



## **Beginners Course**

Welcome to City of Cambridge Rowing Club.

### **About the Club**

City of Cambridge Rowing Club (also known just as 'City') is the oldest 'town' (non-college) rowing club in Cambridge. We currently have around 300 members, and cater to people of all abilities, ages and commitment levels. We have members from children to octogenarians, and from beginners to international rowers. Our boathouse is one of only two in Cambridge with a licensed bar, and our club has the most active social calendar of the Cambridge clubs.

### **About Rowing**

Competitive rowing requires aerobic fitness, a lot of technique practice, and strength.

For beginners however the most important qualities are availability, reliability (e.g. punctuality), commitment and coach-ability (being willing to put into practice what a coach says).

### **The Course**

The course will be run for 6 weeks. Each person will row twice a week *either* Saturday and Tuesday evening OR Sunday and Thursday evening.

Before the course we will hold a 'Pre-course meeting' which you will be notified off nearer the time.

The course will consist of rowing outings, circuit training sessions, and erg (rowing machine) sessions (see below for details).

There will be a social event for all Beginners Course Graduates at the end of the course.

### **Membership**

For insurance purposes we require that you take at least a temporary membership for the duration of the course. Please fill out the form at <http://cityrc.co.uk/Join.php>. You can bring a cheque to the first outing, or arrange another form of payment before the course starts – the beginners captain will need to have been informed that you are a member by time you start rowing. (Cheques or cash are the easiest for the beginners' captain to keep track of who has paid so if you can pay by cheque or cash please do)

## **Rowing Outings**

Your first session will be on the bank and in the boathouse learning about the basics of rowing.

After this outings will be in eight position boats (called an 'eight') or four position boats (a 'four'), and you will be learning sweep rowing (one oar each) rather than sculling (two oars per person). This is to allow more efficient use of the coach and cox's time, and also so that you can practice rowing whilst having some of the others in the crew balance the boat by dragging their oars on the water.

The beginners captain will arrange a coach and cox for each of your outings – neither of these people are paid, they are giving up their free time to help their club, so please be nice to them.

Please turn up about 15 minutes early for each outing. Punctuality and reliability is very important, since there will be 8 other people who can't go rowing if you don't turn up. If there is a problem which stops you from attending please call as soon as you know.

The only circumstances when we won't have an outing are where it is too dangerous to go out, or if there are insufficient rowers. This usually is when it is very windy, as it is extremely difficult to control a beginner's boat in high wind. If it is cold or rainy, we will still be going out. Even if it looks windy out of your window, please turn up unless told otherwise, as we may find a protected part of the river to row on.

## **Contact details**

Make sure that the person organising your outings has your contact details (including phone number), and that you have theirs. That way everyone is contactable if something goes wrong.

We will set up an email mailing list for you. Your organiser can use it for finding substitute rowers if needed, for organising outings after your course finishes, or can discuss whatever you like on it.

## **What to bring**

Clothing for rowing needs to be fairly close fitting. Anything which is baggy will get caught in the sliding seats, or will catch on your hands. Synthetic fibres are good as they don't get very wet and cold if you are splashed. A light splash-proof top is quite useful, to avoid getting splashed and to keep out the wind. Bring a change of clothes if you can – you probably won't need it very often, but it is good to have if you are cold.

Shoes – The boats have shoes built into them, however bring along some older shoes for which it won't matter too much if they get wet, and you can use these for getting in and out of the boat – many people use crocs or neoprene booties for this.

Water bottle – Bring a water bottle to take in the boat so you can rehydrate.

## **Circuit Training**

City of Cambridge Rowing Club runs circuit training sessions every Monday, 7pm at the boathouse. These are not compulsory, but are a good way to improve your strength/fitness. If you attend circuits please ask who is running it that week and let them know you are a beginner, that way you can be paired up with a current member to be shown the ropes.

## **Ergs**

'Erg' is a name used for a rowing machine – also 'ergo'. During the course we will have some sessions on ergs to help you with technique and fitness. Unfortunately the club does not currently have its own set of rowing machines, so we have to borrow time from other clubs, which means that these sessions may be sporadic.

## **After the course**

There will be a social event for all Beginners Graduates on 9<sup>th</sup> October – details to be confirmed.

Once you complete the course, you will have the option of joining City of Cambridge Rowing Club as a full member.

The beginners' captain will no longer organise outings/coxes/coaches for you. You will have to take more responsibility for organising these; however the novice captain may help you in this. At this point you'll have to decide how much time you want to put into rowing. You will probably race your first race shortly after the course finishes, depending on the racing timetable, and assuming you want to race.

## **Bumps**

'The Bumps' is a set of races held in July over four nights and is the peak of the Cambridge rowing calendar. It is enormous fun, with people of all abilities competing. For a description of how a bumps race works see <http://en.wikipedia.org/wiki/Bumps>  
On the last night there is an enormous, all night party.

## **Social events**

City has the best social events of any club on the river. This is partly because there is only one other clubhouse with a bar. Many of the races on the Cam involve a party at our boathouse afterward, including the massive bumps party. Others include the City sprints and Christmas Head races. We also often have parties for other reasons such as birthdays, Halloween and leaving parties. Away from the boathouse, members regularly meet up at various pubs (Old Spring, St Radegund, etc).