

## Programme Overview

The aim of taking you rowing is not to find new Olympic Rowers but to look at how your team functions. Rowing is a very safe activity where no level of physical strength or fitness is required. The aim is to get you working together not working hard. The only thing that will determine how fast you go is how well you work together. If you want to exhaust yourself you can pull very hard, if you are feeling tired, simply pull less hard or stop.

If people don't want to go on the water they can help teach the others what to do and act as a coach and observer. It is entirely up to the individuals whether they want take part in the rowing or help from the bank. In each boat there will be two experienced rowers to keep everyone safe and help set up a stable platform for the crew to work on. There will also be rowing coaches on the bank to help with the safety. The day normally comprises of a workshop at the beginning of the day and then 2 rowing session culminating in a race.

### Timetable (possible outline)

- 09.00 Tea and Coffee available
- 09.30 Introduction to the day and themes, (e.g. looking at awareness and flexibility and willingness to change)
- 11.00 Change into kit and tea and coffee
- 11.15 Learning technique on rowing machines
- 11.30 Demonstration of equipment
- 11.45 First rowing session
- 13.00 Lunch
- 13.45 Debrief and plan and prepare for next session
- 14.45 Second rowing session
- 16.30 Debrief and application
- 17.30 Depart Dorney Lake
- 18.00 Drinks and Food