

Coleraine Grammar School Rowing Club

January 2016

Dear parents/guardians

As a member of **Coleraine Grammar School Rowing Club** your child will be expected to attend rowing every Saturday morning and at least one other training session per week finishing at 4.45pm. As Saturday is the only day competitions take place there is little point training mid-week and then not being in a position to be in a competing crew. We appreciate that this may clash with other existing sports and hobbies; therefore we ask that you talk to your child prior to committing to the Rowing Club as they may take a place from someone with fewer commitments. We ask that your child attends training sessions promptly. The rowers will be allocated training groups and specific days and times for training. Training takes place irrespective of weather conditions! If it is not possible to row due to high winds, or exceptional flow on the River, rowing will be substituted by circuits, indoor rowing machines or running. Rain itself does not prevent rowing!

What is required for every training/rowing session?

- 1) A change of clothes plus towel, as due to the nature of the sport it is highly likely your child will get cold or wet during training. Please ensure that their name is on as much clothing as possible so when clothing gets left behind we can easily reunite items with the owner.
- 2) A pair of shoes suitable for running. These do not need to be state of the art, however running does form part of our fitness programme.
- 3) A water bottle/container to hold fluids during training, we encourage our members to recycle plastic bottles by refilling them and not using a new one each session.
- 4/ Club clothing will be purchased in bulk and everyone will be notified in good time prior to an order being placed.

Your child, in the coming season, will make new friends and develop depths of fitness and commitment, that will amaze you (keep this letter and read it in a year's time if you don't believe me). Enjoy your child's time at **Coleraine Grammar School Rowing Club**, support them at every given opportunity - these days don't come back. We encourage and approve of parental support, at all Regattas and Heads of the river races.

Finally, the rowing club is run by myself and a team of unpaid volunteers and we are always looking for assistance in whatever capacity you are prepared to offer, from coaching (you don't need a rowing background) through to fund raising, catering, sponsorship or transport of athletes to and from events, just make yourself known to me at the boathouse or via email jjohnston@C2KNI.Net

Jeremy Johnston
Rowing Coach