



Chair:
Julia McCumiskey
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Secretary:
David Pratt
info@lakelandrowingclub.com

Treasurer:
Paul Eldridge
treasurer@lakelandrowingclub.com

Dear Parent/Guardian,

Your son/daughter has expressed an interest in taking part in a Junior Learn to Row course delivered by volunteers from Lakeland Rowing Club, situated on the Isthmus in Keswick. Whilst this course is advertised in schools, it is operated entirely by Lakeland Rowing Club, and the schools involved take no responsibility for it. Lakeland Rowing Club experienced coaches and volunteers are covered by current DBS checks.

A Junior Learn to Row course is available to all students from Year 7 upwards. It consists of around 12 hours of tuition on Derwentwater, based at Lakeland Rowing Club. Initially there will be 6 hours of tuition over two days on the water in a stable single scull with stabilising floats, accompanied by some competent rowers, and a coach in a motor safety boat alongside. Some land-based tuition will also be given, specifically on equipment, boat handling, crew safety and sculling technique. After that they will be invited to attend our junior club sessions where they will get experience of rowing in crew boats with other rowers. If weather conditions restrict the amount of time spent on the water the club will endeavour to rearrange the sessions to ensure the rowers get sufficient time on the water to progress.

By the end of the course the participants will know the basic techniques required to handle boats on and off the water. **The Learn to Row course fee includes a full membership for the rest of the current membership year, which ends on 31 March each year.** This means that on completion of the Learn to Row course, participants can continue to attend junior club sessions to further progress their skills. Club sessions take place all year round usually on a Sunday morning, and from spring to autumn there are evening sessions available during the week. The current junior membership consists of some rowers who participate purely for social and fitness reasons, but also a large majority who are keen to compete in the British Rowing Northern Region competitions.

There is no specific equipment that learners will need to participate on the course, except that we wet launch the boats which means wading into the lake, so wellies (in cold weather) or wet shoes and shorts are a must. It is advisable to wear close fitting, comfortable clothing, nothing too heavy when wet or with open pockets i.e. not hoodies where the oar handles can get caught in the pockets. A warm hat and layers are important in cold weather. There is always the possibility of getting wet so a full change of clothes is always required, and a waterproof jacket in case of rain. All junior participants are required to wear a personal flotation device until they have completed a capsize drill and parental consent has been given not to wear one. These are provided by the club. Participants should bring a bottle of water and have eaten before they arrive – we do not have a lunch break.

Places are limited on the Learn to Row courses due to the time investment it requires to run them. Whilst there is no requirement to join in club activities on completion of the course we are keen to attract students whose aim it is to commit time to the sport, should they enjoy it, so that our junior section can grow within the club. If your son/daughter is not available or will struggle to get to Keswick, on a Sunday as a rule, this will affect their ability to participate in the club. The cost of the course is **£40** which covers the cost of the accompanying safety boat. **Do not send any money with your application form.** When you have been allocated a course you will be given payment information.

With Regards

Julia McCumiskey
Junior Coordinator
www.lakelandrowingclub.com

APPLICATION FOR JUNIOR LEARN TO ROW COURSE

Details of Student

Name of Student: _____

Date of Birth: _____

School Year: _____ School Attended: _____

Home Address: _____

Can the student swim 50m in light clothing? Yes/No

Details of Parent/Guardian

Parent/Guardian's Name: _____

Parent/Guardian's Email address: _____

Emergency Contact Number(s): _____

Course Dates

Each course consists of 3 hours per day for two days. Please choose as many dates as you can make, numbering from 1 in order of preference. Courses will be allocated on a first come first served basis.

Saturday 20 April 12-3pm & Sunday 21 April 12-3pm

Saturday 4 May 12-3pm & Sunday 5 May 12-3pm

Saturday 8 June 12-3pm & Sunday 9 June 12-3pm

Saturday 20 July 12-3pm & Sunday 21 July 12-3pm

I give my permission for the above named student to take part in a Lakeland Rowing Junior Learn to Row course.

Signed by Parent/Guardian: _____

PLEASE RETURN THIS FORM DIRECTLY TO: MRS J MCCUMISKEY, 3-5 ESKIN STREET, KESWICK, CA12 4DH
OR BY RETURN EMAIL jamccumiskey@gmail.com

Do not return it to school. Do not send any money.

Any queries, please email me at jamccumiskey@gmail.com

Further details of the club can be found at <https://www.lakelandrowingclub.com/>

The club has a bursary fund, the John Inman fund, to assist adult and junior members who struggle to afford fees for membership, learn to row courses or race fees. Please email me at jamccumiskey@gmail.com if you would like to apply.