



WYCHWOOD

SCHOOL • OXFORD

Rowing



Rowing

Dates: 15th - 19th July 2024

Age: 11-16 years

Gender: Open to all

Rowing Experience: Beginner and Intermediate (must be confident swimmer).

Package fee: £300

Package includes:

- Expert Coaching
- Lunch and snacks
- All equipment

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 last a lifetime.
- **Experience the warmth and hospitality** of our welcoming team, ensuring you feel right at home.



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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** and **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 course:

- 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 1st crews alongside studying and rowing competitively.

Sample Timetable

| | Monday Foundations of Rowing | Tuesday Speed and Conditioning | Wednesday Double Water Session Day | Thursday River Sessions in Crew Boats | Friday Regatta and Celebration |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:00am - 12:00pm | <p>Registration and Welcome</p> <p>Introduction to rowing mechanics & rowing machines</p> <p>Important safety briefing on how to act around the water and how to treat the boats.</p> | <p>First session on the lake, practicing manoeuvring and sculling on a bigger body of water.</p> <p>Practice turning & attempting to follow a circulation around the lake.</p> | <p>Linking rowing mechanics to how we row on the water & adapt technique.</p> <p>Steering masterclass</p> <p>Slalom time trial. Rowing around buoys in the lake, turning your boat & backing down to the finish line.</p> <p>Extreme sculling - confidence boosting skills to challenge your balance.</p> | <p>Rowing on the river in crew boats - you will be challenged as you row longer mileage.</p> <p>Working on synchronisation & moving together.</p> <p>Practise high-rate bursts in your crews.</p> | <p>Side by side single scull racing at the lake</p> <p>Super extreme sculling - learn how to take your blades out whilst on the water and do head stands and press ups on the singles.</p> |
| Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00pm - 3:00pm | <p>Single scull introduction, taking first strokes & learning how to balance a boat, change direction and backdown.</p> | <p>Rowing specific strength and conditioning circuit</p> <p>Team Building Activities</p> | <p>Introduction to crew boat rowing on the river.</p> <p>Cross training with other sport camps & fun relay races.</p> | <p>Team Building Games</p> <p>Session on the rowing ergometer</p> | <p>Awards Ceremony and Team Reflection</p> <p>Closing Remarks and Team Bonding</p> |

Wanting to doing more?

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