



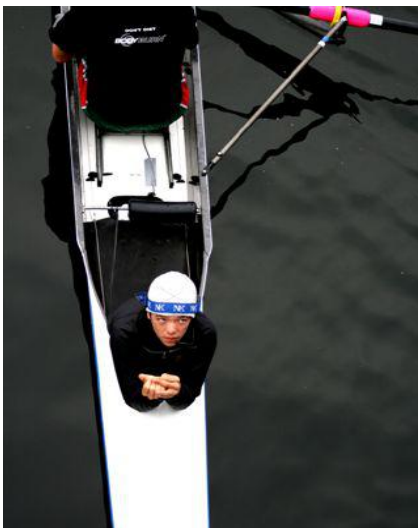
Welcome to the Rotorua Rowing Club!

We are offering you the chance to try rowing over the next few weeks. Turn up on Saturdays at 8am and we'll take you out and get you started. If Saturday does not work for you then contact us using the enquiry form on the web site and we can arrange a coach for you on Sunday mornings.

On your first visit can you fill out the information sheet for us with contact details? **Then each session please tick the on-water sheet so we know who is on the water?**

More Information

- During these rowing sessions we'll have current rowing parents available at the **Watersports Centre** to answer questions.
- Our winter training program for both experienced and novice rowers starts in May. It's designed to work around your winter sports trainings and builds in intensity through spring and summer, working towards the racing season that runs from October to March.
- About the third week of May we will hold information meetings to run through the organisation of the club and the season in more detail.



Getting Started

As soon as you have decided you'd like to row then fill out the membership form on the web site and we will be in contact to arrange time for another weekly training session on the rowing machines and we'll also provide instructions on paying the first \$100 of your club subscription.

At the end of May we'll have a Sunday training morning at the club from 7.30 for all new rowers. We'll have a couple of rows to improve technique and we'll organise training crews and allocate boats and blades.

Questions? First check our web site

www.rotoruarowing.org.nz

Use the enquiry form or call Alastair, 021447111

From here rowing is every Saturday morning at 8.00am, but keep an eye on the web site for extra open days.