



**WYCHWOOD**

SCHOOL • OXFORD

# Rowing



# Rowing

**Dates:** 7<sup>th</sup> - 14<sup>th</sup> July 2024

**Age:** 11-16 years

**Gender:** open to all

**English Level:** A2+

**Rowing Experience:** Beginner (must be confident swimmer)

**Package fee:** £1495

## Package includes:

- all meals
- accommodation
- supervision
- course programme
- trips
- excursions
- activities

**Accommodation:** Boarding school accommodation

## What you can expect:

- **Learn how to row** with expert coaching from experienced and British Rowing qualified coaches.
- **Make friendships** with students from all over the world, creating memories that will last a lifetime.
- **Immerse yourself in British Culture** with exciting excursions to famous British landmarks.
- **Experience the warmth and hospitality** of our welcoming team, ensuring you feel right at home.



## Programme Overview

### Fancy yourself as an Oxford Blue?

Whether you are interested in stepping in a boat and taking your first ever strokes or looking to improve your technique and fitness, our course offers the opportunity to **learn from the best**.

This programme will take place at **Hinksey Lake/Christchurch College Boat House**, Oxford. Each day will include **professional instruction, drills, activities**, and **team building sessions**. The week will finish with **side-by-side racing** where you will put into practice everything you have learned. An **award ceremony** and **team celebration** will conclude the week.

### About the programme:

- Expert Coaching: learn from experienced and British Rowing qualified coaches who have had success in a rowing and coaching across national and international events.
- Skill development sessions: break down the rowing stroke, the catch, finish, hooking on and driving.
- Speed, strength and conditioning sessions.
- Fun activities to develop teamwork.
- Regatta day and celebration: put your skills to the test in an exciting racing environment.

### Our Coaches:

**James Powell:** James learnt to row at Bedford Modern school and rowed for the Great Britain team at the world championships. He has 14 years of coaching experience and is currently on the coaching team at Oxford University Boat Club. He is working with the team who will race in the 2024 Oxford Cambridge Boat Race.

**Hope Kannor:** Hope started rowing at Broxbourne rowing club Hertfordshire as a Junior before moving to university at Oxford Brookes whilst rowing and completing a degree in Sports Coaching and Physical Education. She coached Oxford College 1<sup>st</sup> crews alongside studying and rowing competitively.

## Accommodation

This programme offers you the opportunity to spend time as a boarder in a traditional British boarding school in the heart of Oxford. Staying at Wychwood School is a wonderful experience.

We provide a secure, safe and happy community where students can learn effectively and enjoy relaxed social times with their friends. Our wonderful location enables our students to make the most of Oxford in the form of evening excursions.

Our characterful, cosy, and traditional dormitory rooms are configured in 1- 4 beds. Single rooms will be allocated to older students.

Our caring and supportive house parents make sure that students have a safe and enjoyable stay. Our house parents and staff will be on hand to attend to medical needs when required.

## Airport Transfers

We can arrange individual and group transfers. Please enquire upon booking.

Alternatively, we are well connected by public transport to the major London airports.

Please take a look at the most recent [timetables and routes](#).



## Excursions

- **Bath:** Tour of this stunningly beautiful, UNESCO world heritage site city. Tour will include visit to the Roman Baths and Royal Crescent.
- **Walking Tour of Oxford:** explore the spires of Oxford, including the iconic Radcliffe Camera, the Sheldonian Theatre, The University Church of St. Mary's, the Bridge of Sighs and Bodleian library.
- **Harry Potter Studios:** Explore the magic behind the making of Harry Potter at Warner Bros. Studio London, stepping onto iconic sets, discovering filmmaking secrets, and encountering enchanting creatures. **This trip is on a Sunday for students staying for two weeks or more.**

## Activities

In the afternoons and evenings, you will have the chance to socialise with other students and take part in fun activities. Evening activities will be organised depending on student interest and may include the following:

- Rounders tournament
- Capture the Flag
- 5 a side football
- Basketball
- Just Dance
- Talent Show
- Arts and Crafts
- Karaoke
- Summer Barbeque
- Welcome/Farewell Party



## Sample Timetable

	Sunday	Monday Foundations of Rowing	Tuesday Speed and Conditioning	Wednesday Double Water Session Day	Thursday River Sessions in Crew Boats	Friday Regatta and Celebration	Saturday	Sunday
<b>Breakfast</b>	Arrival Day	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Full Day Excursion to Bath	Departure Day  Or  Excursion to Harry Potter if combining courses and staying for another week.
<b>Morning</b>		Registration and Welcome  Introduction to Rowing Mechanics & rowing machines  Important safety briefing on how to act around the water and how to treat the boats.	First session on the lake, practicing manoeuvring and sculling on a bigger body of water.  Practise turning & attempting to follow a circulation around the lake.	Linking rowing mechanics to how we row on the water & adapt technique.  Steering masterclass  Slalom time trial. Rowing around buoys in the lake, turning your boat & backing down to the finish line.  Extreme sculling - Confidence boosting skills to challenge your balance.	Rowing on the River in crew boats - Your ability will be challenged as you row longer mileage.  Working on synchronisation & moving together.  Learning how to row and move your boat fast!  Practising high-rate bursts in your crews.	Side by side single scull racing at the lake  Super extreme sculling - learn how to take your blades out whilst on the water/ do head stands/ press ups on the singles.		
<b>Lunch</b>		Lunch	Lunch	Lunch	Lunch	Lunch		
<b>Afternoon</b>		Single scull introduction, taking first strokes & learning how to balance a boat, change direction and back down.	Rowing Specific Strength and Conditioning Circuit  Team Building Activities	Introduction to crew boat rowing on the river.  Cross training with other sport camps & Fun Relay Races.	Team Building Games  Session on the rowing ergometer	Awards Ceremony and Team Reflection  Closing Remarks and Team Bonding		
<b>Dinner</b>		Dinner	Dinner	Dinner	Dinner	Dinner		
<b>Evening</b>		Welcome Party	Games evening: Football, Basketball, Table Tennis, Board Games etc.	Arts and Crafts	Oxford Walking Tour and Treasure Hunt	Summer Barbeque and Farewell Party		

## Staying for longer?

Like all our programmes, our **Rowing** programme can be combined with other programmes to make a 2, 3 or 4 week stay.

If you are looking to improve your English and experience British culture, we would recommend combining with the **British Culture and Language Programme**.

It is also possible to combine with our **Rugby** or **World of Football** programme if you are interested in more sports programmes.

If you are interested in developing your skills in science, we would recommend combining with the **Introduction to Practical Science or TEAM: 'Symmetry'** programme.

Please see our Programmes page for more information.





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