



EVER TRIED ROWING?

- ✓ Gender equal sport
- ✓ No damaged knees – ankles – ACLs
- ✓ High levels of fitness
- ✓ Racing or recreational
- ✓ Discipline is important
- ✓ Teamwork wins
- ✓ Cameraderie & friendships
- ✓ State wide competition
- ✓ Highly respected Olympic sport
- ✓ Fairness for all – no ‘free kicks’ or ‘fouls’ in rowing
- ✓ Age from 12 years – female & male
- ✓ Parents can get involved too as rowers or helpers



Where - The Boathouse

Victoria Park Lake (southern end – past Aquamoves)

When - Sunday 5th May 2019 [or any Sunday am]

Time - 0900 – 1200. (Morning tea provided) See 



THINKING ABOUT ROWING?

Rowing is one of the oldest Olympic sports from 1900. It is a full body sport in which you use your arms, body and legs to push the boat along. You can compete in sculls (with two oars per person) or sweep boats (one oar per person). All members first learn sculling.

It requires and develops a high level of aerobic fitness, coordination and balance. Rowing is gender equal – and you can start at 12 yrs.

Being part of a rowing crew means being part of a tight knit team. You must work in harmony to make the boat move quickly and smoothly through the water. Teamwork wins. **You must be able to swim.**

HOW DO I START?

You can start this or any Sunday – be at the Boathouse at 0900 hrs.

The first three sessions are FREE. First up, you need two top layers, shorts, cap and runners. Sunglasses when it is sunny.

No-one learns to row in one session, so perseverance is important.

We train through winter and race October – April.

You will start on an indoor rowing machine, learning technique, before venturing out in a boat with other experienced rowers. Once you are feeling confident, you will become part of a crew of two (double scull) or four (quad scull) – or be a single sculler - who will compete at events through the summer season.


Training is usually from 4.30pm on Tues & Thurs and on Sunday morning, but increases when preparing for state championships.



JOIN the SHEPPARTON ROWING CLUB

Shepparton Rowing Club is a family-based club located at the southern end of Victoria Park Lake. Our members have access to the Boathouse, a variety of racing and recreational boats, oars, indoor rowing machines and fitness equipment. Boats and oars are supplied at no cost. We are a sociable and friendly club, with social events, dinners & fund-raising events for rowers, their families and friends.

Rowers can join the Club as recreational or competitive members. Annual Fees are, \$60 Associate member, \$125.00 Junior member, \$190 Recreational member, \$250 for Active member (Competitor). Competitors pay entry fees into regattas. **The first three instructing sessions are FREE**

To register your interest, visit the Boathouse and try rowing for yourself, or contact the Recruiting Crew of Karen Eldred (0401 304 870) ; Chris Robey (0417 515 064) or David Schier (0417 271 998) See 



Shepparton – State champions in March 2019 – Mens D quad sculls