



**LIVERPOOL VICTORIA ROWING CLUB**

**NEW BEGINNERS WELCOME PACK**

# LVRC

Welcome to Liverpool Victoria Rowing Club, affectionately referred to as LVRC or **The Vics**. This pack has been put together to try and give you all the information you may require on taking up the sport of rowing.

Enclosed you should find:

- \* *Water safety information*
- \* *Programme of activities and key dates*
- \* *What to wear*
- \* *Pre joining form*

Rowing is a sport for all ages and abilities, we welcome new members to our club regardless of whether or not they wish to compete, get fit, socialise or all or none of the above. A charge of £20 is payable for the introductory sessions and the next intake dates for new adult beginners are indicated within this booklet.

If you require any more information, or directions to the boathouse please feel free to contact me either by

*email*     [entries@lvrc.co.uk](mailto:entries@lvrc.co.uk)

*Regards, Heather Parry*

# Water Safety

## Swimming

Ideally you should feel confident around water. It is a water sport and although we rarely capsize, it does occasionally happen. You should be able to swim 100 metres in light clothing. Buoyancy aids are not normally worn by rowers as they interfere with the action of rowing.

## Capsize

As a beginner you will be closely supervised at all times, when on the water there will always be a safety launch out alongside. In the event of a capsize -

# STAY WITH YOUR BOAT

It is your buoyancy aid and will keep you afloat. The oars will stay attached to the boat and will stick out from the sides, giving you more to hold onto. You will need to get as much of your body out of the water as possible to reduce heat loss. This is done by pulling yourself onto the hull of the boat, and if possible climb onto the hull and await the launch. The boats are designed to stay afloat when full of water.

## Driving on the right

We are bound by Marine Law, this says that we must keep to the right when rowing, in other words imagine you are driving in France.

In practical terms what this means is that when we row away from the landing stage we keep to the side of the dock that is in Birkenhead, and when we turn around and come back we keep to the side that is in Wallasey.

## Shipping

The dock is a commercial one and this means that there are cargo boats in and out at various times. They can look very big the first time you are alongside. We have an arrangement with the Dock Company that we contact them each time we are rowing to check shipping movements, and we stay well clear of all ships.

## Programme Dates for 2008

### February

<i>Session 1</i> - Saturday 2 <sup>nd</sup>	11:40am – 1:00 pm
<i>Session 2</i> - Wednesday 6 <sup>th</sup>	7:00 pm – 8:00 pm
<i>Session 3</i> - Saturday 9 <sup>th</sup>	11:40 am – 1:00 pm
<i>Session 4</i> - Wednesday 3 <sup>rd</sup>	7:00 pm – 8:00 pm
<i>Session 5</i> - Sunday 17 <sup>th</sup>	9.00am - 10.30am

### April

<i>Session 1</i> - Saturday 19 <sup>th</sup>	11:40am – 1:00 pm
<i>Session 2</i> - Wednesday 23 <sup>rd</sup>	7:00 pm – 8:00 pm
<i>Session 3</i> - Saturday 26 <sup>th</sup>	11:40 am – 1:00 pm
<i>Session 4</i> - Wednesday 30 <sup>th</sup>	7:00 pm – 8:00 pm
<i>Session 5</i> - Sunday 4 <sup>th</sup> May	9.00am - 10.30am

### July

<i>Session 1</i> - Saturday 19 <sup>th</sup>	11:40am – 1:00 pm
<i>Session 2</i> - Wednesday 23 <sup>rd</sup>	7:00 pm – 8:00 pm
<i>Session 3</i> - Saturday 26 <sup>th</sup>	11:40 am – 1:00 pm
<i>Session 4</i> - Wednesday 30 <sup>th</sup>	7:00 pm – 8:00 pm
<i>Session 5</i> - Sunday 3 <sup>rd</sup> August	9.00am - 10.30am

### October

<i>Session 1</i> - Saturday 18 <sup>th</sup>	11:40am – 1:00 pm
<i>Session 2</i> - Wednesday 22 <sup>nd</sup>	7:00 pm – 8:00 pm
<i>Session 3</i> - Saturday 25 <sup>th</sup>	11:40 am – 1:00 pm
<i>Session 4</i> - Wednesday 29 <sup>th</sup>	7:00 pm – 8:00 pm
<i>Session 5</i> - Sunday 2 <sup>nd</sup> November	9.00am - 10.30am

## Programme of Activities

Learning to row takes a combination of technique and strength, and you will have the opportunity to develop both. Some coaching will be during water sessions and some will be in the gym using rowing machines (ergos). You may already have experience of ergos in other gyms, and may find that our coaching is different from that which you have previously had. The reason for this is that we use the ergo as a tool to teach you to row on water, and not to just thrash the machine for a fast time.

### **Session 1 11:40am – 1:00pm (weather permitting)**

- \* Hand in pre joining forms
- \* Welcome and tour of the boatshed and gym.
- \* Short session on ergo.
- \* Short water safety refresher talk.
- \* Coaching in how to put oars in, and get in and out of boats.
- \* Explanation and demonstration of first part of rowing stroke.
- \* On the water in beginner singles or wooden rowing boat. There will be a safety boat on the water, but at this session you will not be further than 2 or 3 metres from the landing stage.
- \* You will be coached in the basic rowing action, how to turn your boat round and how to reverse.

### **Session 2 7:00pm – 7:45pm** ***Ergo session in the gym***

At the end of this session you will have been coached in the correct body position and how to apply pressure, using the legs. You will also be taught how to use the monitor to set pieces of work.

### **Session 3 11:40am – 1:00pm**

As on *session 1* but starting to learn to use the full slide and leg drive, and possibly feathering the oars.

### **Session 4 7:00pm – 7:45pm**

As on *session 2* body posture and technique will be reinforced, also a refresher on setting the monitor followed by a short piece of work.

### **Session 5 9:00am – 10:30am**

If you have decided that you would like to join, you are invited to come down on Sunday to meet the rest of the club and continue rowing.

# What to Wear

## ON THE WATER

### *Winter*

In the winter it can get very cold, and you will need to wear layers of light clothing rather than a big padded jacket as this will get in the way. Ideally a long sleeved thermal base layer (as worn by climbers and walkers) under 1 or 2 t-shirts with a sweatshirt and light waterproof on top will give you the protection you need from the weather.

Stretchy leggings, trackie bottoms or Ron Hill type trousers are ideal **NOT JEANS** - you will not be allowed on the water in jeans. As a beginner you will only be learning the technique of rowing, and will not be doing very much work to keep you warm. This may mean that you are sitting for quite long periods being instructed, but not moving around very much.

We **DO** go out when it is raining, snowing and freezing, the only weather conditions that keep us off the water are fog and strong winds. A hat or hood is also desirable as your ears can get cold.

### *Summer*

In the summer leggings, cycling shorts and t-shirts with a sweatshirt are suitable. Sun cream and baseball caps are required on most days as the sunlight is reflected off the water even when it's cloudy. Old trainers are suitable as the boats have shoes attached in them, you won't be wearing your own.

You should bring a change of clothes and towel in case of a capsized or heavy downpour of rain. We have good changing and shower facilities and small lockers for hire to keep valuables in, but ideally **don't bring or wear anything good** as most things end up torn, dirty or lost in the dock.

## INDOOR TRAINING

Normal gym clothes of shorts, t-shirts and trainers are suitable for land training in the gym. Also you may find that you want a bottle of water with you.

# LVRC Pre-Joining Form

Name .....

Address .....

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Post Code .....

Telephone .....

Mobile .....

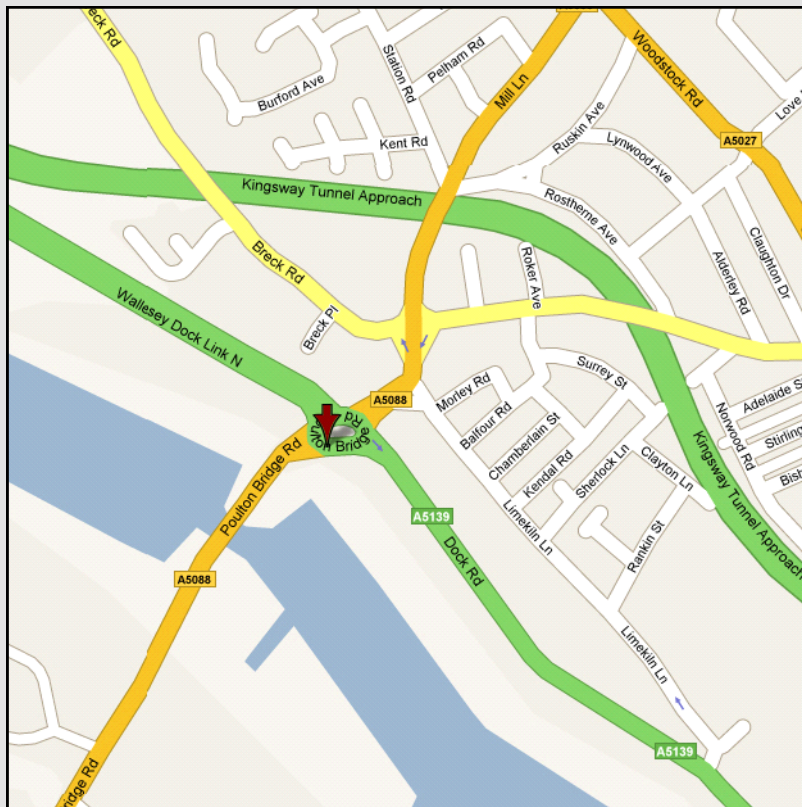
Email .....

Any health problems that may affect your ability in the sport?

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**Liverpool Victoria Rowing Club  
Wirral Rowing Centre  
Poulton Bridge Road  
Wallasey  
CH1 1EA**

**Boathouse Telephone : 0151 639 0354**