their sons to and from the course.

When do you row? Is it just the summer?

For people who haven't been involved in rowing before and only see the Boat Race and Henley Royal regatta it can come as a surprise that we row all year. The rowing calendar means there are competitions across the country almost every weekend.

We row all year with sessions on the water every weekend between 8am - 4pm. On weekdays we have either water or land sessions after school. When light allows and we row on the water we take the boys to and from the sessions in school mini-buses.

My son does lots of sports, how can we fit in another one?

Once your son is an improver, we will do our best to get to know your son and his other sporting activities. We do our best to match our sessions to availability. We have boys rowing who do many sports at the school and for local clubs.

I didn't know there was rowing at RGS?

There has been rowing at RGS since 1954. Originally the Club rowed at Marlow Rowing Club but we now operate at Longridge Activity Centre, Marlow, alongside Sir William Borlase and Great Marlow School. The Club has more than 90 boys rowing across Years 9-13 with a team of paid part-time coaches. We have an active Friends of Rowing who organise fundraising events and support the Club at races. We will be delighted to welcome you to get involved.